MASSAGE THERAPY COURSE OUTLINE

The primary purpose of the Massage Therapy Course is to introduce the student to the basic manipulative skills, theory and practices of professional massage therapy, safety judgments, proper work habits and desirable attitudes necessary to achieve competency in job entry-level skills, obtain proper licensure or certification, gain employment in the field of massage therapy or related career fields. The program length for the Day Schedule is 25 weeks and the Evening Schedule is 30 weeks. This course of study is based on the principles of Swedish Massage and also provides advanced training through additional studies. The Massage Therapy course is a 750-hour course that prepares students to become Massage Therapists. The minimum requirement for state certification as a Massage Therapist in the State of California is 500 hours. The additional 250 hours in this program adds an advanced level of skills to the student’s training and expertise. Bellus Academy Massage Therapy students receive training which utilizes verbal, written, visual and hands-on practical instruction throughout the classroom and clinic studio practicum. The program offers hands-on practice and theory generally presented in an alternating schedule so the theory portion is followed by hands-on demonstrations and supervised practice whenever possible. During the clinical phase of the program students will refine their hands-on skills, advance their knowledge and techniques to the next level, and build the confidence necessary for them to succeed in their new careers. Along with highly qualified technical training, students will learn career development skills such as client consultation, business tracking systems and marketing strategies incorporated in the Bellus Best in Business program, as well as Financial Literacy and Pacific Institute. The following is a list of requirements which must be met during the course of study.

COURSE OBJECTIVES

Upon completion of the 750-hour course requirements, the student will:

1. Be fully trained, evaluated and approved of their technical abilities.
2. Have achieved or exceeded a 75% GPA for the academic (theory) portion of the program.
3. Have achieved or exceeded 300 hours of hands-on practice that incorporates both classroom training and supervised clinical appointments.
4. Be prepared to take a certification or licensing exam that may be required by the state of California.
5. Be able to perform the basic manipulative skills in the area of massage therapy and administer a professional massage in a clinical environment.
6. Have a thorough understanding of the human body, its anatomy, and its physiology.
7. Clearly communicate with clients using high ethical standards and with the desire to help others feel better through safe, nurturing touch.
8. Project a positive attitude and a sense of personal integrity and self-confidence.
9. Practice effective communication skills, visual poise and proper grooming.
10. Respect the need to deliver worthy services for value received in an employer-employee relationship.
11. Perform the basic analytical skills to determine appropriate massage therapy services to achieve the best outcome and desired results for each client.
12. Apply academic, practical learning and related information to ensure sound judgments, decisions and procedures.

To ensure continued career success, the graduate will continue to learn new and current information, skills and techniques for career development in massage therapy and related fields.

METHODS OF INSTRUCTION

The clock-hour education is provided through a sequential set of learning steps which address specific tasks necessary for graduation and job entry-level skills. Student classroom and clinic massage equipment is comparable to that used in the industry. Each student will receive instruction related to the performance of useful, creative and productive career-oriented activities. The course is presented through comprehensive lesson plans and effective educational methods. Subjects are presented by means of interactive lecture, demonstrations and student participation. Audio-visual aids, guest speakers, field trips, projects, activities and other related learning methods are incorporated throughout the course of study.

COURSE OUTLINE

<table>
<thead>
<tr>
<th>Subject</th>
<th>Minimum Hours of Combined Technical and Practical Instruction</th>
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<tbody>
<tr>
<td>BUSINESS, ETHICS &amp; RESEARCH</td>
<td>80</td>
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<tr>
<td>(a) Building a Resume, Business Card &amp; Business Brochure Design</td>
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<td>(b) Business Plan/Model, Strategic Marketing</td>
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<td>(c) Professional Ethics for the Massage Practitioner</td>
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(d) Requirements for the Practice of Massage
(e) Client Consultation, SOAP charting, Record Keeping & Insurance Claims
(f) Equipment and Products
(g) Effects, Benefits, Contraindications and Endangerment Sites of Massage
(h) Research Literacy
(i) Best In Business
(j) Financial Literacy
(k) Strategies for Success
(l) Community Service (10hrs)

SAFETY AND SANITARY PRACTICES 10
(a) Safety Precautions for Therapist and Client
(b) Maintaining Sanitary Conditions in the Massage Area and Sanitizing Linens

MASSAGE PRACTICE AND TECHNIQUES 345
(a) Basic Massage Movements
(b) Procedures for Complete Body Massage; Face and Scalp Massage
(c) Deep Tissue and Orthopedic Assessment techniques
(d) Reflexology
(e) Seated (Chair) Massage
(f) Pre-Natal and Infant Massage
(g) Nutrition
(h) Introduction to Spa Modalities
(i) Introduction to Athletic & Therapeutic Techniques

HUMAN ANATOMY AND PHYSIOLOGY 181
(a) Anatomy and Physiology Objectives, Anatomical Positions, Regions of the Body
(b) Medical and Anatomical Terminology
(c) The Integumentary System (Skin) and related pathologies
(d) The Skeletal System and related pathologies
(e) The Muscular System and related pathologies
(f) The Circulatory/Lymph System
(g) The Nervous System and related pathologies
(h) The Endocrine System and related pathologies
(i) The Respiratory System and related pathologies
(j) The Digestive System and related pathologies
(k) The Excretory System and related pathologies
(l) The Reproductive System and related pathologies

KINESIOLOGY 37
Kinesiology, Body Mechanics and Movement

PATHOLOGY 37
Effects of Disease on the Structures and Functions of the Human Body

ASIAN STUDIES 60
(a) 5 Element Theory
(b) 12 Channel
(c) Shiatsu
(d) Meridian Zone Therapies
(e) Tai Chi

COURSE GRADES & REQUIREMENTS
Student performance in this course will be evaluated on the basis of the following criteria:

Examinations and quizzes of your factual knowledge of therapeutic massage given the content of the textbook assignments, projects and workbook assignments

MASSAGE THERAPY GRADING POLICY:
The school maintains complete records on each student. Students are assigned academic learning units and a minimum number of practical experiences required for each course for program completion. Grades will be based on written exams, practical evaluations, classroom projects and a program final. The program consists of three sections. Each student is graded on their theory and practical work, attendance, appearance, and attitude. The grading used is as follows:
Written progress reports are maintained by the Academy. Students receive progress reports that must be signed and kept in their file at least two (2) times during their program. Informal progress reports are distributed monthly so students can keep track of their progress. Additional progress reports may be issued to students as requested or on an as needed basis determined by the instructor.

**OCCUPATIONAL TITLES:**
Graduating students enter the field as massage therapists and provide massage and other bodywork treatments.

**CLASS AVAILABILITY:**
Classes are conducted, in residency, Tuesday through Friday from 9:00 am to 2:30 pm and Saturday from 8:30 am to 5:00 pm for day students and Monday through Friday from 5:00 pm to 10:00 pm for night students. New class starts are scheduled monthly.

**REQUIRED TEXTS:**
7. Steve Capellini, The Complete Spa Book, Cengage
8. Shiatsu – Web of the Weaver
10. Bellus Best in Business
11. Financial Literacy
12. Strategies for Success

**COURSE REFERENCES:**
A comprehensive resource center of references, periodicals, books, texts, videos/DVDs and online resources are available to support the course of study and supplement student training. Students should avail themselves to the opportunity to use these extensive materials.

**LANGUAGE:**
The course is conducted in the English language.