Lecture Syllabus

CAM101: Massage Therapy - An Introduction

CLASS INFORMATION
Dates: December 16 to December 30, 2013
Lecture Number: CAM101 - 01
Class Title: Massage Therapy - An Introduction
Class Day and Time: Mondays 6:00 -7:30 pm ET
Location/Room: Novant Health Forsyth Medical Center Conference Room A

INSTRUCTOR INFORMATION
Instructor Name and Credentials: Heather Cover, B.S. Health and Wellness
E-mail Address: Heathercover@student.kaplan.edu

CLASS MATERIALS
There is no textbook utilized in this class. Participants will receive handouts for each class and various additional resources.

Please bring something to write with and at least one notebook for note taking to class.

CLASS DESCRIPTION
This class provides a general overview of massage therapy and suggests sources for additional information. This class builds on the concepts of history, usage, safety, certification and research of massage practices. Participants will be provided with the opportunity to gain knowledge and hands-on experience acquired to conduct complementary and alternative medicine through the use of two types of massage, Swedish and Deep Tissue.

CLASS OUTCOMES
Upon completion of this class, participants should be able to:

CAM101-1: Recognize massage therapy as part of complementary and alternative medicine for holistic health care.
CAM101-2: Demonstrate familiarity with the basic concepts and historical information in complementary and alternative medicine through massage therapy.

CAM101-3: Apply the basic concepts, principles and methods of massage therapy.

CAM101-4: Understand where to locate current research in massage therapy.

**CLASS CALENDAR**

<table>
<thead>
<tr>
<th>Date and Topic</th>
<th>Learning Activities</th>
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| December 16th: Introduction, history and requirements for massage therapy | Introduction to Massage Therapy  
History of Massage Therapy  
NIH Tutorial  
Credentials for a Massage Therapist  
Participate in Discussion and Questions |
| December 23rd: Swedish Massage | Introduction to Swedish Massage  
Demonstration by Gail Williams  
Participate in Discussion and Questions |
| December 30th: Deep Tissue Massage | Introduction to Deep Tissue Massage  
Video: Robert Byrnes techniques parts I, II, III, and IV  
Participate in Discussion and Questions  
Complete Evaluation Form |

**SPECIAL REMARKS**

Massage therapy classes are “no cell phone zones”. Participants are instructed to turn cell phones off and keep stored away during class.

Breaks will be at the instructor’s discretion and will be limited to 15 minutes.

**Note: This Syllabus is subject to change during current and future classes. Please refer to the most updated Syllabus for this course provided by the instructor.**