Nebraska Wesleyan University

HHP 2720 Introduction to Massage Therapy

Catalog

2025-2026

Course Description

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 semester.)

Archway Curriculum: Integrative Core: Human Health and Disease Thread

Course Hours

3 hours

Departments

1. Health and Human Performance (Undergraduate)