



INSTRUCTIONAL PACKAGE

MTH 128

Clinical Application of Massage

Effective Term

Fall 2024/Spring 2025/Summer 2025

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Part I: Course Information

Effective Term: Fall 2024/Spring 2025/Summer 2025

COURSE PREFIX: MTH-128

COURSE TITLE: Clinical Application of Massage

CONTACT HOURS: 2.6.4

CREDIT HOURS: 4.0

RATIONALE FOR THE COURSE:

This course will provide the students with the basic information necessary to make informed decisions in the evaluation regarding the needs of the client in a clinical setting.

COURSE DESCRIPTION:

Students will perform massage therapy in a clinical massage setting. Students will be closely supervised and evaluated by instructors in all aspects of massage.

PREREQUISITES/CO-REQUISITES:

(Credit level MTH 136 Minimum Grade of C or Credit level MTH 136 Minimum Grade of TC) and (Credit level MTH 120 Minimum Grade of C or Credit level MTH 120 Minimum Grade of TC) and (Credit level MTH 121 Minimum Grade of C or Credit level MTH 121 Minimum Grade of TC) and (Credit level MTH 122 Minimum Grade of C or Credit level MTH 122 Minimum Grade of TC) and (Credit level MTH 113 Minimum Grade of C or Credit level MTH 113 Minimum Grade of TC) and (Credit level MTH 132 Minimum Grade of C or Credit level MTH 132 Minimum Grade of TC) and (Credit level MTH 135 Minimum Grade of C or Credit level MTH 135 Minimum Grade of TC)

***Online/Hybrid** courses require students to complete the DLI Online Student Orientation prior to completing an online course.

REQUIRED MATERIALS:

Please visit the Bookstore online site for most current textbook information. Use the direct link below to find textbooks.

[BOOKSTORE](#).

Enter the semester, course prefix, number and section when prompted and you will be linked to the correct textbook.

TECHNICAL REQUIREMENTS:

Access to Desire2Learn (D2L), HGTC's student portal for course materials.
myHGTC and college email access.

STUDENT IDENTIFICATION VERIFICATION

Students enrolled in online courses will be required to participate in a minimum of one (1) proctored assignment and/or one (1) virtual event to support student identification verification. Please refer to your Instructor Information Sheet for information regarding this requirement.

CLASSROOM ETIQUETTE:

As a matter of courtesy to other students and your professor, please turn off cell phones and other communication/entertainment devices before class begins. If you are monitoring for an emergency, please notify your professor prior to class and switch cell phone ringers to vibrate.

NETIQUETTE: is the term commonly used to refer to conventions adopted by Internet users on the web, mailing lists, public forums, and in live chat focused on online communications etiquette. For more information regarding Netiquette expectations for distance learning courses, please visit [Online Netiquette](#).

Additional Requirements:

- Washable Bottle Holster Single - Black W/ Bottle and Pump
- Scrubs will be worn throughout the program from day 1 of week 2 until the end of the Massage Therapy Program. Jewelry will not be worn while working on the massage tables during any lab time. Nails must be kept short and clean.
- Massage table for home practice – recommended for first semester

Part II: Student Learning Outcomes

COURSE LEARNING OUTCOMES and ASSESSMENTS*:

PLO - OSHA and State Regulations

PLO - Licensure

Upon completion of this course, students will be able to:

- ☐ Comply with OSHA and current State regulations, security, privacy and confidentiality policies while modeling professional behaviors, ethics and appearance.
- ☐ Successful completion of the MBLEx licensure exam

****Students – please refer to the Instructor’s Course Information sheet for specific information on assessments and due dates.***

Module Subject	Learning Obejctives	Assignments/Assessments
Module 1 : Principle and Practice Chapter 15	<ul style="list-style-type: none"> •Define seated massage and list things to consider when buying a massage chair •Perform preseated massage procedures, a basic seated massage routine, and postseated massage procedures •Demonstrate a seated massage routine 	As assigned in D2L/Massage Prep
Module 2 Principle and Practice Chapter 15 and Chapter 12 Hydrotherapy: Clinical Applications, Spa Applications and Spa Procedures	<ul style="list-style-type: none"> •Define hydrotherapy and explain the physical properties of water •Discuss clinical cryotherapy, its beneficial effects and uses, contraindications and adverse effects, and various application methods •Discuss clinical thermotherapy, its beneficial effects and uses, contraindications and adverse effects, and various application methods •Define spa hydrotherapy, contraindications and safety issues, and state various application methods •Identify various spa therapies and their applications methods •Describe the benefits of prenatal, labor, and postpartum massage •Develop an appropriate intake protocol for prenatal and postpartum clients •Discuss the postpartum period: physiological, musculoskeletal, and psychological changes; appropriate massage techniques and positioning; 	As assigned in D2L/Massage Prep

