

ARIZONA WESTERN COLLEGE  
SYLLABUS

LMT 150 MASSAGE PRACTICE 1

12 credits, 266 hours lec/lab

COURSE DESCRIPTION

Orientation and introduction to skills required for therapeutic massage professional practice. Prepares learners for Arizona State license application.

1. COURSE GOAL

Develop professional skills for massage therapy certification

2. OUTCOMES

Upon satisfactory completion of this course, the student will be able to:

- 2.1 describe massage therapy principles including; history, research literacy, indications and contraindications
- 2.2 demonstrate and describe professional considerations: of equipment & environment, self-care protocols, disease transmission and laws & regulations
- 2.3 Interpret and demonstrate skills in characteristics of the therapeutic relationship
- 2.4 describe basic anatomy & physiology concepts
- 2.5 describe assessment information and documentation.
- 2.6 perform basic massage therapy and bodywork protocols
- 2.7 define structural kinesiology and functional anatomy.

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Multi-media presentations
- 3.3 Group discussions

4. LEARNING ACTIVITIES

- 4.1 Group discussions
- 4.2 Written and reading assignments
- 4.3 Oral presentations
- 4.5 Classroom demonstrations

5. EVALUATION

- 5.1 Class participation
- 5.2 Homework assignments
- 5.3 Quizzes
- 5.4 Final exam

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need

for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.

- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty—including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course.