

# MASG - MASSAGE

## MASG 107 - Massage Mechanics and Positioning **Units: 1**

Learn proper body mechanics and feel while using forearms, loose fists, elbows, knuckles, and hands. Discover the keys to career longevity and excellent touch. Work on creative client positioning with variations on side-lying and supine as well as seated positions.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*

## MASG 109 - Mat Based Massage **Units: 1**

Learn safe effective massage techniques without a massage table. This course will introduce methodology from traditional Thai and Shiatsu mat massage overlaying western medical massage practices. Students will learn and practice how to properly use fingers, hands, elbows, forearms, and feet as therapeutic implements to aid in relaxation and mobilization. We will focus on joint stacking and working with gravity to efficiently provide gentle pressure and stretching. These techniques are designed to improve the health of the practitioner as well as the receiver.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Prerequisite or Corequisite - MASG 201 or demonstrate proof of previous massage training.*

## MASG 117 - Aromatherapy for Massage **Units: 0.5**

Aromatherapy uses essential oils as an adjunct therapy in combination with multiple styles of massage therapy. Identifying the need and purpose of the modality is addressed as well as when to practice the technique based on indications and contraindications from the client's health history. Aromatherapy is practiced to enhance the therapeutic and relaxation properties of massage therapy. The therapeutic uses of 18 essential oils are explored and the students are provided the opportunity to practice blending the oils to enhance therapeutic benefits and induce a deeper relaxation response for the client.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Fall*

## MASG 118 - Facilitated Stretching and Muscle Energy Techniques **Units: 1**

Learn facilitated stretching techniques and muscle energy techniques (MET), including Proprioceptive Neuromuscular Facilitation (PNF), which is used for the rehabilitation of neurologic and soft tissue disorders. Explore ways to incorporate these techniques into massage to help counteract muscle hypertonicity and spasms, improve flexibility and range of motion, and restore muscle strength.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*

## MASG 129 - Deep Tissue and Neuromuscular Therapy **Units: 1**

This course is designed to enhance students' skills and understanding of the concepts of deep tissue and neuromuscular therapy. Students will learn how to safely integrate deep tissue and neuromuscular techniques into their massage routine in prone, supine, seated and side-lying positions. Students will be shown proper body mechanics for administering these techniques and will practice what they learn in class on one another.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*

## MASG 130 - Sports and Athletic Massage **Units: 1**

Students will learn the various strokes and techniques used in sports and athletic massage, what effect each has on the tissue, and when to use them. Additionally, the course will cover sports-specific routines, sports injury prevention and treatment, nutrition conducive to athletes, as well as psychology of the athlete as it pertains to interaction with the massage therapist.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*

## MASG 132 - Hot Stone Massage **Units: 1**

Hot stone massage is a restorative stone thermotherapy and an adjunctive therapy which can be used with all styles of massage therapy. This course will explore types of stones, their optional uses and placement, proper sanitation, and how to incorporate hot stones into multiple massage modalities.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Prerequisite or Corequisite - MASG 201 or demonstrate proof of previous massage training.*

*Term Offered: Fall*

## MASG 135 - Myofascial Release **Units: 1**

Learn to treat skeletal muscle immobility and pain using myofascial release by relaxing contracted muscles through both the superficial fascia and deep fascia, improving blood and lymphatic circulation, and stimulating the stretch reflex in muscles.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Prerequisite or Corequisite - MASG 201 or demonstrate proof of previous massage training.*

*Term Offered: Spring and Fall*

## MASG 137 - Osteo Symmetry **Units: 1**

This course is an introduction to Osteo Symmetry which is a manual therapy developed to release structural tension patterns and unwind energy blockages from the bones. This decreases strain on the nervous system, increases flexibility and restores natural mobility and posture. Using palpation, mobility and visual assessment students will learn to recognize and release restrictions in the skeletal structure.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Prerequisite or Corequisite - MASG 201 or demonstrate proof of previous massage training.*

*Term Offered: Spring*

## MASG 140 - Prenatal Massage **Units: 1**

Learn benefits, precautions and contraindications for prenatal massage. Anatomical and physiological changes that occur during pregnancy will be discussed, as well as specific conditions and complications that may arise during each trimester. Other topics covered will include legal considerations, communicating with healthcare providers, pregnancy loss, and positioning and draping the maternal client.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Prerequisite or Corequisite - MASG 201 or demonstrate proof of previous massage training.*

*Term Offered: Spring*

**MASG 142 - Geriatric Massage****Units: 1**

Learn normal psychosocial and physiological developmental concepts related to the geriatric client. Explore common pathologies found in this age group and find out for which conditions or pathologies massage is indicated and contraindicated. When massage is indicated, discover the benefits, what type of techniques are appropriate for each individual client, and whether or not the student has the necessary training to perform those techniques or should refer the client to other professionals.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Prerequisite or Corequisite - MASG 201 or demonstrate proof of previous massage training.*

