



# STARK STATE COLLEGE

## GENERAL SYLLABUS

### Course Information

**Course Name:** Professional Practice and Evaluation  
**Course Number:** MAS228

### Required Materials

**Textbook(s):** Salvo, S. G. (2023). *Massage therapy: Principles and practice* (7th ed.). Elsevier.  
**Required Readings:** See weekly calendar below.  
**Additional Materials:** No additional course materials are required.

### 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	Introductions- Survey with questions about why they got into the massage program and what they plan to do when they graduate.
Week 2	Massage Technique Terminology and Characteristics- Read pages 137-143. Take a quiz over endangerment sites and sequence of routine.
Week 3	Intake Interview- Read pages 207-213- Take a quiz over important aspects of interviewing the client to plan the massage session.
Week 4	Trigger Point Therapy- Read the section on Trigger Point Therapy, from the end of page 305 to 308. Students will take a quiz on what a trigger point is, how to treat trigger points, and how to explain Trigger Point Therapy to a client.
Week 5	Write a plan for the 50 minute massage, including how to start the massage, the order of techniques, and how they plan on ending the massage.
Week 6	Back Massage- Write out a plan for a ten minute routine for someone who suffers from low back pain.
Week 7	Neck Massage- Write out a ten minute plan for a neck massage.
Week 8	Review the therapeutic effects of Effleurage. Take a quiz on Effleurage uses and effects.
Week 9	Review the therapeutic effects of Kneading. Take a quiz on Kneading therapeutic effects and clinical applications.
Week 10	Review the therapeutic effects of Friction. Take a quiz on Friction therapeutic effects and clinical applications.
Week 11	Read the section on MET pages 303- 304. Complete a quiz on MET.
Week 12	Review Handouts on NMT- Complete Quiz on Neuromuscular Massage

<b>Week</b>	<b>Chapter/Topic/Lab</b>
Week 13	Creating Flow with gliding techniques. Write a response on how students will use Effleurage techniques to enhance the flow of their relaxation routine to begin the massage, during transitions, and at the end of the massage.
Week 14	Complete a survey about the massage evaluation, including evaluating their own performance, including what they did well and how they can improve.
Week 15	Evaluation forms are returned to students.
Week 16	Appointments with students, as needed.