



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 II

COMMON COURSE NUMBER: PHT 2204L

CREDIT HOURS: 2

CONTACT HOUR BREAKDOWN
(per 16 week term)

CLOCK HOURS:
(Voc. Course ONLY)

Lecture: Lab: **60**

Clinic: Other:

PREREQUISITE(S): PHT 2203 and PHT 2203L

COREQUISITE(S): PHT 2204

PRE/COREQUISITE(S):

COURSE DESCRIPTION (750 characters, maximum):

This course provides an advanced laboratory experience incorporating hands-on techniques and sequences to balance the various energy patterns of the physical body in a supervised setting.

UNIT TITLES

- 1.0 *Trigger Point Therapy and Myofascial Release*
- 2.0 *Aromatherapy*
- 3.0 *Covered Treatments*
- 4.0 *Reflexology*
- 5.0 *Oriental Body Works*
- 6.0 *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. 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*



Common Course Number: PHT 2204L

UNITS

Unit 1 Trigger Point Therapy and Myofascial Release

General Outcome:

- 1.0 The student will be able to demonstrate an ability to apply trigger point therapy and myofascial release techniques.

Specific Instructional Objectives:

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

- 1.1 Identify the trigger points located in the body.
- 1.2 Recognize the effects of trigger point therapy.
- 1.3 Perform a myofascial release technique.
- 1.4 Integrate and apply other modalities and disciplines that relate to myofascial release therapy.



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Unit 2 Aromatherapy

General Outcome:

2.0 The students will be able to demonstrate an ability to provide aroma.

Specific Instructional Objectives:

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

- 2.1 Identify and apply essential oils that are used in aromatherapy.
- 2.2 Detail specific considerations regarding the client when applying aromatherapy techniques.
- 2.3 Understand proper positioning of the client for maximum benefit.



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Unit 3 Covered Treatments

General Outcome:

3.0 The students will be able to demonstrate an ability to provide covered treatments.

Specific Instructional Objectives:

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

3.1 Demonstrate application of herbal wraps, salt glow and seaweed packs.

3.2 Understand specific client indications for covered treatments.

3.3 Determine appropriate application of the covered treatments for a variety of client situations.



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Unit 4 Reflexology

General Outcome:

- 4.0 The student will be able to demonstrate an ability to incorporate reflexology in a general massage treatment.

Specific Instructional Objectives:

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

- 4.1 Identify specific reflex points located on the hands and feet and apply reflexology techniques accordingly.
- 4.2 Perform related techniques for stress relief, pain relief and energy balancing.



Common Course Number: PHT 2204L

Unit 5 Oriental Body Works

General Outcome:

5.0 The student will be able to demonstrate an ability to apply oriental body works

Specific Instructional Objectives:

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

- 5.1 Locate primary acupuncture points.
- 5.2 Perform acupressure massage.
- 5.3 Perform energy balancing techniques.
- 5.4 Perform Tai Chi movements for special medical conditions.



Common Course Number: PHT 2204L

Unit 6 Edema Reducing Techniques

General Outcome:

6.0 The student will be able to demonstrate an ability to apply edema reducing techniques.

Specific Instructional Objectives:

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

- 6.1 Perform basic strokes to decrease edema.
- 6.2 Demonstrate manual lymphatic drainage techniques for a specific medical condition..