*Term Offered: Fall*

**MASG 149 - Medical Terminology for Massage Professionals****Units: 1**

Medical terminology is used by physicians, nurses, physical therapists, chiropractors and those involved in the numerous allied health professions. The same terms apply to anatomy, physiology, kinesiology, and every other endeavor pertaining to the human body. The focus of this course is to demystify the highly specific and daunting vocabulary of the "secret language" used in these professions. Rather than rote memorization of long, unwieldy words, students will develop the knowledge and skills to decode, decipher, and discover the meaning of virtually any new scientific term.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*

**MASG 198 - Special Topics in Massage Therapy****Units: 0.5-3**

Various short courses and experimental classes covering a variety of subjects in massage therapy. The course will be variable credit of one to three depending on the course content and number of hours required. This course may be repeated for up to six credits.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*

**MASG 201 - Fundamentals of Professional Massage****Units: 4**

This course will provide a thorough introduction to the theory and practice of massage therapy. Students will learn to organize a full-body massage suited to the needs of individual clients using both table and chair techniques. They will learn the classic massage movements of touch, effleurage, petrissage, tapotement, friction and joint movements. Other major topics include ethics; scope of practice; the benefits and effects of massage; indications and contraindications for massage; proper body mechanics; history of massage; draping; universal precautions of sanitation; client assessment procedures, consultation and documentation; licensure requirements; and Nevada laws.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*

**MASG 202 - Anatomy and Physiology I for Massage and Fitness Professionals****Units: 4**

This course provides a fundamental overview of human anatomy and physiology and is the first course of a two part series which will cover cell structures and functions, tissues and membranes, integumentary system, skeletal system, muscular system, nervous system and special senses.

Through a systematic and detailed progression, students will learn the basics of structure and function of selected organs and organ systems and how they interact with and support one another. This course will provide a solid base of theoretical and practical knowledge for massage therapists to apply in their career. Same as PTR 202.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*

**MASG 203 - Pathology for Massage Professionals****Units: 3**

Review body systems and learn conditions within those systems as related to pathology. Understand which conditions or pathologies are indicated and contraindicated for massage therapy as covered by current professional standards. When massage is indicated, learn to identify what types of techniques are appropriate for each individual client.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite: MASG 202, and must be 18 years or older.*

*Term Offered: Spring and Fall*

**MASG 205 - Kinesiology for Massage and Fitness Professionals****Units: 3**

Kinesiology is a scientific study of human body movement which addresses physiological, biomechanical, and psychological mechanisms of movement. This course is a detailed, systematic hands-on study specifically designed for massage therapists and will incorporate both theoretical concepts and practical palpatory anatomy practice. Same as PTR 210.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite: Must be 18 years or older.*

*Prerequisite or Corequisite: MASG 202.*

*Term Offered: Spring and Fall*

**MASG 208 - Anatomy and Physiology II for Massage and Fitness Professionals****Units: 4**

This course provides a fundamental overview of human anatomy and physiology and is the second course of a two part series which will cover the nervous, endocrine, cardiovascular, lymphatic-immune, respiratory, digestive and urinary systems. Through a systematic and detailed progression, students will learn the basics of structure and function of selected organs and organ systems and how they interact with and support one another. This course will provide a solid base of theoretical and practical knowledge for massage therapists to apply in their career. Same as PTR 208.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite: MASG 202, and must be 18 years or older.*

*Term Offered: Spring and Fall*

**MASG 210 - Massage Clinic****Units: 4**

This course will provide extensive opportunity for students to put to practical use what they have learned in Fundamentals and modality classes and to organize a massage suited to the individual needs of various clients as they work in the TMCC Massage Clinic. Other major topics include reviewing ethics, scope of practice, the benefits and effects of, as well as the indications and contraindications for massage, proper body mechanics, massage techniques, therapeutic procedure, consultation, documentation, draping, sanitation, and Nevada law.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite: Must be 18 years or older.*

*Prerequisite: Students must complete MASG 201 and 75% of massage program requirements to take this course. Permission to enroll is given by program officer.*

*Term Offered: Spring and Fall*

**MASG 216 - Ethics for Massage Professionals****Units: 1**

This class is designed to expand students' knowledge about the field of ethics as it relates to the profession of massage to ensure the student has the tools to set boundaries and manage an ethical practice. This class will provide thought-provoking information, examples and scenarios for resolving ethical dilemmas.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*

**MASG 221 - Massage Exam Practice and Licensure Process** **Units: 0.5**

The MBLEx is the sole licensing exam for the Massage Profession. It is designed to provide a standard examination for students of Massage for entry-level professional scope of practice in gaining licensure. The exam has eight concentrated areas of content: client assessment, reassessment, and treatment plans; benefits and physiological effects of techniques; pathology with contraindications, areas of caution, and special populations; massage and bodywork modalities/culture/history; ethics, boundaries, laws and regulations; guidelines for professional practice; kinesiology; and anatomy and physiology. Explore the sections of the certification exam to better prepare to take the MBLEx exam and practice two exam formats in class. Go through the application process and learn Nevada state and national requirements for licensure.

*Transferability: May not transfer towards an NSHE bachelor's degree*

*Enrollment Requirements: Prerequisite - Must be 18 years or older.*

*Term Offered: Spring and Fall*