	and common complications, cautions, and contraindications	
Module 3 Principle and Practice Chapter 11 Practice Draping for Prenatal, side lying positions	<ul style="list-style-type: none"> • Table set-up and positioning (side-lying, semi-reclining, bolsters, and pillows) • Practice massage in the side-lying position and semi-reclining position • Practice specific techniques for the legs, sacrum, low-back, hips, and gluteal area • Practice specific techniques for the arms, chest, head, and neck • Practice specific techniques for the mid-to-upper back, shoulders, and abdomen • Plan and apply a massage based on a scenario 	As assigned in D2L/Massage Prep
Module 4 Principles and Practice Chapter 11 Practice proper positioning for prenatal massage	<ul style="list-style-type: none"> •Practice specific techniques for massage for the high-risk pregnant client •Practice specific techniques for massage during the early and advanced stages of labor •Apply principles and protocols for Pregnancy massage. •Use massage techniques that are appropriate for each body area, including endangerment sites. •Practice methods of sanitation and personal hygiene in the performance of massage. •Demonstrate effective use of equipment and supplies. •Identify bony landmarks, muscles, connective tissue, 	As assigned in D2L/Massage Prep

	<p>and entrapment areas for Pregnancy massage.</p> <ul style="list-style-type: none"> •Demonstrate biomechanical skills necessary for the safe and effective performance of massage and bodywork. •Use of draping during Pregnancy massage. 	
Module 5 Principle and Practice Chapter 11 Infant Massage	<ul style="list-style-type: none"> •Explain History of Infant Massage •Learn Who Should Perform Infant Massage •How to teach Infant Massage •Benefits of Infant Massage •Contraindications of Infant Massage •Provide massage services for children. 	As assigned in D2L/Massage Prep
Module 6 Principle and Practice Chapter 11 Chapter 15 Massage for Geriatric Client	<ul style="list-style-type: none"> •Demonstrate and practice working with geriatric clients. •Demonstrate proper draping for geriatric client. •Demonstrate helping geriatric clients on and off the table. •Perform intake form for geriatric clients 	As assigned in D2L/Massage Prep
Module 7 Principle and Practice Chapter 11 Clients with disabilities.	<ul style="list-style-type: none"> •Learning to perform massages for clients with disabilities. •Auditory Impairment •Visual Impairment •Limited Mobility •Paralysis •Prosthetics or Amputee •Address clients' concerns. •Understanding benefits of massage for disabled client •Understanding the importance of disabled client medications •Learn techniques to apply when working with disabled •Understand cautions and contraindications when working with disabled client 	As assigned in D2L/Massage Prep
Module 8 Principle and Practice Chapter 11	<ul style="list-style-type: none"> •Understanding massage for the critically ill 	As assigned in D2L/Massage Prep

<p>massage for the critically ill</p>	<ul style="list-style-type: none"> •Explain the major considerations when providing massage to people with critical illnesses. •Benefits of massage for critically ill •Techniques of massage for critically ill •Massaging people with cancer •Benefits of massaging people with cancer •Classifications of cancer •Intake procedure for cancer clients •Considerations for clients in Hospice and End-of-life care. •Massage during End-of-life Care. •Demonstrate appropriate intake when interviewing client with cancer •Demonstrate how to modify massage techniques for clients need •Demonstrate effective and appropriate communication when working cancer clients 	
<p>Module 9 Principles and Practice Chapter 17</p> <p>Business Practices: Getting Started, Marketing, Professional Development, Accounting, and Planning</p>	<ul style="list-style-type: none"> •Discuss licensing, types of insurance, employment opportunities, business entities, zoning, startup costs, and taxes •Outline business practices, including how to determine fees for services and discuss bartering, tipping, and various business policies •Describe marketing strategies, including mission statements, business cards, professional profiles, websites, blogs, social media, gift cards, value-added services, and retail products •Discuss professional development and business resources, such as continuing education, board certification, 	<p>As assigned in D2L/Message Prep</p>

	mentors, preceptors, business coaches, business contracts, and proposals •Define accounting and delineate types of financial statements	
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Part III: Grading and Assessment

Evaluation OF REQUIRED COURSE MEASURES/ARTIFACTS*

Students' performance will be assessed, and the weight associated with the various measures/artifacts are listed below.

