

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.)