

Common Course Outline

MASS 220

Level II Massage

5 Credits

Community College of Baltimore County

Description

MASS 220 – Level II Massage instructs students in deep tissue and neuromuscular massage therapy techniques and builds on relaxation massage techniques learned in Level I. Students learn to assess and analyze functional muscle and joint movements and to integrate these techniques in order to facilitate therapeutic change in the body. Deeper exploration of the nervous, circulatory, and respiratory systems as it relates to massage therapy work is presented. Bodywork lab allows for practice of deep tissue, manual stretching, and sports massage related techniques and their integration into the framework of a full body session and specific therapeutic bodywork.

5 Credits: *3 lecture hours per week; 4 laboratory hours per week*

Prerequisites: MASS 110 and MASS 210 with a grade of “C” or better, or permission of Program Director.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. identify and describe major functional muscle groups and their actions and relationships to each other;
2. classify muscle agonist, antagonist, synergist, and fixator actions and the type of muscle contractions involved;
3. list major joints of the body and explain their structural and functional classifications and accessory structures;
4. describe neurological mechanisms at work when applying stretching techniques;
5. recognize and palpate the superficial to deep layers of muscular anatomy;
6. interpret symptoms of musculoskeletal dysfunction and stress as it relates cardiovascular and nervous systems structures and functions;
7. apply deep tissue and neuromuscular massage techniques on all major muscle groups using proper body mechanics and draping;
8. integrate deep tissue, neuromuscular, and stretching techniques into a full body therapeutic massage and with focused work;
9. determine cautions and contraindications to deep tissue and neuromuscular massage techniques; and

10. explore sports massage, manual facilitated stretching, and other related modalities in massage therapy practice.

Major Topics

- I. Functional Muscle Groups
 - A. Types of Muscle Contractions
 - i. Concentric
 - ii. Eccentric
 - iii. Isometric
 - B. Functional Muscle Actions and Roles
 - i. Agonist
 - ii. Antagonist
 - iii. Synergist
 - iv. Fixator/Stabilizer/Neutralizer
- II. Anatomy and Physiology of Joints
 - A. Structural and Functional Classifications
 - B. Accessory Structures
 - C. Interaction with Functional Muscle Groups
- III. Kinesiology Concepts
 - A. Movement Terminology
 - B. Planes of Movement
 - C. Rotational Axes
- IV. Massage and the Nervous System
 - A. Laws of Neurology
 - B. Major Nerves and Plexi
 - C. Dermatomes and Receptors
 - D. Autonomic Nervous System (ANS)
 - i. Sympathetic Division
 - ii. Parasympathetic Divisions
 - E. Innervation of Muscles
- V. Massage Effects on Other Related Body Systems
 - A. Circulatory System
 - B. Respiratory System
- VI. Neuromuscular Techniques/Deep Tissue Massage Skills
 - A. Muscle Layering – Superficial to Deep
 - B. Draping for Specific Muscle Attachment Work – Sidelying and Targeted Coverage
 - C. Proper Body Mechanics Using Deep Tissue Tools
 - D. Integration of Relaxation and Deep Tissue Techniques to Frame a Session
- VII. Related Modalities with Deep Tissue Work
 - A. Active Isolated Stretching
 - B. Trigger Point Therapy
 - C. Sports Massage
 - D. Introduction to Kinesiotaping

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

- Minimum of four formative assessments which can include homework assignments, in-class projects, discussion boards, and other activities
- Minimum of two other summative assessments which can include quizzes, unit exams, and/or a midterm exam
- One research paper
- A final exam
- One practical exam and lab participation and activities, representing 40% of the course grade

Written Assignments: Students are required to utilize appropriate academic resources.

Other Course Information

This course is a required course in the Massage Therapy Program. This course is the second course in a three-course massage and bodywork skills development series, which must be completed in the required sequence. A grade of “C” or better is required for all Massage Therapy courses in order to progress within the program. Students must pass both the lecture and lab components in order to satisfactorily complete this course. This course may not be offered in all semesters and may be offered in a blended learning or face to face format; see registration schedule.