EVALUATION*

Test/quizzes	10%
Massage Prep	35%
Discussions	25%
Resume/Cover Letter/Mock	15%
Final Exams	15%
	100%

****Students, for the specific number and type of evaluations, please refer to the Instructor's Course Information Sheet.***

GRADING SYSTEM:

Please note the College adheres to a 10-point grading scale A = 100 – 90, B = 89- 80, C = 79 – 70, F = 69 and below.

Grades earned in courses impact academic progression and financial aid status. Before withdrawing from a course, be sure to talk with your instructor and financial aid counselor about the implications of that course of action. Ds, Fs, Ws, WFs and Is also negatively impact academic progression and financial aid status.

The Add/Drop Period is the first 5 days of the semester for **full term** classes. Add/Drop periods are shorter for accelerated format courses. Please refer to the academic calendar for deadlines for add/drop ([ACADEMIC CALENDAR](#)). You must attend at least one meeting of all of your classes during that period. If you do not, you will be dropped from the course(s) and your Financial Aid will be reduced accordingly.

Part IV: Attendance

Horry-Georgetown Technical College maintains a general attendance policy requiring students to be present for a minimum of 80 percent (80%) of their classes in order to receive credit for any course. Due to the varied nature of courses taught at the college, some faculty may require up to 90 percent (90%) attendance. Pursuant to 34 Code of Federal Regulations 228.22 - Return to Title IV Funds, once

a student has missed over 20% of the course or has missed two (2) consecutive weeks, the faculty is obligated to withdraw the student and a student may not be permitted to reenroll. **Instructors define absentee limits for their class at the beginning of each term; please refer to the Instructor Course Information Sheet.**

For online and hybrid courses, check your Instructor's Course Information Sheet for any required on-site meeting times. Please note, instructors may require tests to be taken at approved testing sites, if you use a testing center other than those provided by HGTC, the center may charge a fee for its services.

Part V: Student Resources



THE STUDENT SUCCESS AND TUTORING CENTER (SSTC):

The SSTC offers to all students the following **free** resources:

1. **Academic tutors** for most subject areas, **Writing Center support**, and **college success skills**.
2. Online **tutoring** and academic support resources.
3. Professional and interpersonal communication **coaching** in the EPIC Labs.

Visit the [Student Success & Tutoring Center](#) website for more information. To schedule tutoring, contact the SSTC at sstc@hgtc.edu or self-schedule in the Penji iOS/Android app or at www.penjiapp.com. Email sstc@hgtc.edu or call SSTC Conway, 349-7872; SSTC Grand Strand, 477-2113; and SSTC Georgetown, 520-1455, or go to the [Online Resource Center](#) to access on-demand resources.



STUDENT INFORMATION CENTER: TECH Central

TECH Central offers to all students the following **free** resources:

1. **Getting around HGTC:** General information and guidance for enrollment, financial aid, registration, and payment plan support!
2. Use the [Online Resource Center \(ORC\)](#) including Office 365 support, password resets, and username information.
3. **In-person workshops, online tutorials and more services** are available in Desire2Learn, Student Portal, Degree Works, and Office 365.
4. **Chat with our staff on TECH Talk**, our live chat service. TECH Talk can be accessed on the student portal and on TECH Central's website, or by texting questions to (843) 375-8552.

Visit the [Tech Central](#) website for more information. Live Chat and Center locations are posted on the website. Or please call (843) 349 – TECH (8324), **Option #1**.

STUDENT TESTING:

Testing in an **online/hybrid and in make-up exam situations** may be accomplished in a variety of ways:

- Test administered within D2L
- Test administered in writing on paper
- Test administered through Publisher Platforms (which may have a fee associated with the usage)

Furthermore, tests may have time limits and/or require a proctor.

Proctoring can be accomplished either face-to-face at an approved site or online through our online proctoring service. To find out more about proctoring services, please visit the [Online Testing](#) section of the HGTC's Testing Center webpage.

The **Instructor Information Sheet** will have more details on test requirements for your course.

DISABILITY SERVICES:

HGTC is committed to providing an accessible environment for students with disabilities. Inquiries may be directed to HGTC's [Accessibility and Disability Service webpage](#). The Accessibility and Disability Services staff will review documentation of the student's disability and, in a confidential setting with the student, engage in an interactive process to develop an educational accommodation plan.

