

## **COURSE OUTLINE**

### **Sports Massage**

#### **Course Description**

MT 241 Sports Massage. 3 hours credit. Prerequisite: MT 240, MT 244, and MT 246 with a C or better. MT 246 may be taken concurrently. This course will enable the student to assess athletic and non-athletic clients and properly apply specific massage techniques, theory, philosophy and practice of sports massage. Classroom presentations focus on topics of injury pathology and specialized clinical methods for relief of activity-altering injuries/complaints, dysfunction, trigger points, and common injuries of each muscle palpated. The student will practice clinical applications of sports massage for common athletic complaints of the upper and lower extremities.

#### **Course Relevance**

This course provides the student with fundamental knowledge base and experience in massage techniques specific to sports and activity-related needs in preparation for successful achievement of National Certification Massage Therapy and BodyWork exam.

#### **Required Materials**

Clay, J. H. and Pounds, D.M. (2003). *Basic clinical massage therapy: integrating anatomy and treatment*. Philadelphia, PA: Lippincott, Williams & Wilkins

#### **Learning Outcomes**

The intention is for the student to be able to:

1. Assess athletes and non-athletes for needs related to activity-altering injuries/complaints
2. Properly apply specific massage techniques for the athletic and non-athletic client
3. Evaluate the client response to therapy

#### **Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course**

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Problem Solving
  - Through analysis of presented pathologies/injuries, the student will identify specific therapies.
2. Field-Related Technology
  - The student will demonstrate proper application of specific therapies.

#### **Major Summative Assessment Task(s)**

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Performing proper therapies on the athlete and non-athlete in a clinical

performance exam

## **Course Content**

- I. Themes: Key recurring concepts that run throughout this course:
  - A. Assessment
  - B. Client needs
  - C. Comfort
  - D. Activity-altering injuries/complaints
  - E. Therapeutic techniques
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
  - A. Needs of the client versus available resources
  - B. Using therapeutic techniques recommended by evidenced-based practice
- III. Concepts – Key concepts that must be understood to address the issues:
  - A. Anatomy and physiology
  - B. Pathophysiology
  - C. Health Care/Complementary Care Systems
  - D. Ethical decision making
  - E. Business principles
- IV. Skills/Competencies – Actions that are essential to achieve the outcomes:
  - A. Develop skills in theory, philosophy, and practice of sports massage.
    1. Perform techniques and their proper application for athletic and non-athletic people
    2. Develop routines for pre- and post-event massage
    3. Examine managing cramps and thermal injuries
    4. Incorporate clinical applications of sports massage for common athletic complaints of upper and lower extremities
  - B. Incorporate pathology assessment to help facilitate recovery.
    1. Demonstrate use of cryotherapy for injury management and rehabilitation
    2. Examine clinical aspects of sports massage for common complaints
    3. Develop skills for treatment of injuries
  - C. Demonstrate advanced sports massage techniques for specialized clinical methods for relief of difficult and or persistent complaints
    1. Examine in-depth study of abdominal wall and contraindications
    2. Examine how to work with soft tissues of the body in the side-lying position
    3. Assessment of proper positioning, bolstering, draping, and palpation skills
    4. Assess when to use trigger point therapy and various stretching techniques
  - D. Evaluate client response to therapies

## **Learning Units**

- I. Knowledge and skills in theory, philosophy, and practice
  - A. Technique for athletes and non-athletes
  - B. Pre- and post-event massage

- C. Cramps and thermal injuries
  - D. Clinical applications for upper and lower extremities
- II. Pathology assessment
    - A. Use of ice
    - B. Clinical aspects
    - C. Skills for treatment
    - D. Evaluation of therapies
- III. Advanced sports massage techniques
    - A. Abdominal wall
    - B. Side-lying position
    - C. Assess proper skills
    - D. Trigger point therapy and stretching
- IV. Career opportunities in sports massage
    - A. Private practice
    - B. Public sports organizations
    - C. Professional sports organizations
    - D. Health and fitness opportunities
- V. Ethical decision making
    - A. Ethical principles
    - B. Standards for referral
    - C. Responsibility to client
    - D. Dilemmas facing professional/recreational athletes
- VI. Business principles
    - A. Reimbursement issues
    - B. Marketing/promotion
- VII. Health care/complementary care systems
    - A. Health care system and sports massage
    - B. Complementary care system and sports massage

### **Learning Activities**

Independent and collaborative learning activities will be assigned to involve the student in assessing athletes and non-athletes and applying specific massage therapy techniques. Classroom activities may include discussion, lecture, textbook reading assignments, technique demonstrations, supervised practice time, videos, and guest speakers.

### **Grade Determination**

Grade determination will be based upon participation, completion of assessment tasks, assignments, quizzes/exams, and technique mastery.