



# 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:** Manual Techniques II

**COMMON COURSE NUMBER:** PHT 2204

**CREDIT HOURS:** 3

**CONTACT HOUR BREAKDOWN**  
(per 16 week term)

**CLOCK HOURS:**  
(Voc. Course ONLY)

Lecture: 48      Lab:

Clinic:              Other:

**PREREQUISITE(S):** PHT 2203 and PHT 2203L

**COREQUISITE(S):** PHT 2204L

**PRE/COREQUISITE(S):**

**COURSE DESCRIPTION** (750 characters, maximum):

This course explores advanced techniques further developing the student's use and integration of structural-based and energy-based systems. Topics will include trigger point therapy, myofascial release, and other advanced therapy applications.

## **UNIT TITLES**

- 1.0**      *Trigger Point Therapy and Myofascial Release*
- 2.0**      *Reflexology*
- 3.0**      *Oriental Body Works*
- 4.0**      *Spa Techniques*
- 5.0**      *Edema Reducing Techniques*



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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. Announced and unannounced quizzes and Unit examinations;
2. Cumulative/comprehensive final examination;
3. Assessment of reading and online assignments via submission of homework projects;
4. Participation in Discussion Forums on the WebCT site
5. Completion of Case Study Reviews

*\*\*\* 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: (highlight in green ALL that apply) (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 2204**

## **UNITS**

### **Unit 1**

#### ***General Outcome:***

1.0 The student will be able to.

#### ***Specific Instructional Objectives:***

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

1.1 Relate.



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**Common Course Number: PHT 2204**

## **Unit 2 Reflexology**

### ***General Outcome:***

2.0 The student will be able to

### ***Specific Instructional Objectives:***

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

2.1 Describe



**Common Course Number: PHT 2204**

**Unit 3      Oriental Body Works**

***General Outcome:***

3.0      The student will be able to

***Specific Instructional Objectives:***

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

3.1      Describe



**Common Course Number: PHT 2204**

**Unit 4 Spa Techniques**

***General Outcome:***

4.0 The student will be able to

***Specific Instructional Objectives:***

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

4.1 Recognize



**Common Course Number: PHT 2204**

**Unit 5      Edema Reducing Techniques**

***General Outcome:***

5.0      The student will be able to

***Specific Instructional Objectives:***

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

List the