Course Syllabus

Department: Physical Education and Integrated Health Care
Date: March 2015

I. Course Prefix and Number: PE 217

   Course Name: Health for Massage Therapists

   Credit Hours and Contact Hours: 2 credit hours, 3 contact hours

   Catalog Description including pre- and co-requisites: Focuses on lifestyle factors and their relationships to well-being, behaviors, and disease. Health content areas, defined by NYS Education Department, are explored. Topics include: Hygiene, Disease Prevention & Control, Aseptic Techniques, nutrition, personal and community health, safety education (identifying dangerous environments, prevention child abduction, fire and arson), communication skills for productive relationships (i.e. conflict resolution), identifying and reporting suspected child abuse/maltreatment. No pre-requisites are required. Co-requisite: MAS 110

II. Course Outcomes and Objectives

   Student Learning Outcomes:

   The student will:

   1. Identify and respond to our individual wellness needs by developing and completing a behavior change contract throughout the semester.
   2. Recognize the health issues that affect both our society and individuals.
   3. Distinguish the difference between health and illnesses.
   4. Demonstrate the basic understanding of the course material presented in each chapter of the textbook.
   5. Develop opinions and help select conscious healthy decisions based on both knowledge and facts.
   6. Describe methods for preventing & controlling disease
   7. Demonstrate the ability to establish a hazard free massage environment
   8. Utilize specific recommendations for sanitary practices for massage businesses.

   Relationship to Academic Programs and Curriculum:

   This course will be a requirement in the Therapeutic Massage & Integrated Health Care Program at FLCC. It is considered an introduction, and no prior knowledge of Health is required. The course includes NYS required topics of hygiene and aseptic techniques for licensing.
College Learning Outcomes Addressed by the Course:

- writing  ☑
- oral communications  ☑
- reading  ☑
- mathematics  ☑
- critical thinking  ☑
- computer literacy
- ethics/values
- citizenship
- global concerns
- information resources

III. Instructional Materials and Methods

Types of Course Materials:

- Textbook
- Wellness Worksheets

Methods of Instruction (e.g. Lecture, Lab, Seminar …):

- Lecture
- Video
- Worksheets / Group Activities

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>eg: writing</td>
<td>eg: student will complete a research paper</td>
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<tr>
<td>Writing</td>
<td>Behavior Change Contract, Updates, &amp; Revisions</td>
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<tr>
<td>Reading</td>
<td>Tests/Quizzes</td>
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<tr>
<td>Critical Thinking</td>
<td>Article Review and Critique</td>
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<tr>
<td>Ethics/Values</td>
<td>Dimensions of Wellness Assessment</td>
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<tr>
<td>Global Concerns</td>
<td>Environmental Wellness Quiz and Presentation</td>
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</tbody>
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The demonstration of the satisfactory achievement of the above learning outcomes will be the responsibility of the student, facilitated by the instructor. Specifically, the following activities must be performed and completed for successful course completion:

- Behavior Change Contract
- Wellness Worksheets
- Tests
- Research Paper
V. General Outline of Topics Covered:
Hygiene, Sanitation and Safety for Massage Therapists
Aseptic Techniques for Massage Therapists
Medical Terminology
“Taking Charge of Your Health”
Stress: The Constant Challenge
“Psychological Health”
“Nutrition Basics”
Exercise for Health and Fitness”
“Weight Management”
Intimate Relationships and Communication
“Sex, Pregnancy, and Childbirth”
“Contraception and Abortion”
“Major STD’s (Immunity and Infection)”
“The Use and Abuse of Psychoactive Drugs”
“Alcohol and Tobacco”
“Cardiovascular Disease and Cancer”
Child Abuse Recognition and Reporting
“Immunity and Infection”
“Environmental Health”
“Conventional and Complementary Medicine”
“Personal Safety”
“The Challenge of Aging”