

MASS101W : Swedish Massage I

Swedish Massage I introduces the study of therapeutic massage. Students learn the history of massage and review scientific research into the effects of massage therapy, including indication, contraindications, universal precautions, health-related issues, and wellness education. The course consists of lecture, demonstration, and hands-on treatment. During the course, students learn and practice on each other the five basic Swedish strokes of effleurage, petrissage, friction, tapotement, and vibration.

Lecture Hours 2

Lab Hours 3 **Credits** 3

Corequisite Courses

BIOL114W