

**Course:**

**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.)