

## HHP 2720 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 (Undergraduate)

This course is an introduction to the field of massage therapy in rehabilitation programs and personal wellness plans. The class will address local, national and global perspectives, current research, history and development in the field. Laboratory experiences with methods in wellness massage are emphasized.

(Normally offered each fall and spring semester.)