

**Massage Program**  
**Spring of 2009 Day classes**

\*CPR and First Aid required for registration      **Classes Registration Starts In August of 2008**

<b>1</b>	<b>Massage Therapy Fundamentals I</b>		
<b>Course Number:</b> MSSG 1011		<b>Section:</b> 200	
<b>Description:</b> Introduction to the theory and application of skills necessary to perform Swedish massage to meet the first minimum 125-contact-hour requirement for licensure. FREE Online HIPAA Required. <a href="http://www.austincc.edu/hipaa/training">www.austincc.edu/hipaa/training</a>			
<b>Learning Outcomes:</b> Demonstrate proficiency in the skills necessary to perform Swedish massage therapy within the rules and regulations set by the regulatory agency.			
<b>Cost:</b> \$815, \$50.00 lab fees and \$13.50 for Insurance		<b>Hours:</b> 125	
<b>Dates:</b> Aug 29 – Dec 20 2008		<b>Class Day:</b> Mondays and every other Saturday	
<b>Hours:</b> 9am – 2:00pm Mondays and 12:00 – 5:00pm Every other Saturday			
<b>Campus:</b> Riverside		<b>Classroom:</b> Annex 300	
<b>Text:</b> 1. Tappan's Handbook of Healing Massage Techniques, By: Frances M. Tappan & Patricia Benjamin ISBN: 0130987158 2. The Essential Massage Companion, By: Dr. Bryan A. Born., Concepts Born, llc. Publications ISBN: 0974925802			

<b>2</b>	<b>Anatomy &amp; Physiology for Massage</b>		
<b>Course Number:</b> MSSG 1013		<b>Section:</b> 200	
<b>Description:</b> In-depth coverage of the structure and function of the human body. Includes cell structure and function, tissues, body organization, and the integumentary, skeletal, muscular, nervous, and endocrine systems. Emphasizes homeostasis/wellness care. Meets the minimum 75-contact hour requirement for licensure in massage.			
<b>Learning Outcomes:</b> Identify the anatomical structure of the human body; explain the relationship if the structure of the body to the practice of massage therapy; describe the processes, mechanisms, and functions of whole body systems; and explain the effects of massage therapy on the physiological functions of the human body.			
<b>Cost:</b>	\$350	<b>Hours:</b>	50
<b>Dates:</b>	Aug 27 – Dec 10 2008	<b>Class Day:</b>	Wednesdays
<b>Hours:</b>	9am -2:00pm		
<b>Campus:</b>	Riverside	<b>Classroom:</b>	Annex 300
<b>Text:</b> 1. The Massage Connection: Anatomy and Physiology, by Kalyani, Md. Premkumar , ISBN: 0781734762 2. The Essential Massage Companion, By: Dr. Bryan A. Born., Concepts Born, llc. Publications ISBN: 0974925802			

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<b>3</b>	<b>Hydrotherapy/Therapeutic Modalities</b>		
<b>Course Number:</b>	MSSG 1005	<b>Section:</b>	200
<b>Description:</b> The use of accepted hydrotherapy and holistic modalities of external application of temperature for its reflexive effect. Meets the minimum 20-contact-hour requirement for licensure for Massage.			
<b>Learning Outcomes:</b> Explain and demonstrate the proper use of hydrotherapy; perform therapeutic modalities; identify indications and contraindication; apply appropriate safety precautions; and evaluate the effects of the application.			
<b>Cost:</b>	\$210.00 and \$3.50 for Insurance	<b>Hours:</b>	30
<b>Dates:</b>	Aug 29 – Nov 14, 2008	<b>Class Day:</b>	Fridays
<b>Hours:</b>	11am – 2:00pm		
<b>Campus:</b>	Riverside	<b>Classroom:</b>	Annex 300
<b>Text:</b> 1. Hydrotherapy Theory and Technique, By: Oviedo Physical Medicine ISBN 0971192618 2. The Essential Massage Companion, By: Dr. Bryan A. Born., Concepts Born, llc. Publications ISBN: 0974925802			

