

## **Course Description, Hours& Prerequisites**

### **Anatomy and Physiology (40 hours)**

*This course is an intensive study of the organization, structure, and function of the systems of the human body relevant to the massage therapist. The course provides anatomy and physiology information needed for clinical decision making and communication with the client.*

### **Applied Anatomy (20 hours)**

*This course is designed to give the student an opportunity to apply their knowledge of basic Functional Anatomy to Massage Therapy by using "hands-on" lab experiences. Palpation techniques will be taught.*

**Prerequisite:** *Anatomy and Physiology*

### **Assessment (20 hours)**

### **Body Language (8 hours)**

*This class is designed to teach students how to understand their clients so they can help them in a more effective way. Students will learn what their role is in the client/therapist relationship and how to evaluate or "read" a client's emotional and physical stature so they can provide a greater assessment. Students will learn the ethics in a "touch" profession as well as explore one's own behavior in relationship to them.*

### **Career Development (20 hours)**

*This Class is designed to jump start your career as a massage therapist. It will give you the knowledge and the tools to start your own business, keep accurate records, and promote yourself ethically and with confidence.*

### **Clinic (140 Hours)**

*Clinic is time where the student works on the public. During these massages, instructors will come in and check student to see how they are doing. The Instructors will be available for question if the student needs help. This is to build your confidence and your techniques to make you the best therapist you can be.*

## **Client stretching and Therapist Care (20 hours)**

## **Common Injury Protocol (40 hours)**

*This course focuses on anatomy, physiology and the common injury patterns of 9 major segments of the body that can benefit highly from clinical massage in general and neuromuscular techniques specifically.*

**Prerequisite:** *Swedish 1 and 2, Anatomy and Physiology, Applied Anatomy, Functional Anatomy*

## **Deep Tissue 1 (20 hours)**

*This course will teach the students the definitions, terms and techniques that will promote the balancing of the structural frame. Postural correction to the body using correct body mechanics and proper deep tissue stroke will be taught. Discussion of how the body develops problems that affects the posture and homeostasis of the body. Tracking of the client progress from the work will also be shown.*

**Prerequisite:** *Swedish 1 and 2 and Functional and Applied Anatomy*

## **Deep Tissue 2 (20 hours)**

*This course is a continuation of Deep Tissue 1. It will go into more details about the body and teach more advanced Deep Tissue Techniques.*

**Prerequisite:** *Deep Tissue 1*

## **Elementary Cranial (20 hours)**

*This course is a study of the cranial system. The student will be taught how to work on the cranial system in a safe environment for both the client and practitioner. They will learn not only the physical aspects, but the emotional and spiritual side of this work.*

## **Elementary Swedish (40 hours)**

*Each student will learn to ethically, safely, and effectively apply basic Swedish techniques.*

*History of massage, draping, benefits, contraindications, hygiene, sanitation, professional presentation, and products will be included. Body Mechanics will be taught and enforced to give the student the tools to protect themselves for a long career in massage.*

## **Functional Anatomy (20 hours)**

*This course is to teach students how anatomical structures work together to create motion. The body is not merely defined, but explored in terms of their relationships to other structures. It will focus on specific body regions and how they function.*

**Prerequisite:** *Anatomy and Physiology*

### **Intermediate Swedish (40 hours)**

*Each student will continue learning to ethically, safely, and effectively apply basic Swedish techniques. More focus will be given to draping, benefits, contraindications, hygiene, sanitation, and professional presentation. Proper body mechanics will be continued and enforced to give the student the tools to protect themselves for a long career in massage. Focus will be given to specific body parts and emphases on creativity*

**Prerequisite:** *Elementary Swedish*

### **Massage Ethics (20 hours)**

*This class will address the ethics in massage therapy. You will learn all areas that you will be confronted with in your career. You will have an opportunity for discussions and role play so when you do encounter these situations, you will be prepared to handle them in the most ethical way.*

### **Massage Exploration (20 hours)**

*This course is designed to help you gather a greater understanding of massage techniques in specialized fields. Each week you will explore a different modality taught by guest Instructors that specialize in that modality. The Instructor will give basic information about the modality, why you need extensive training to specialize in it and the dangers if one does the modality without proper training.*

### **Meridians/Acupressure (20 hours)**

*Energy in the body flows through a system called Meridians. Each of these Meridians is directly related to specific organs in our body. This course will teach the student the importance of this system to maintain the natural balance of homeostasis.*

### **Myofascial (40 hours)**

*Myofascial Technique is designed to introduce the participants to fascia and the concepts of stretching fascia to facilitate greater health, range of motion, and functionality in the body. Students will learn the anatomy and physiology of fascia including some of the newest research*

