



MTH 132
Massage Therapy Seminar

Course Description

MTH 132 Massage Seminar
LEC 1 CREDIT 1

Course Focus

This course provides instruction in Kinesiology including identification of movements and physical structures, and assessment of biomechanics related to treatment planning for Massage Therapy.

This course includes the integration of didactic and clinical techniques in Massage Therapy.

Prerequisite: Acceptance into the Massage Therapy program.

Corequisites: MTH 120, MTH 121.

Text and References

Biel, A. Trail Guide to Movement, Second Edition. Boulder, CO: Books of Discovery; 2019.

Salvo SG. Massage Therapy Principles and Practice-Sixth Edition. St. Louis, Mo: Saunders; 2019.

No Purchase Necessary. Beginning Fall 2021, TCL implemented a new textbook model called First Day Complete (FDC). With FDC, a per credit hour book fee was added to your tuition at the time of registration. Please check your new TCL email account where you have been sent a link to reserve your books with the TCL College Store. Refer to this link for all details concerning FDC.

<https://www.tcl.edu/first-day-complete-textbook-program/>

PPE Requirements

Until further notice, there is a mask mandate in place indoors at TCL. Failure to adhere to the mask requirement will result in the following:

- First Offense: Verbal Warning
- Second Offense: You will be asked to leave class with an absence for that day.
- Third Offense: You will be asked to leave class and must meet with Associate Vice President Rodney Adams in Building 2 room 203 prior to returning to class.

In addition, all students will be required to wear PPE as deemed appropriate and necessary per clinical facility for the duration of the clinical experience. Students may also be required to wear additional PPE while participating in "on campus" lab activities to provide an environment that is representative of the program's clinical facilities. Failure to adhere to this mandate will render the student ineligible to

participate in clinical rotations or “on campus” activities, and therefore unable to progress in the program.

Course Goals

The following list of course goals will be addressed in the course. These goals are directly related to the performance objectives. (*designates a CRUCIAL goal)

1. exhibit professional behaviors*
2. define kinesiology terms*
3. use anatomical terminology*
4. identify anatomical structures*
5. define directions of movement*
6. identify four key body structures essential for movement
7. define movement patterns
8. define connective tissue
9. define skeletal articulations*
10. describe muscle fiber directions
11. identify the components of gait
12. identify components of the extracellular matrix
13. define a myofascial unit*
14. state the purpose of connective tissue
15. identify the properties of connective tissue*
16. distinguish various soft tissue structures
17. identify and describe the types of bones*
18. define three kinds of cartilage*
19. define types of synovial joints*
20. demonstrate joint motions*
21. identify kinematic chains
22. distinguish simultaneous and sequential movement
23. identify connective tissue imbalances*
24. assess postural symmetry*
25. assess gait function*
26. assess range of motion*
27. describe joint structures
28. state joint structure functions
29. identify components of skeletal muscle
30. define biomechanics
31. state specified skeletal muscle actions*
32. identify the types of connective tissue
33. describe anatomical positions*
34. identify the three types of levers

35. state the functions of muscle tissue*
36. describe three types of muscle contractions*
37. list functions of the central and peripheral nervous system*
38. identify peripheral nervous system plexuses
39. list the four types of proprioceptors
40. define the role of proprioceptors in muscle function

Student Contributions

Classes are designed to employ a variety of teaching techniques. In order to maximize learning, required readings and Web enhanced sections should be done prior to class. If a student is falling behind in clinical performance and/or academic achievement, it is imperative to seek immediate assistance from the instructor.

Course Evaluation

Discussion	10 Points
6 Online Exercises (20 points each)	120 Points
12 Homework Assignments (10 points each)	120 Points
Midterm Exam	100 Points
Final Exam	100 Points
Professional Behaviors	50 Points
Total	500 Points

Course Schedule

Lecture 1 hour SCHEDULE: See Course Outline

ADA STATEMENT

The Technical College of the Lowcountry provides access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation, contact the counselor for students with disabilities at (843) 525-8228 during the first ten business days of the academic term.

ATTENDANCE

1. The College's statement of policy indicates that students must attend **ninety percent** of total class hours or they will be in violation of the attendance policy.
2. Students not physically attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.
3. Students taking an online/internet class must sign in **and** communicate with the instructor within the first ten calendar days from the start of the semester to indicate attendance in the class. Students not attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.
4. Reinstatement requires the signature of the Division Dean.