<b>4</b>	<b>Health and Hygiene: Massage Therapy</b>		
<b>Course Number:</b>	MSSG 1009	<b>Section:</b>	200
<b>Description:</b> The study of safety and sanitation practices including universal precautions. The importance of proper body mechanics, maintaining a healthy lifestyle, maintaining the massage environment, and the advantage of therapeutic relationships is also included. Meets the minimum 20-contact-hour requirement for licensure.			
<b>Learning Outcomes:</b> Explain the need for universal precautions; develop an health and safety plan; exhibit proper personal hygiene; and demonstrate therapeutic interaction in various practice settings.			
<b>Cost:</b>	\$210.00	<b>Hours:</b>	30
<b>Dates:</b>	Aug 29 – Nov 14, 2008	<b>Class Day:</b>	Fridays
<b>Hours:</b>	9am -11:30am		
<b>Campus:</b>	Riverside	<b>Classroom:</b>	Annex 300
<b>Text:</b> 1. Body Mechanics and Self-Care Manual, ISBN: 0-8385-0747-6 2. The Essential Massage Companion, By: Dr. Bryan A. Born., Concepts Born, llc. Publications ISBN: 0974925802			

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<b>5</b>	<b>Business Practices &amp; Professional Ethics</b>		
<b>Course Number:</b>	MSSG 1007	<b>Section:</b>	200
<b>Description:</b> The study of physical and financial office practices and marketing. Includes ethical practices for massage therapists as established by law or regulatory agency. Meets the minimum 45-contact-hour requirement for licensure.			
<b>Learning Outcomes:</b> Identify laws and regulation directly related to the ethical and legal practice of massage therapy; and relate physical, financial, health, and business requirements to various practice settings.			
<b>Cost:</b>	\$350.00	<b>Hours:</b>	50
<b>Dates:</b>	Nov 21 2008 – Feb 13 2009	<b>Class Day:</b>	Fridays
<b>Hours:</b>	9am – 2pm		
<b>Campus:</b>	Riverside	<b>Classroom:</b>	Annex 300
<b>Text:</b> 1. Massage a Career at Your Fingertips (5 <sup>th</sup> Edition), By: Martin Ashley. J.D., L. M. T. ISBN: 0-9644662-5-2			

<b>6</b>	<b>Kinesiology for Massage</b>		
<b>Course Number:</b>	MSSG 2013	<b>Section:</b>	200
<b>Description:</b> Applied study of human kinesiology. Muscle movements and dysfunctions will be discussed and palpated. Includes theory and practice of functional muscle testing. Meets the minimum 50-contact-hour requirement for licensure.			
<b>Learning Outcomes:</b> Describe aspects of movement in relation to structural kinesiology; palpate bony landmarks and major muscle attachments and describe their functions; and apply specific therapeutic approaches and assessment tools.			
<b>Prerequisite:</b> MSSG 1013 or MSSG 1001 and MSSG 1003: Anatomy & Physiology			
<b>Cost:</b>	\$385.00	<b>Hours:</b>	55
<b>Dates:</b>	Dec 17 2008 – Mar. 11 2009	<b>Class Day:</b>	Wednesdays
<b>Hours:</b>	9am – 2:00pm		
<b>Campus:</b>	Riverside	<b>Classroom:</b>	Annex 300
<b>Text:</b> 1. Fundamentals of Musculoskeletal Assessment Techniques By M. L. Palmer PhD. PT and Marcia Epler PhD. PT, ATC    ISBN: 0-7817-1007-32 2. The Massage Connection: Anatomy and Physiology, by Kalyani, Md. Premkumar , ISBN: 0781734762			

