

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON



COURSE OUTLINE

Course Title: **Massage Theory IV**

Code No.: **MST212**

Semester: 4

Program: **Massage Therapy**

Author: **Ruth Wilson**

Date: **May, 1997**

Previous Outline Date: **N/A**

Approved:

~.ypr ^{7/1x} **Dean**

Date

Total Credits: 5

**Prerequisite(s): MST202, MST203,
MST206, BIO207**

Length of Course: 5 Hrs/Wk

Total Credit Hours: 80

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For addittonai information, please contact Donna Trenibiay, Dean, School of Health Sciences,
Human Sciences and Teacher Education, (705) 759-2554, Ext. 690.*

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L PHILOSOPHY/GOALS:

In this course students will be introduced to the principles of biomechanical kinesiology and the therapeutic use of remedial exercise. Student will apply their knowledge of the structure and function of the musculoskeletal system. This course will also familiarize students with the implication of massage practice with infants and children and with the work place.

n. LEARNING OUTCOMES:

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

1. Compare and contrast the health and role of remedial exercise within massage therapy practice.
2. Compare and contrast the healing role of massage therapy practice when treating infants and children.
3. Describe holistic approaches which can reduce the incidence of work place injuries.

m. ELEMENTS OF PERFORMANCE:

1. Compare and contrast the health and role of remedial exercise within massage therapy practice.
 - a) describe the goal of remedial exercise as it applies to the Massage Therapist's scope of practice
 - b) identify the fundamental principles of the biomechanics of human movement
 - i) Principles of Kinesiology:
 - Kinematics - spacial reference system
 - description of body segments in space
 - displacements (angular and linear)
 - velocity and acceleration
 - torque
 - centre of rotation of joints

m. ELEMENTS OF PERFORMANCE:

Kinetics

- muscle forces
- ground reaction forces
- gravitation forces
- lever systems (emphasize)
- resultant musculoskeletal forces
- force vectors
- centre of gravity

Anthropometry

- mass density and inert properties
- location of mass centre
- centre of rotation
- multi joint muscles
- mechanical advantage of muscle

ii) Muscle/Joint Biomechanics

- motor unit
- size principle
- slow and fast twitch classification
- muscle tension: length
velocity
- eccentric versus concentric contractors
- role of articulation surfaces in stabilizing joints

iii) Biomechanics of Balance and Equilibrium

iv) Mechanical Work, Energy and Power

- internal versus external work
- positive versus negative work
- mechanical energy transfer

c) Describe the technique, effects, uses, indications and contraindications of various remedial exercises.

- i) Range of Motion - passive
- active
 - active assisted (self, mechanical)

- ii) Stretching
- passive
 - self stretching

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in, ELEMENTS OF PERFORMANCE:

3. Describe holistic approaches which can reduce the incidence of work place injuries.
 - a) Describe common ergonomaic issues in the work place which can lead to preventable injuries.
 - b) Describe hoUstic preventative approaches relevant to massage practice which can reduce the mcdence of work place injuries.
 - c) Review the technique, effect and use of "on-site"/corporate massage.
 - d) Describe the expanding role of the Massage Therapist in the work place of large companies/corporations.
 - e) Design a massage clinic considering ergonomic principles.

IV. TOPICS:

1. Principles of Kinesiology
2. Remedial Exercise
 - range of motion
 - stretching
 - resistive
3. Exercise Program Design
4. Ergonomic Issues in the Work Place
5. Massage in Infancy and Childhood

REQUIRED RESOURCES/TEXTS/MATERIALS:

Fritz, S. (1995) Fundamentals of Therapeutic Massage, Mosby Year Book Inc.

Kisner, C, Colby, L. (1996) Therapeutic Exercise Foundations and Techniques. (3rdEd.)F.A.Da^s

Additional Resources

Anderson, B. (1992) Stretching. Shelter Publications Inc.

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VL EVALUATION PROCESS/GRADING SYSTEM:

1. The passing grade for this course is 60%
2. The evaluation system will be explained by the instructor within the first two weeks of the course.

Vn, SPECIAL NOTES:*Special Needs*

If you are a student with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities), you are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office, Room E1204, Ext. 493, 717, 491 so that support services can be arranged for you.

Retention of Course Outlines

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

Modification of Course Outlines

The instructor reserves the right to modify the course as deemed necessary to meet the needs of the students.

Vm. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the instructor.