- a. In the event it becomes necessary for a student to withdraw from the course **OR if a student stops attending class, it is the student's responsibility to initiate and complete the necessary paperwork.** Students are strongly encouraged to consult with Financial Aid prior to withdrawing from any class, particularly if the student is currently on a warning or probation status.
 - b. When a student exceeds the allowed absences, the student is in violation of the attendance policy. The instructor **MUST** withdrawal the student with a grade of "W", "WP", or "WF" depending on the date the student exceeded the allowed absences and the student's progress up to the last date of attendance *or*
 - c. Under extenuating circumstances and at the discretion of the faculty member teaching the class, allow the student to continue in the class and make-up the work. This exception must be documented at the time the allowed absences are exceeded.
 - d. Absences are counted from the first day of class. There are no "excused" absences. All absences are counted, regardless of the reason for the absence.
5. A student must take the final exam or be excused from the final exam in order to earn a non-withdrawal grade.
6. Students are expected to be in class *on time*. Arrival to class after the scheduled start time or leaving class prior to dismissal counts as a tardy. Three tardies and/or early departures are considered as one absence unless stated otherwise.
7. It is the student's responsibility to sign the roll/verify attendance with instructor upon entering the classroom. Failure to sign the roll/verify attendance results in a recorded absence. In the event of tardiness, it is the student's responsibility to ensure that attendance is marked. **The student is responsible** for all material/ announcements presented, whether present or absent.
8. Continuity of classroom and laboratory (which includes clinical experiences) is essential to the student's progress in providing safe and competent patient care. Students are expected to use appropriate judgment for participating in clinical activities. To evaluate the student's knowledge and skills, it is necessary for the student to be present for all clinical experiences.
9. If absence does occur, the designated clinical site, in addition to the Division of Health Sciences Administrative Assistant, must be notified by telephone no later than 30 minutes prior to the start of the clinical experience. The Division of Health Sciences telephone number is 843-525-8267.

A copy of TCL's STATEMENT OF POLICY NUMBER: 3-1-307 CLASS ATTENDANCE (WITHDRAWAL) is on file in the Division Office and in the Learning Resources Center.

ONLINE ATTENDANCE PROCEDURE

For all online courses, students must complete an assignment designated by the instructor during the first week of classes. The instructor will drop the student from the course if the initial assignment is not completed.

Instructors will withdraw students from the class when 90% attendance is not maintained. Attendance in an online course is defined by regular course access and by timely completion of assignments as required by the instructor. Each student will be expected to access the web class at least once a week

and complete 90% of assignments on time. Additional access is encouraged and may be necessary for successful completion of classes.

Failure to log in and complete assignments will result in the student being withdrawn from the course. The instructor will assign a grade of “W,” “WP,” or “WF” based upon the student’s academic standing as the last date of attendance, which is the last login. Students are responsible for any financial matters associated with an administrative withdrawal. If a student fails to email the instructor (using the my.tcl.edu email account) requesting to be dropped from the course and has not submitted the initial assignment required during the first week of class, the instructor will assign a “Never Attended” code in the student information system no later than ten calendar days after the first day of the class. Students who are dropped as a result of never attending the course are still responsible for all fees associated with the course.

Attendance in an online course is defined by; at least once weekly course access and by completion of assignments as required by the instructor. Each student will be expected to access the web class at least once a week and complete weekly assignments on time. Additional access is encouraged and may be necessary for successful completion of classes.

HAZARDOUS WEATHER

In case weather conditions are so severe that operation of the College may clearly pose a hardship on students and staff traveling to the College, notification of closing will be made through the following radio and television stations: WYKZ 98.7, WGCO 98.3, WGZO 103.1, WFXH 106.1, WWVV 106.9, WLOW 107.9, WGZR 104.9, WFXH 1130 AM, WLVA 101.1, WSOK 1230 AM, WAEV 97.3, WTOG TV, WTGS TV, WJWJ TV, and WSAV TV. Students, faculty and staff are highly encouraged to opt in to the Emergency Text Message Alert System. <https://tcl.regroup.com/signup>

ACADEMIC MISCONDUCT

There is no tolerance at TCL for academic dishonesty and misconduct. The College expects all students to conduct themselves with dignity and to maintain high standards of responsible citizenship.

