



STARK STATE COLLEGE

GENERAL SYLLABUS

Course Information

Course Name: Sports Massage
Course Number: MAS231

Required Materials

Textbook(s): **McGuillicuddy, M. (2010).** *Massage for sport performance.* Human Kinetics.
Required Readings: See weekly calendar below.
Additional Materials: Students need 2 rolls of Kinesiotape-can be purchased at SSC’s College Store, will need a good pair of scissors (to be used in lab weekly).

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	Syllabus, Intro to Sports Massage – Chapter 1 Lab- Basics & Body Mechanics
Week 2	A & P of common muscle groups – Chapter 3 Lab- Palpation Techniques
Week 3	Injury Prevention: common injuries Lab- Massage Technique
Week 4	cont. Injury Prevention Lab- Stretch cont.
Week 5	Pre-event: goals & techniques – Chapter 7 Lab- Pre-event/warm-up
Week 6	Combined Techniques, lets put it together – Chapter 7

Week	Chapter/Topic/Lab
	Lab- pre-event/warm-up
Week 7	Post event: goals & techniques – Chapter 7 Lab- Post-event/recovery
Week 8	Post-event: goals & techniques – Chapter 7 Lab- post-event/maintenance
Week 9	Tools of the trade: cup, scrape, tape etc. – Chapter 2 Lab- choose practical presentation
Week 10	Passive vs Active Lab- compound treatment
Week 11	Injury Management/Wellness integration Lab- cont. compound treatment
Week 12	Wellness Integration long term Lab- cont. compound treatment
Week 13	Ethics, Liability in Sports Massage
Week 14	Practical Presentation
Week 15	Practical Presentation
Week 16	Final Exam