



INSTRUCTIONAL PACKAGE

MTH 132
Massage Therapy Seminar

Effective Term
Fall 2024/Spring 2025/Summer 2025

INSTRUCTIONAL PACKAGE

Part I: Course Information

Effective Term: Fall 2024/Spring 2025/Summer 2025

COURSE PREFIX: MTH 132

COURSE TITLE: Massage Therapy Seminar

CONTACT HOURS: 1.0.1

CREDIT HOURS: 1

RATIONALE FOR THE COURSE:

This course will provide the students with the basic information and skills necessary to enter the professional arena, including resume writing and interviewing. This course will also prepare the students for the Massage & Bodywork Licensing Examination.

COURSE DESCRIPTION:

This course includes the integration of didactic and clinical techniques in Massage Therapy. This course is the study of the skills needed to enter the professional arena, including resume writing, interviewing, professional decision making, and preparation for the Massage & Bodywork Licensing Examination.

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 128](#) Minimum Grade of C or Credit level [MTH 128](#) 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 135](#) Minimum Grade of C or Credit level [MTH 135](#) Minimum Grade of TC)

***Online/Hybrid** courses require students to complete the [DLi Orientation Video](#) prior to enrolling in an online course.

REQUIRED MATERIALS:

Please visit the [BOOKSTORE](#) online site for most current textbook information.

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

ADDITIONAL REQUIREMENTS:

Attire: Scrubs (black) or Black polo and black slacks

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](#).

Part II: Student Learning Outcomes

COURSE LEARNING OUTCOMES and ASSESSMENTS*:

Module Subject	Learning Obejctives	Assignments/Assessments
Module 1 : Massage Prep On-Line Assessment, Planning and Medical Terminology	<ul style="list-style-type: none"> Collecting client information, performing client assessment, and developing a plan of care Define directional terms. Define body positions and body movements and discuss body planes. Define anatomy and physiology. Discuss touch and quality of sensation. Define awareness and homeostasis. Define anatomical terminology and define regional terms of the body. Define and discusses medical terminology 	As assigned in D2L/Massage Prep

Module 2 Massage Prep Unit 2 Indications and Contraindications of Massage, Business, Law, Copyright & Patent, Medical Errors, and Ethics	<ul style="list-style-type: none"> • Define and discuss indications and contraindications of massage. • Discuss how to make health care safer in the massage healthcare industry. • Define and discuss the laws and rules that pertain to the massage profession. • Discuss ethical considerations in the massage industry 	As assigned in D2L/Massage Prep
Module Massage Prep On-Line Unit 3 Massage Environment, Body and Table Mechanics, Clinical and Energy Bodywork, and Eastern Massage Modalities) Content:	<ul style="list-style-type: none"> • Define and discuss the success of utilizing the right set of education and skills training as well as setting up the most appealing environment where the massage is to be performed. • Define and discuss the concepts of proper body and table mechanics while performing massage. • Define and discuss the concepts of clinical massage protocols. 	As assigned in D2L/Massage Prep
Module 4 Massage Prep On- Line Unit 4 Swedish Massage, Massage Manipulations and Techniques, and Adaptive Massage for different populations Business Plan	<ul style="list-style-type: none"> • Defines and discuss various massage techniques. 	As assigned in D2L/Massage Prep

<p>Module 5 Massage Prep Unit 5 and Unit 6</p> <p>History of Massage, Basic First Aid, Infection and Control, Occupational Safety, Draping and Hygiene, Blood-born Pathogens, HIV and AIDS , Pharmacology and</p> <p>Human Trafficking Overview of Hydrotherapy, Applications of Hydrotherapy, Contraindications of Hydrotherapy, and Oils and Hydrotherapy</p>	<ul style="list-style-type: none"> • Explain the methods and modalities that have influenced how the history of massage took shape, skills and exercises • Discuss the concepts of basic First AID. • Define and discuss professional hygiene and infection control. • Define and discuss occupational safety relating to the massage industry. • Define and discuss blood-borne pathogens relating to the massage industry • Identify of the following: Salt glow, Spray, Paraffin Bath, Percussion Douche, Hot and Cold Contrast, Local Applications, Cold Compress, Ice Pack, Russian Bath, Whirlpool Bath • Define and discuss how to treat patients using Hydrotherapy. • Identify essential oils. • Explain what olfaction means. Identify plant parts and its association to essential oils. 	<p>As assigned in D2L/Massage Prep</p>
<p>Module 6 Massage Prep On-Line; Unit 7</p> <p>Hydrotherapy, Aromatherapy, Ayurveda, Five Elements and Chakras</p>	<ul style="list-style-type: none"> • Explains the art of Hydrotherapy. Explains various applications of Hydrotherapy. Defines Cold Applications. Defines Hot Applications. Explains Physiological Effects of Hot and Cold. • Defines and discuss how to treat patients using scent therapy. 	<p>As assigned in D2L/Massage Prep</p>

	<ul style="list-style-type: none"> Define, discuss, and illustrate how to apply elements and chakras in your everyday application of massage therapy. Discuss the 12 Meridians and 2 extra Meridians (Governing Vessel and Conception Vessel Meridians) in detail; Lung Meridian, Spleen Meridian, Stomach Meridian, Bladder Meridian, Heart Meridian, Kidney Meridian, Large Intestine Meridian, Small Intestine Meridian, Pericardium Meridian, Triple Warmer Meridian, Gallbladder Meridian, Liver Meridian, Conception Vessel Meridian, and Governing Vessel Meridian. 	
Module 7 Massage Prep On-Line; Unit 10	<ul style="list-style-type: none"> This section includes 20 MBLEx Simulated Randomized Exams (100 questions each) with no instant feedback; two hours time limit on each test. 	As assigned in D2L/Massage Prep
Module 8 : Chapter 8 – The Hip Joint and Pelvic Girdle – Manual of Structure Kinesiology and Trail Guide Chapter	<ul style="list-style-type: none"> This section includes MBLEx Simulated Randomized Exams (100 questions each) with no instant feedback; two hours time limit on each test. 	As assigned in D2L/Massage Prep

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

EFFECTIVE PROFESSIONAL AND INTERPERSONAL COMMUNICATION (EPIC):

This course fulfills HGTC’s Quality Enhancement Plan for Effective Professional and Interpersonal

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

(Check all that apply.)

- ☒ Utilize appropriate communication formats when conveying professional and interpersonal thoughts and ideas.
- ☒ Apply appropriate language when speaking and writing for their chosen field of study or Industry.
- ☒ Demonstrate appropriate communication techniques when engaging audiences.

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*

Massage Prep	35%
Homework Discussion	20%
Tests	25%
<u>Business project</u>	<u>20%</u>
	100%

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

GRADING SYSTEM:

State the College's or departmental grading system as delineated in the Catalog. Please note the College adheres to a 10 point grading scale A = 100 – 90, B = 89- 80, C = 79 – 70, F = 69 – 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. 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, and 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 ssc@hgtc.edu or self-schedule in the Penji iOS/Android app or at www.penjiapp.com. Email ssc@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** course may be accomplished in a variety of ways:

- Test administered within D2L
- Test administered in writing on paper
- Test administered through Publisher Platforms

Further more 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**](#).