*in fascia, conceptual models of how fascia is moved, and techniques to release the fascia in the lower body*

## **Nutrition (20 hours)**

*In this nutrition course we will cover the functions of the organs of the body and the effect nutrition has on them. We will talk about appropriate food selection and preparation. We will compare and contrast modern and traditional diets and talk about the advantages and disadvantages in each.*

## **Pathology Specific 1 (20 hours)**

*The class is designed to give students the knowledge and confidence to assess wisely, think critically, and work with clients who have specific medical conditions using techniques already learned in school. Students will learn about different conditions so that they may identify them and be able to treat clients with these conditions comfortably.*

**Prerequisite:** *Functional and Applied Anatomy, Swedish 1 and 2*

## **Pathology Specific 2 (20 hours)**

*The class is a continuation of Massage Condition Specific Protocol 1 that is designed to give students the knowledge and confidence to assess wisely, think critically, and work with clients who have specific medical conditions using techniques already learned in school. Students will learn about different conditions so that they may identify them and be able to treat clients with these conditions comfortably.*

**Prerequisite:** *Functional and Applied Anatomy, Swedish 1 and 2*

## **Pathology 1 (20 hours)**

*Pathology 1 is study of terms, conditions, symptoms, and treatments of disease and infection. Instruction will focus on a specific body system as each condition, disorder, and disease is studied in detail. Students learn to identify conditions and disorders, indications and contraindications as they relate to massage.*

## **Pathology 2 (20 hours)**

*Pathology 2 is a continuation of Pathology 1 in the study of the terms, conditions, symptoms, and treatments, of disease and infection. Instruction will focus on a specific body system as each condition, disorder, and disease is studied in detail. Students learn to identify conditions and disorders, indications and contraindications as they relate to massage.*

**Prerequisite:** *Pathology 1*

## **Reflexology**

*We will explore anatomy and physiology of the body systems and their corresponding reflexes. We will discuss pathologies that can affect the body systems and the feet. You will learn how to provide a complete reflexology session.*

## **Shiatsu (20 hours)**

*Japanese finger pressure method based on the oriental concept of energy flow. When properly applied, these pressure points help to increase circulation, stimulate nerves, and improve body metabolism. Students will receive step-by-step guides through different organs in the body, learning how to best treat ailments through shiatsu. A full body shiatsu massage will be taught.*

**Prerequisite:** *Meridians*

## **Sports Massage (20 hours)**

*This class will introduce the concepts of massage for individual athletes and their different sporting events for pre-event, post-event, rehabilitation, and training massages. Students will learn the basic massage strokes used in sports massage as well the overall psychology of athletes. Students will learn the pre-event routines and the post event routines as well as many other massage strokes to enhance the athlete's performance and eliminate pain associated with being active in life as well the professional or recreational athletes.*

**Prerequisite:** *Swedish 1 and 2*

## **Spa Techniques (20 hours)**

*This course is designed to provide a strong foundation of knowledge and skills for anyone interested in working in the spa community. The course will include an overview of current trends in spa therapy; spa applications.*

## **Spinal Touch (20 hours)**

*Spinal Touch Therapy is a light touch massage technique designed to relax postural muscles to achieve postural balance as it relates to gravity. Created from techniques developed nearly 80 years ago, the benefits and effects of this modality are a natural complement to health care. It is both preventive, as well as a treatment for acute and chronic problems by relieving distortion.*

## **Tai Chi (6 hours)**

*This course is to introduction to Tai Chi provides insight into Tai Chi unique techniques for strategy and self-defense. This class is the introduction to the soft, slow movements of Yang Style Tai Chi fist (楊氏太極拳), one of the most popular forms of exercise in China today. Upon completion of this beginning Tai Chi course, each participant should gain a basic understanding and appreciation for the physical and philosophical aspects of the Chinese martial art of Tai Chi the students will be instructed on the basic theories and techniques in Neutralizing Skills. This will also help the students to increase their knowledge of Tai Chi.*

## **Test Prep and Review (20 hours)**

*This course is to prepare the student to pass the certification and licensing exams to become a Licensed Massage Therapist. Students will take a practice exam to help the instructor determine which materials need to be reviewed.*

**Prerequisite:** *Entire massage course*

## **Trigger Point and Chair Massage (20 hours)**

This workshop is to give students the skills to perform chair massages in their clinic as well as off-site events. The student will develop a seated massage routine with proper body mechanics. Trigger Point portion will give students the knowledge of what trigger points are, how they develop and the protocol to work with trigger points to relieve different parts of the body.

**Prerequisite:** *Anatomy and Physiology, Swedish*