

# Curriculum

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The curriculum involves lecture and hands-on learning. Teachers utilize lectures, practical demonstrations, audio-visual aides, illustrations, and examinations to educate and test students in massage therapy theory and techniques.

### a) Modules

The course is divided into three modules.

The courses that are included in each module are outlined below:

1st Module - 240 hours

History/Fundamental of Massage (50 hours)

Anatomy/Physiology/Kinesiology (140 hours)

Pathology (40 hours)

Professional Ethics and Practices (10 hours)

2nd Module - 230 hours

Overview of Physical Therapy (20 hours)

Massage Techniques I (75 hours)

Massage Techniques II (75 hours)

Nutrition and Healthy Skin (20 hours)

Sterilization and Sanitation (30 hours)

CPR/Basic First Aid (10 hours)

3rd Module - 195 hours

Complementary Massage Therapy (100 hours)

Chair Massage (25 hours)

Meditation/Yoga (25 hours)

Physiological Issues/Stress Management (30 hours)

Business Marketing (15 hours)

b) Description of Courses

\*\* History/Fundamental of Massage (50 hours)

Explores the history and origin of Massage Therapy throughout history. Traces the roots and principles involved in its earliest form. Eastern and Western Massage Therapy is defined.

\*\* Anatomy/Physiology/Kinesiology (140 hours)

Comprehensive study providing the knowledge of major body function, focusing on muscular skeletal systems, which relate to massage, health, pathology, and healing. The scientific study of human movement and healing techniques through movement activities.

\*\* Pathology (40 hours)

Students will learn how to identify etiology, signs and symptoms, as well as massage indications and contradictions for a variety of common pathological conditions.

\*\* Professional Ethics and Practice (10 hours)

The importance in professionalism, ethics, and conduct. Ways to avoid negative marketing and demonstrate positive ethical and professional behavior to effectively conduct Massage Therapy techniques.

\*\* Overview Physical Therapy (20 hours)

Optimizing physical functions that deal with Massage Therapy. Movement disorders, symptoms and process impairment are assessed. Analyze and solve situations of one's anatomical structure.

\*\* Massage Technique I (75 hours) &ndash; Prerequisite CPR/BFA (75 hours)

Utilizing Basic techniques of manipulating the soft tissue of the body. This course is a combination of lecture and lab, which will allow students to define their own basic styles of massage. Student will learn different finger techniques to enhance the therapeutic procedure.

\*\* Massage Technique II (75 hours) &ndash; Prerequisite Massage Technique I

Advanced form of re-patterning techniques, utilizing a variety of massage techniques to improve joint mobilization. Identifying trigger points and specific distress points. Explanation of specific strokes to treat pain dysfunction. Each student will have a teacher's physical guidance to learn the patterns and movement from beginning to end.

**\*\* Nutrition and Healthy Skin (20 hours)**

Guide to diet and nutritional strategies. Observe skin conditions and improve your body functions with the correct diet.

**\*\* Sterilization and Sanitation (30 hours)**

Cleanliness, disinfecting, and sterilization are addressed.

**\*\* CPR/Basic First Aid (10 hours)**

The preparation of an emergency situation when working as a Massage Therapist.

**\*\* Complementary Massage Therapy (100 hours)**

Different types of massage are used:

- Aromatherapy Massage

- Swedish Massage

- Sports Massage

- Therapeutic Massage

- Shiatsu Massage

- Reflexology Massage

**\*\* Chair Massage (25 hours)**

One of the most widely practice forms of massage. The chair massage is very unique in that this massage uses no oil or lotions. This massage is a very beneficial and effective method of massage.

**\*\* Meditation/Yoga (10 hours)**

Different ways of medication and yoga to create an alternative, Non-Western approach to healing.

**\*\* Psychological Issues/Stress Management (30 hours)**

This course deals with one's psychological level, which facilitates structural and emotional changes. Teaches you how to reduce stress and increase your mental capacity to attain higher levels of Massage Therapist.

**\*\* Business Marketing (15 hours)**

This course provides the management skill needed in order to work as a massage therapist. Overview of client relationships, ethical issues, and business concepts.