



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

LAST REVIEW: 2008-2009
(i.e. 2003-2004)

NEXT REVIEW: 2013-2014
(i.e. 2008-2009)

STATUS: A
(A, I, D)

COURSE TITLE: Clinical Practicum in Manual Techniques I

COMMON COURSE NUMBER: PHT 2203L

CREDIT HOURS: 2

CONTACT HOUR BREAKDOWN
(per 16 week term)

CLOCK HOURS:
(Voc. Course ONLY)

Lecture: Lab: **60**

Clinic: Other:

PREREQUISITE(S): AS degree in Physical Therapist Assisting

COREQUISITE(S): PHT 2203

PRE/COREQUISITE(S):

COURSE DESCRIPTION (750 characters, maximum):

This course will provide the student laboratory experience to practice Swedish and structurally based therapeutic massage techniques in a supervised setting.

UNIT TITLES

- 1.0 *Basic Massage Strokes*
- 2.0 *The Neuromuscular System*
- 3.0 *Active Isolated Stretching*
- 4.0 *Business Practices and Standards*
- 5.0 *The Pregnant Client*
- 6.0 *Medical Massage, Connective Tissue Massage and Sports Massage*



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ASSESSMENT:

Please provide a brief description (250 characters maximum) that details how students will be assessed on the course outcomes.

1. Assessment of reading and online assignments via submission of homework projects;
2. Pre-lab exercises;
3. Participation in Discussion Forums on the WebCT site;
4. Skill Checks and Practical Examinations to assess competency

**** Complete the following only if course is seeking general education status ****

GENERAL EDUCATION Competencies and Skills *:

Please highlight in green font all Competencies/Skills from the list below that apply to this course. In the box to the right of the Competency/Skill, enter all specific learning outcome numbers (i.e. 1.1, 2.7, 5.12) that apply.

1. Read with critical comprehension	
2. Speak and listen effectively	
3. Speak and listen effectively	
4. Think creatively, logically, critically, and reflectively (analyze, synthesize, apply, and evaluate)	
5. Demonstrate and apply literacy in its various forms: <i>(highlight in green ALL that apply)</i> (1. technological, 2. informational, 3. mathematical, 4. scientific, 5. cultural, 6. historical, 7. aesthetic and/or 8. environmental)	
6. Apply problem solving techniques to real-world experiences	
7. Apply methods of scientific inquiry	
8. Demonstrate an understanding of the physical and biological environment and how it is impacted by human beings	
9. Demonstrate an understanding of and appreciation for human diversities and commonalities	
10. Collaborate with others to achieve common goals.	
11. Research, synthesize and produce original work	
12. Practice ethical behavior	
13. Demonstrate self-direction and self motivation	
14. Assume responsibility for and understand the impact of personal behaviors on self and society	
15. Contribute to the welfare of the community	

** General Education Competencies and Skills endorsed by '05-'06 General Education Task Force*



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Common Course Number: PHT 2203L

UNITS

Unit 1 Basic Massage Strokes

General Outcome:

1.0 The student will be able to apply the five (5) basic strokes utilized in massage therapy.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 1.1 Demonstrate the appropriate use of effleurage, petrissage, friction and vibration on various regions of the body.
- 1.2 Perform a one hour massage routine.



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Unit 2 The Neuromuscular System

General Outcome:

- 2.0 The students will be able to review the neuromuscular system as it relates to the practice of massage.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 2.1 Isolate and perform massage techniques to specific muscles of the body (cervical, thoracic, lumbar spines and the extremities).
- 2.2 Develop advanced palpation skills.
- 2.3 Identify ischemic and hypertonic tissues.
- 2.4 Perform postural analysis to determine areas of tightness and limitation.



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Unit 3 Active Isolated Stretching

General Outcome:

- 3.0 The students will be able to demonstrate a basic knowledge and understanding of active isolated stretching.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 3.1 Apply the principles of active isolated stretching to individual muscles and muscle groups.
3.2 Demonstrate the use of an active isolated stretch in the rehabilitation process.



Common Course Number: PHT 2203L

Unit 4 Business Practices and Standards

General Outcome:

- 4.0 The student will be able to demonstrate a basic knowledge and understanding of basic business practices and standards as they apply to the field of massage therapy.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 4.1 Write a mission statement.
4.2 Develop a viable five-year business plan as it relates to a massage therapy practice.



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Unit 5 The Pregnant Client

General Outcome:

5.0 The student will be able to design a plan of care for the pregnant client.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 5.1 Understand the special considerations to review when dealing with a pregnant client.
- 5.2 Perform relaxation techniques for the pregnant client
- 5.3 Demonstrate proper positioning of the pregnant client who is to receive massage.
- 5.4 Demonstrate infant massage techniques.



Common Course Number: PHT 2203L

Unit 6 Medical Massage, Connective Tissue Massage and Sports Massage

General Outcome:

6.0 The student will be able to apply medical, connective tissue and sports massage techniques.

Specific Instructional Objectives:

Upon successful completion of this unit, the student will be able to:

- 6.1 Perform a massage routine for a specific medical condition.
- 6.2 Perform a connective tissue massage for a given medical condition.
- 6.3 Perform a massage routine for a specific sports-related injury.
- 6.4 Demonstrate awareness of specific considerations for each of the techniques listed above.
- 6.5 Verbalize the indications/contraindications for any of the techniques listed.