



# STARK STATE COLLEGE

## GENERAL SYLLABUS

### Course Information

**Course Name:** Massage Therapy I  
**Course Number:** MAS121

### Required Materials

**Textbook(s):** Salvo, S. G. (2023). *Massage therapy: Principles and practice* (7th ed.). Elsevier.  
**Required Readings:** See weekly calendar below.  
**Additional Materials:** Additional materials include: a bottle of lotion, oil, or cream-approximately \$15 and can be purchased at Stark State College store. This will be used weekly in lab.

### Course Outline/Calendar

The date of coverage and order of coverage may be modified based on the faculty member and events beyond the control of faculty members that interfere with class times and teaching.

Week	Chapter/Topic/Lab
Week 1	<b>Intros/Program overview and goals/student handbook</b> <b>Salvo: Chapter 1: Historical Overview</b>  <b>Hands-on: Lubrication and hand massage</b>
Week 2	<b>Salvo: Chapter 2: The Therapeutic Relationship: Ethic, Cultural Competencies, and Boundaries</b>  <b>Hands-on: Endangerment Sites of Arms, Hand and arm massage, Draping</b>
Week 3	<b>Salvo: Chapter 3: Tools of the Trade</b> <b>Salvo: Chapter 4: Career Longevity</b>  <b>Hands-on: Kneading Techniques, Relaxation routine to arms and hands</b>
Week 4	<b>Salvo: Chapter 7: Body Mechanics, Client Positioning, and Draping</b>  <b>Hands-on: Friction Techniques, Endangerment sites of legs, Relaxation Routine to Legs, feet</b>
Week 5	<b>Salvo: Chapter 8: Massage Techniques</b>  <b>Hands-on: Arm and leg relaxation techniques and routine, timing, Review of endangerment sites of arms and legs</b>

<b>Week</b>	<b>Chapter/Topic/Lab</b>
<b>Week 6</b>	<b>Salvo: Chapter 8: Massage Techniques</b> <b>Hands-on: Skills Assessment – Endangerment sites of Arms and Legs, Draping and Massage Techniques</b> <b>Continue to work on routine and timing</b>
<b>Week 7</b>	<b>Salvo: Chapter 9: Concepts of Disease and Indications/Contraindications</b> <b>Hands-on: Joint movements/traction, Relaxation routine to back</b>
<b>Week 8</b>	<b>Massage Pharmacology</b> <b>Hands-on: Relaxation routine arms/hands, legs/feet, and back, timing, draping</b>
<b>Week 9</b>	<b>Salvo: Chapter 10: Professional Standards, Ohio State Medical Board Massage Therapy Scope of Practice</b> <b>Hands-on: Endangerment sites of the neck, Head and neck routine</b>
<b>Week 10</b>	<b>Salvo: Chapter 11: Special Populations</b> <b>Organize Written Full Body Massage Routine</b> <b>Hands-on: Full Body Massage, 50 Minute Timing</b>
<b>Week 11</b>	<b>Salvo: Chapter 12: Hydrotherapy</b> <b>Hands-on: Skills Assessment – Endangerment Sites Head/Face, Neck and Massage Techniques</b> <b>50 Minute Full-Body Relaxation Massages</b>
<b>Week 12</b>	<b>Salvo: Chapter 15: Seated Massage</b> <b>Practice seated massage techniques and routine</b> <b>Hands-on: 50-minute full body massage</b>
<b>Week 13</b>	<b>Intro to Clinicals with Clinic Supervisor</b> <b>Review for Practical Exam</b> <b>Hands-on: SKILLS ASSESSMENT: 50 Minute Full Body relaxationmassage assessment for clearance to begin clinicals</b>
<b>Week 14</b>	<b>Review for Practical Exam</b> <b>Hands-on: SKILLS ASSESSMENT: 50 Minute Full Body relaxationmassage assessment for clearance to begin clinicals</b>
<b>Week 15</b>	<b>Review for final written exam</b> <b>Hands-on: Final Practical Exam</b>
<b>Week 16</b>	<b>Final Written Exam</b>