

# MASSAGE THERAPY & WELLNESS MANAGEMENT (MTW)

## MTW-103 Palpation Lab (1 credits)

During this lab, students will learn to palpate various anatomical structures including bones, muscles, tendons, and ligaments. Students will develop an understanding of the observable properties of fascia, skin, and other tissue. Students will learn to recognize bony landmarks as reference points for identifying the location of other key structures and features.

## MTW-110 Hygiene and Safety (2 credits)

This course introduces students to general infection control procedures as well as universal and standard precautions. Students will learn the unique properties and chemical ingredients of various products used in massage therapy. Additional topics for safe practice for both the client/patient and the therapist will also be explored.

## MTW-112 Injury Prevention and Self-Care (2 credits)

This course will introduce students to concepts and practices to enhance career longevity and decrease likelihood of injury such as proper body mechanics, overuse injuries, setting proper table height, and preparation of a safe working environment. Additional considerations such as mental wellness, balanced scheduling, and self-grounding techniques will also be explored.

## MTW-115 Massage Therapy Business and Ethics (2 credits)

Different types of employment options will be explored as well as success strategies for each. Students will learn the basic components of creating a business plan and how to practice ethically. Students will learn how to establish clear boundaries and to navigate complex therapeutic patient scenarios including those involving a history of trauma, abuse, and neglect. Students will also learn the regulations for massage therapy licensure and guidelines for practice.

## MTW-120 Western Techniques I (4 credits)

Students will learn the fundamental techniques of Swedish massage and basic skills and protocol for massage therapy sessions. Students will learn massage therapy history, draping techniques, patient positioning, and professional communication. Students will learn the benefits and contraindications for receiving massage therapy and how to communicate these with patients. Students will learn to deliver a 30-minute, 60-minute, and 90-minute Swedish massage therapy session utilizing traditional techniques of effleurage, petrissage, tapotement, and vibration. This course has a corequisite lab MTW 120L where techniques discussed in lecture will be applied.

Corequisite(s): Take MTW-120L

## MTW-120L Western Techniques I Lab (2 credits)

This course is a corequisite for MTW 120 Western Techniques I and allows students the opportunity to apply skills and techniques learned in lecture, such as Swedish massage, client positioning, and draping.

Corequisite(s): Take MTW-120

## MTW-121 Western Techniques II: Clinical Application (4 credits)

This course builds on foundational knowledge of Swedish massage techniques and introduces clinical application and condition-specific application. Students will learn to complete a pre-session interview, health history, assessment, and treatment notes. Students will learn how the process of inflammation and acute, subacute, and chronic stages of healing influence massage therapy treatments and planning. Students will also learn adaptive massage positioning and modifications for special populations. Students will apply these skills and techniques in corequisite MTW 121L.

Prerequisite(s): Take MTW-120

Corequisite(s): Take MTW-121L

## MTW-121L Western Techniques II: Clinical Application Lab (2 credits)

In this lab, students will apply/practice skills and techniques learned in corequisite MTW 121, including patient history and assessment, adaptive massage, treatment planning, and condition-specific treatment and planning modifications.

Corequisite(s): Take MTW-121

## MTW-125 Eastern Techniques: Shiatsu (4 credits)

This course will provide an overview of Eastern bodywork and focus specifically on the practice of Shiatsu. Students will learn the theory and application of Shiatsu, including the concepts of energy flow, Ying and Yang, the theory of the Five Elements, creative and control cycles, and hara evaluation. Students will learn how to perform a full-body Shiatsu session, or kata. Student will apply knowledge and techniques in the corequisite lab, MTW 125L.

Corequisite(s): Take MTW-125

## MTW-125L Eastern Techniques: Shiatsu Lab (1 credits)

In this lab, students will apply theory and practice techniques learned in corequisite MTW 125 lecture. Students will practice the techniques of palming, thumbing, and hara evaluation. Students will learn to perform a full-body Shiatsu session.

Corequisite(s): Take MTW-125

## MTW-130 Introduction to Wellness Management (3 credits)

This course provides an overview of the field of wellness management. Students will learn about career opportunities in the wellness industry, how to balance simultaneously being a manager and practitioner, and strategies for creating a rewarding career. Students will also explore how the wellness industry continues to evolve and how determinants of health affect awareness and participation in various wellness settings.

## MTW-135 Wellness Programming (3 credits)

This course is an introduction to wellness programming and planning and the unique characteristics of each type of programming. Students will explore settings such as corporate wellness, senior fitness, community wellness initiatives, medical spa, and holistic wellness. Students will learn how to select the correct programming for specific populations and how to balance the needs of the organization with the needs of the target population while also considering restraints such as funding and other limited resources. Special attention will be given to the role of social determinants of health and how these can shape programming awareness, offerings, and accessibility.

**MTW-210L Complementary Techniques and Modalities Lab (2 credits)**

This course expands on student knowledge with techniques and modalities that complement Swedish techniques to enhance the treatment session. Students will be introduced to techniques and modalities such as reflexology, craniosacral therapy, hot and cold stone therapy.

Prerequisite(s): Take MTW-120

**MTW-230L Advanced Techniques & Application Lab (2 credits)**

This course introduces students to advanced massage therapy techniques such as sports massage, deep tissue and myofascial techniques, neuromuscular techniques, lymphatic massage, and instrument assisted soft tissue mobilization. Students will learn to perform these techniques and how to incorporate them into practice.

Prerequisite(s): Take MTW-120

**MTW-250 Massage Therapy Internship I (3 credits)**

This internship course offers the opportunity for students to apply skills and knowledge in a clinical setting. Students perform massage therapy on a diverse population of patients under the supervision of licensed massage therapists. Students are also taught the importance of case management and the role of the massage therapist as part of an interdisciplinary healthcare team. Clinical settings and locations may vary.

Prerequisite(s): Take BIO-107 BIO-107L BIO-108 BIO-108L MTW-120 MTW-120L MTW-121 MTW-121L

**MTW-251 Massage Therapy Internship II (3 credits)**

A continuation of MT 250, this internship course offers additional opportunity for students to apply skills and knowledge in a clinical setting. Students perform massage therapy on a diverse population of patients under the supervision of licensed massage therapists. Students are also taught the importance of case management and the role of the massage therapist as part of an interdisciplinary healthcare team. Clinical settings and locations may vary.

Prerequisite(s): Take MTW-250

**MTW-450 Wellness Management Internship: Experiential Capstone (5 credits)**

Completed in the final semester of the program, this internship provides students with the opportunity to gain practical experience in wellness management or wellness programming in a variety of health and wellness settings.