

Planning and Quality Assurance Affairs

Form (A)

Course Specifications

General Information

Course name	Manual Therapy(Practice)
Course number	AMSP2105
Faculty	
Department	
Course type	Major Needs
Course level	2
Credit hours (theoretical)	0
Credit hours (practical)	1
Course Prerequisites	

Course Objectives

- 1 - 1. Preparation for manual therapy session.
- 2 - 2. Selection of the appropriate school to be applied
- 3 - 3. Application of Hoffa techniques on various body parts.
- 4 - 4. Application of trigger point therapy on different parts of the body.
- 5 - 5. Application of Myofascial release techniques on different parts of the body.

Intended Learning Outcomes

Knowledge and Understanding	<ul style="list-style-type: none">* 1. Importance of self-preparation, client preparation, environment preparation.* 2. Indications and contraindications for massage.* 3. Uses of effleurage, petrissage, percussion techniques.* 4. Appropriate positions for each part of the body.* 5. Various trigger point release methods.* 6. Identify various trigger point classifications.* 7. Identify various friction techniques.* 8. Identify various MFR techniques* Common MFR contraindications
Intellectual Skills	<ul style="list-style-type: none">* 3. Implement trigger point therapy on various body parts.* 1. Identify the different techniques of Hoffa and where to use them through the session.* 2. Identify various trigger point classifications and to which client to be applied.* 3. Describe various palpation identifiers.* 4. Identify when to use MFR.* 5. Classify friction techniques according to the area being treated.
Professional Skills	<ul style="list-style-type: none">* 1. Prepare and design a treatment session for Hoffa techniques with the correct steps.* 2. Implement common friction techniques to specific body parts.* 4. Perform common MFR techniques.* 5. Become proficient in various common muscle specific MFR techniques.
General Skill	<ul style="list-style-type: none">* 1. Design a treatment session from preparation to application.* 2. Choose the appropriate manual therapy technique and apply it.

Course Contents

1 - 1. Preparation for manual therapy session.
2 - 2. Indications and contraindications of massage.
3 - 3. Hoffa techniques: effleurage, petrissage, percussion on all body parts.
4 - 4. Friction application.
5 - 5. Trigger point therapy application.
6 - 6. Myofascial release application.

Teaching and Learning Methods

1 - Lectures
2 - Colleagues application
3 - Discussion
4 - Demonstration
5 - case study

Teaching and Learning Methods for the Disabled Students

1 - None

Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
Attendance	all weeks	30
theroy basis quiz	all weeks	10
Final exam practical	14th week	60

Books and References

Course note	power point
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