It is the student’s responsibility to address any questions regarding what might constitute academic misconduct to the course instructor for further clarification.

The College adheres to the Student Code for the South Carolina Technical College System. Copies of the Student Code and Grievance Procedure are provided in the *TCL Student Handbook*, the Division Office, and the Learning Resources Center.

Health care professionals hold the public trust. Academic misconduct by health science students calls that trust into question and academic integrity is expected. Academic misconduct may result in withdrawal for related health science courses. Also, depending on the severity of the student’s academic misconduct, the student will not only be withdrawn from the program, but will not be allowed for re-entry and/or reapplication to all Health Science programs. It is a fundamental requirement that any work presented by students will be their own.

It is a fundamental requirement that any work presented by students will be their own. Examples of academic misconduct include (but are not limited to):

1. Copying the work of another student or allowing another student to copy working papers, printed output, electronic files, quizzes, tests, or assignments.

2. Completing the work of another student or allowing another student to complete or contribute to working papers, printed output, electronic files, quizzes, tests, or assignments.
3. Viewing another student's computer screen during a quiz or examinations.
4. Talking or communicating with another student during a test.
5. Violating procedures prescribed by the instructor to protect the integrity of a quiz, test, or assignment.
6. Plagiarism in any form, including, but not limited to: copying/pasting from a website, textbook, previously submitted student work, or any instructor-prepared class material; obvious violation of any copyright-protected materials.
7. Knowingly aiding a person involved in academic misconduct.
8. Providing false information to staff and/or faculty.
9. Entering an office unaccompanied by faculty or staff.
10. Misuse of electronic devices.

COURSE POLICIES AND PROCEDURES

1. It is clearly to the advantage of the student to attend class and meet administrative attendance requirements. Test content focuses heavily on lecture materials.
2. All cell phones and pagers must be turned off during class (lecture and laboratory periods). No pagers or phones are allowed in the clinical area. No exceptions are made to this rule.
3. Students are held accountable for content in the Massage Therapy program student handbook.
4. Instructors will excuse a student from class who disrupts the class.
5. No course grades are posted in public areas. Grades are available through TCL's Self-Serve/grades. For questions, contact the TCL Help Desk at 525-8344 or the Registrar's office at 525-8210.

****All students are required to remove hats and ALL watches of any kind during exams and quizzes and place them in the front of the classroom with personal belongings and electronics.***

****During on campus examinations, only answers transferred and completed on Scantron sheets will be graded electronically to count towards the test score.***

Clinical assignments, worksheets, and course reviews may be available on the Blackboard platform for student completion and review. If an online review is given, TCL utilizes the online test proctoring service Honorlock. Each student must meet the requirements for Honorlock to complete any online clinical assignments and/or course reviews.

Honorlock Online Proctoring and Technology Requirements

TCL uses an online test proctoring service called Honorlock to monitor some online tests as an alternative to in-person proctoring. Your instructor may elect to have some of your tests proctored

using Honorlock. If so, you will need to make sure that you have access to the necessary equipment to take your online-proctored tests:

- A computer with access to a high-speed Internet connection
- The ability to install the Honorlock extension on Google Chrome.
- A webcam and microphone. A functioning webcam and microphone are required to complete proctored online tests.
- Microsoft Office. Microsoft Office can be downloaded for free by accessing the Office 365 link in your TCL email account.

GRADING POLICY

Grading scale	
93% - 100% A	W withdraw
85% - 92% B	WP withdraw with passing grade
78% - 84% C	WF withdraw with failing grade
70% - 77% D	I Incomplete
Below 70% F	

Grading Methodology. The final grade must be 78.000 or more in order to pass the course and progress in the program. Students absent from an examination or presentation will receive a "0" grade for the examination unless other arrangements are made with the individual instructor prior to the examination or presentation day or on the examination or presentation day before the test/presentation is scheduled to be given. It is the responsibility of the student to contact the appropriate instructor to arrange to make up the examination. Arrangements may be completed by telephone. If the instructor is not available, a message should be left on the instructor's voice mail AND with another member of the faculty or administrative assistant. The instructor will decide the time and method of make-up examinations on an individual basis. Messages sent by other students are unacceptable. The student is responsible for notifying the instructor of the reason for the absence. Grades are posted on Blackboard within one week of administration of tests and examinations.