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<b>7</b>	<b>Pathology for Massage</b>		
<b>Course Number:</b>	MSSG 2014	<b>Section:</b>	200
<b>Description:</b>			
<p><b>Course Description:</b> General discussion of pathologies as they relate to massage therapy. Includes universal precautions and their management in professional practice. Also covers etiology, signs, symptoms, and the physiological and psychological reactions to disease and injury. Meets the minimum 40-contact-hour requirement for licensure for Massage.</p> <p><b>Learning Outcomes:</b> Differentiate between normal and pathological conditions of the client as they relate to indications and contraindications for massage therapy; identify therapeutic approaches used by other health professionals as they relate to indications and contraindications for massage therapy; and identify and describe implementation of standard safety precautions as they relate to pathologies.</p> <p><b>Prerequisite:</b> MSSG 1013 or MSSG 1001 and MSSG 1003: Anatomy &amp; Physiology</p>			
<b>Cost:</b>	\$315.00	<b>Hours:</b>	45
<b>Dates:</b>	Feb. 27 – May 1 2009	<b>Class Day:</b>	Friday
<b>Hours:</b>	9am – 2pm		
<b>Campus:</b>	Riverside	<b>Classroom:</b>	Annex 300
<b>Text:</b>			
1. The Essential Massage Companion, By: Dr. Bryan A. Born., Concepts Born, llc. Publications ISBN: 0974925802			

<b>8</b>	<b>Massage Therapy Fundamentals II</b>		
<b>Course Number:</b>	MSSG 2011	<b>Section:</b>	200
<b>Description:</b>			
<p>A continuation of Massage Therapy Fundamentals I. Emphasizes specialized techniques and assessment of client needs to identify a specific plan of care. Completes the requirements for Massage Technique for licensure.</p> <p><b>Learning Outcomes:</b> Refine previously learned techniques; investigate treatment protocols utilizing proven, outcome-based techniques; perform client assessments; create treatment plans using carefully selected techniques for the given pathology; and implement supplementary care as prescribed by a licensed healthcare professional</p> <p><b>Prerequisite:</b> MSSG 1011: Massage Therapy Fundamentals I</p>			
<b>Cost:</b>	\$650.00, \$50.00 lab fees and \$13.50 for Insurance		<b>Hours:</b> 100
<b>Date:</b>	Jan 12 – May 2, 2009		<b>Class Day:</b> Mondays and every other Saturday
<b>Hours:</b>	Mondays 9am -2:00pm, every other Saturdays 12pm – 5pm		
<b>Campus:</b>	Riverside	<b>Classroom:</b>	Annex 300
<b>Text:</b>			
1. Tappan’s Handbook of Healing Massage Techniques, By: Frances M. Tappan & Patricia Benjamin ISBN: 0130987158			
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**The final class required for Licensure application:**

<b>9</b>	<b>Internship in Massage Therapy</b>		
<b>Course Number:</b>	MSSG 2086	<b>Section:</b>	200
<p><b>Course Description:</b> A work-based learning experience that enables the student to apply specialized occupational theory, skills and concepts. A learning plan is developed by the college and the employer. Meets the minimum 50-contact-hour requirement for licensure for Massage.</p> <p><b>Learning Outcomes:</b> As outlines in the learning plan, apply the theory, concepts, and skills involving specialized materials, tools, equipment, procedures, regulations, laws, and interactions within and among political, economic, environmental, social, and legal systems associated with the occupation and the business/industry and will demonstrate legal and ethical behavior, safety practices, interpersonal and teamwork skills, and appropriate written and verbal communication skills using the terminology of the occupation and the business/ industry.</p>			
<b>Cost:</b>	\$150.00, \$50.00 lab fee, and \$13.50 Insurance	<b>Hours:</b>	Each Intern must complete 50 hours of hands on Massage
<b>Dates:</b>	May 6 2009 -Jul 11 2009	<b>Class Day:</b>	Fridays
<b>Hours:</b>	11am-9pm M - F, and 9:00-5pm Saturdays (Each Student will schedule to meet their needs.)		
<b>Campus:</b>	Highland Business Center	<b>Classroom:</b>	405
<p><b>Text:</b>  1. Refer to Student Handbook</p>			
<b>Prerequisites:</b>	MSSG 1013 or (MSSG 1001, MSSG 1003), and MSSG 1005, and MSSG 1007, and MSSG 1009 and MSSG 1011, and MSSG 2011, and MSSG 2013, and MSSG 2014		