

MASSAGE THERAPY COURSE OUTLINE - MANHATTAN

This course of study is based on the principles of Swedish massage that provide the solid foundation for other massage modalities to build upon. The minimum length of the program is 840 clock hours. The program length for the Day Schedule is 24 weeks and the Evening Schedule is 34 weeks. Bellus Academy massage therapy students are trained using the Beck methodology system, which utilizes verbal, written, visual and hands-on instruction throughout the classroom and clinic floor 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 a "Mock Clinic" phase 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 high-quality 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 receiving Financial Literacy training.

COURSE OBJECTIVES:

Upon completion of the 840 hour course, the student will have been fully trained, evaluated and approved of their technical abilities; and will have achieved or exceeded a 75% GPA for the academic (theory) portion of the program. Students must also achieve approximately 250 hours of hands-on practice that incorporates both classroom training and supervised clinic appointments. After graduation from the program, it is strongly recommended that our students take one of the licensing or certification exams (MBLEx or NCE), not yet required in Kansas, but to be prepared to meet future requirements.

MASSAGE MODALITIES STUDIED:

Swedish; Therapeutic; Athletic/sports; Reflexology, Chair; Hydro-therapy/Heated Stone; Pre-natal/Infant; Aromatherapy; Trigger point Release; MET; Deep Tissue Techniques and Therapeutic Stretching. Massage students may be introduced to other modalities such as MLD (manual lymph drainage), Cranio-sacral Therapy or Acupressure, which would require more extensive or advanced training after graduation from our program.

MASSAGE THEORIES STUDIED:

Historical overview of Massage; Business; Ethics; Safety & Sanitation; Products and Equipment; Anatomy, Physiology, Kinesiology and Pathology; indications & contraindications for Massage; Effects & Benefits of Massage; Consultation; SOAP Charting; Requirements for Practice; Massage in the spa; Nursing home & Special needs clients; Business & marketing practices and Pathology for massage practitioners.

METHODS OF INSTRUCTION:

- a. Lecture
- b. Video
- c. Teaching aids
- d. Demonstrations
- e. Testing: written and oral
- f. Student participation and practice.

UNITS OF STUDY:

The following units of study are established in our massage therapy program. Listed below the topics are the subject descriptions that incorporate all areas required by NCBTMB to apply for certification exam. Following the subject description section is a list of items/areas covered in each subject.

<u>Topics</u>	<u>Hours</u>	<u>License and Certification Requirements</u>
Business (70 hrs) & Ethics (10 hrs)	80	10
Massage & Bodywork, Assessment Theory / Application Instruction / Body Wrap / Clinic Supervision	350	200
Anatomy, Physiology & Kinesiology	225	125
Pathology	50	40
Athletic & Therapeutic Massage (Program of Study) Deep Tissue Part I - Basic Techniques & Trigger Point Release Deep Tissue Part II - Orthopedic Assessments	125	125
Sanitary & Safety Practices	10	0
Total Hours	840	500

<u>Subject</u>	<u>Hours</u>
(1) <i>Business and Ethics – 80 Hours</i>	80
(a) Professional Ethics for the Massage Practitioner	
(b) Requirements for the Practice of Massage	
(c) The Consultation	
(d) Equipment and Products	
(e) Effects and Benefits of Massage	
(f) Contraindications for Massage	
(g) Endangerment Sites	
(2) <i>Sanitary and Safety Practices – 10 Hours</i>	10
(a) Safety Precautions for Therapist and Client	
(b) Maintaining Sanitary Conditions in the Massage Area and Sanitizing Linens	
(3) <i>Practice and Techniques – 350 Hours</i>	350
(a) Basic Massage Movements	
(b) Procedures for Complete Body Massage; Face and Scalp Massage	
(c) Heated Stone and Hydrotherapy	
(d) Massage for Nursing Home Clientele; Healthcare and Specialized Massage	
(e) Deep Tissue Part I - Basic Deep Tissue Techniques & Trigger Point Release (NMT)	
(f) Deep Tissue Part II - Orthopedic & Functional Assessments	
(g) Deep Tissue Part III - Athletics & Sports Massage; Therapeutic Stretching	
(h) Reflexology	
(i) Seated (Chair) Massage	
(j) Pre-Natal and Infant massage	
(k) Nutrition	
(l) Aromatherapy and Body Wrap	
(m) Review for Finals	
(n) Finals	
(4) <i>Anatomy, Physiology and Kinesiology for Massage – 225 Hours</i>	225
(a) Anatomy and Physiology Objectives, Anatomical Positions	
(b) Medical and Anatomical Terminology, The Regions of the Human Body	
(c) The Integumentary System (Skin)	
(d) Skeletal System	
(e) The Muscular System, The Circulatory System, Lymph-Vascular System	
(f) The Nervous System, The Endocrine System	
(g) The Respiratory System, The Digestive System, The Excretory System	
(h) The Human Reproductive System	
(i) Kinesiology – Study of Movement and Body Mechanics	
(5) <i>Pathology – 50 Hours</i>	50
(a) Effects of Disease on Structure and Function of the Body	
(6) <i>Athletic and Therapeutic Massage (Program of Study) – 125 Hours</i>	125
(a) Athletic Massage; Pre-event, Post-event, Rehabilitative, Restorative and Injury Prevention	
(b) NMT, PNF, and MET	
(c) Muscle Testing	
(d) SOAP Charting and Records Keeping for Insurance Claim	
(e) Active Assisted, Active Resistive and Passive Therapeutic Stretching	

Practical Requirements

During the course of the program a student will be required to complete 250 Hands-on Clinic Hours. The approximate requirements are as follows:

- 125 Swedish-based Massages during classroom instruction
- 125 Clinic Massages under educator supervision

MASSAGE THERAPY GRADING POLICY:

The school maintains complete records on each student. All students receive a complete theory and practical test scheduled at regular intervals throughout the course. Students must pass these evaluations in a satisfactory manner and a final

certification test at the conclusion of their program in order to be certified. Each student is graded on their theory and practical work, attendance, appearance, and attitude. The grading used is as follows:

93 – 100	EXCELLENT
85 – 92	VERY GOOD
75 – 84	SATISFACTORY
74 and BELOW	UNSATISFACTORY

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, Monday through Friday from 9:00 am to 4:30 pm for full-time day students and Monday through Friday from 5:00 pm to 10:00 pm for part time night students. New class starts are scheduled monthly.

REQUIRED TEXTS:

Theory & Practice of Therapeutic Massage 5th Ed., Milady/Cengage, ISBN 1111490252; Trail Guide to the Body Textbook, Books of Discovery, ISBN 9780781769198; Trail Guide Student Handbook, Books of Discovery, ISBN 9780982663417; Orthopedic Assessment Textbook, Whitney Lowe, Amazon, ISBN-13: 978-0966119633; Stretching Anatomy by Nelson & Kokkonen, Amazon, ISBN-13: 978-0736059725; Massage Therapist's Guide to Pathology, LWW, Amazon, ISBN-13: 978-0781769198; Review for Therapeutic Massage & Bodywork Certification, Amazon, ISBN 9781605477121.

LANGUAGE:

The course is conducted in the English language.