Note: It is the student's responsibility to self-identify as needing accommodations and to provide acceptable documentation. After a student has self-identified and submitted documentation of a disability, accommodations may be determined, accepted, and provided. Students will need to reach out to the Accessibility and Disability Services staff each semester to renew their accommodations.

COUNSELING SERVICES:

HGTC Counseling Services strives to optimize student success through managing personal and academic concerns that may interfere with achieving educational goals. Staff are available to every student for assistance and guidance on personal matters, academic concerns and other areas of concern. HGTC offers free in-person and telehealth counseling services to students. For more information about counseling services, please reach out to counseling@hgtc.edu or visit the website the [Counseling Services webpage](#).

STATEMENT OF EQUAL OPPORTUNITY/NON-DISCRIMINATION STATEMENT:

Horry-Georgetown Technical College shall not discriminate in employment or personnel decisions or in student admissions or in student decisions, or in all other segments of the College community on the basis of race, color, sex, national or ethnic origin, age, religion,

disability, marital or family status, veteran status, political ideas, sexual orientation, gender identity, or pregnancy, childbirth, or related medical conditions, including, but not limited to, lactation, in the educational programs and activities which it operates, and the college is prohibited from discrimination in such manner by applicable laws. Practices and requirements for nondiscrimination extend to the enrollment of students in programs and activities of the College and employment by the College.

All inquiries regarding the federal laws as they relate to discrimination on the basis of sex may be directed to Tamatha Sells, Title IX Coordinator, Horry-Georgetown Technical College, Building 1100C, Room 107B, 2050 Hwy 501 E, PO Box 261966, Conway, SC 29528-6066, 843-349-5218, tamatha.sells@hgtc.edu or to the US Department of Education Office of Civil Rights. (Telephone: 800-421-3481/Email: OCR@ed.gov).

Other employee and applicant inquiries concerning the federal laws and their application to the College may be directed to Jacquelyne Snyder, Vice President, Human Resources and Employee Relations & the College's Affirmative Action/Equal Opportunity Officer, Horry-Georgetown Technical College, Building 200C, Room 205B, 2050 Hwy 501 E, PO Box 261966, Conway, SC 29528-6066, 843-349-5212, jacquelyne.snyder@hgtc.edu.

Other student and prospective student inquiries concerning the federal laws and their application to the College or any student decision may be directed to Dr. Melissa Batten, Vice President, Student Affairs, Section 504 & Title II Coordinator Horry-Georgetown Technical College, Building 1100C, Room 107A, 2050 Hwy 501 E, PO Box 261966, Conway, SC 29528-6066, 843-349-5228, melissa.batten@hgtc.edu.

TITLE IX REQUIREMENTS:

Title IX of the Education Amendments of 1972 protects students, employees, applicants for admission and employment, and other persons from all forms of sex discrimination.

HGTC prohibits the offenses of domestic violence, dating violence, sexual assault, and stalking and will provide students, faculty, and staff with necessary information regarding prevention, policies, procedures, and resources.

Any student, or other member of the college community, who believes that they have been a victim of sexual harassment, domestic violence, dating violence, sexual assault, or stalking may file a report with the college's Title IX Coordinator or campus law enforcement*.

*Faculty and Staff are required to report these incidents to the Title IX Coordinator when involving students. The only HGTC employees exempt from mandatory reporting are

licensed mental health professionals (only as part of their job description such as counseling services).

For more information, contact Tamatha Sells, Title IX Coordinator, Conway Campus, Building 1100C, Room 107B, 843-349-5218, tamatha.sells@hgtc.edu.

PREGNANCY ACCOMMODATIONS

Under Title IX, colleges must not exclude a pregnant student from participating in any part of an educational program. Horry-Georgetown Technical College is committed to ensuring that pregnant students receive reasonable accommodations to ensure access to our educational programs.

Students should advise the Title IX Coordinator of a potential need for accommodations as soon as they know they are pregnant. It is extremely important that communication between student, instructors, and the Title IX Coordinator begin as soon as possible. Each situation is unique and will be addressed individually.

Title IX accommodations DO NOT apply to Financial Aid. Financial Aid regulations do not give the College any discretion in terms of Financial Aid eligibility.

Certain educational programs may have strict certification requirements or requirements mandated by outside regulatory agencies. Therefore, in some programs, the application of Title IX accommodations may be limited.

To request pregnancy accommodations, please complete the [**Pregnancy Intake Form**](#).