

Massage Therapy 600 clock hours

The objectives of the Massage Therapy program are to prepare students for the state licensing examination, and give students the advanced training needed to enter into the chosen profession with the knowledge to compete with licensed professionals.

Training encompasses three types of learning; theoretical knowledge - the foundation of the student's education; practical experience - the application of knowledge, and professional business building skills which are vital for the student's success. Each phase of the students' education emphasizes a different combination of learning approaches.

The program is taught using several different types of instructional methods such as lectures, videos, hands- on techniques, demonstrations, whiteboards, and internet research. All programs are offered in the English language only.

THEORY & PRACTICE OF THERAPEUTIC MASSAGE	HOURS
PART I: The History and Advancement of Therapeutic Massage	25
1. Historical Overview of Massage.	
2. Requirements for the Practice of Therapeutic Massage.	
3. Professional Ethics for Massage Practitioners.	
PART II: Human Anatomy and Physiology	275*
<i>(*120 Hours may be Distance Learning)</i>	
4. Overview of Human Anatomy and Physiology and Medical Terminology.	
5. Human Anatomy and Physiology.	
PART III: Massage Practice	275
6. Effects, Benefits, Indications, and Contraindications of Massage.	
7. Equipment and Products.	
8. Infection Control and Safety Practices.	
9. Consultation and Documentation.	
10. Classification of Massage Movements.	
11. Preparations for the Practitioner.	
12. Procedures for Complete Body Massages.	
13. Cold, Heat, and Hydrotherapies.	
14. Massage in the Spa Setting by Steve Capellini.	
15. Clinical Massage Techniques.	
16. Lymph Massage.	
17. Therapeutic Procedures.	
18. Athletic/Sports Massage.	
19. Massage for Special Populations.	
20. Massage in Medicine.	
21. Other Therapeutic Techniques.	
PART IV: Massage Business Administration	25
22. Business Practices.	
Total Clock Hours	600