

## HHP 172 Introduction to Massage Therapy

3 hours

### Majors, Minors & Degrees:

#### **Majors**

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

#### **Minors**

Exercise Science

Health and Fitness Studies

### Departments/Programs:

Health and Human Performance

A general survey of techniques and principles used in massage therapy and related disciplines. An introductory laboratory experience with methods in Swedish and seated massage.

(Normally offered each fall semester.)