



## **2023 Course Catalog**

## ***Table of Contents***

Course List.....	3
Program Cost Breakdown.....	4
Introduction to Massage/Swedish.....	5
Ethics.....	6
Anatomy.....	7
Physiology.....	8
Practical Anatomy and Physiology.....	9
Pathology.....	10
Deep Tissue.....	11
Sports Massage/Chair Massage.....	12
Special Populations.....	13
Acupressure.....	14
Reflexology.....	15
Shiatsu.....	16
Kinesiology.....	17
Spa Treatments.....	18
Aromatherapy.....	19
Self Care.....	20
Cupping.....	21
Clinical Massage.....	22
Thai Massage.....	23
Business Management.....	24

## Massage Curriculum

Introduction to Massage/Swedish.....	40 Hours/10 Days
Ethics.....	12 Hours/3 Days
Anatomy.....	40 Hours/10 Days
Physiology.....	40 Hours/10 Days
Practical Anatomy and Physiology.....	40 Hours/10 Days
Kinesiology.....	40 Hours/10 Days
Deep Tissue.....	40 Hours/10 Days
Sports Massage/Chair Massage.....	40 Hours/10 Days
Special Populations.....	40 Hours/10 Days
Acupressure.....	40 Hours/10 Days
Reflexology.....	40 Hours/10 Days
Shiatsu.....	40 Hours/10 Days
Pathology.....	40 Hours/10 Days
Spa Treatments.....	20 Hours/5 Days
Aromatherapy.....	20 Hours/5 Days
Self Care.....	20 Hours/5 Days
Cupping.....	20 Hours/5 Days
Clinical Massage.....	20 Hours/5 Days
Thai Massage.....	20 Hours/5 Days
Business Management.....	40 Hours/10 Days

**Total Program Length = 42 Weeks + Remaining Clinic Hours After Course Completion**

## Massage Therapy Program Price Breakdown

**Application:** \$50

**Enrollment Fee:** \$200

**Tuition:** \$9,000

**Supplies:** \$1,000

Supplies include all text books, a massage table, one gallon of massage lotion, one gallon of deep-tissue massage cream, one lotion holster, one lotion bottle, one oil bottle, one portable hot stones set, one aromatherapy kit, and one cupping set.

**Total Cost of Enrollment: \$10,250**

**Financing Available through Moua Institute of Massage.** All educational and financial obligations must be met prior to students receiving their official transcripts. Financing options include the following:

Paid-In-Full

Partial Work-Study

Full Work-Study

Please speak with our admissions counselor for a breakdown of these financing options.

Applicants seeking financial assistance are encouraged to apply for the following programs:

**Workforce Innovation Opportunities Act:** Through Miles City Job Service (406)232-8340

**Vocational Rehabilitation:** Miles City Office (406)232-0583

### Continuing Education

Continuing Education is not currently available at this institution. Please, check back for future availability.

## Introduction to Massage/Swedish Syllabus

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objectives:** Upon completion of this course, students will be able to properly drape a client and provide a Swedish massage using a variety of effleurage, petrissage, tapotement, and compression techniques, using proper rhythm, speed, and flow. Students will understand the importance of proper body mechanics in order to maintain self-care. After completion of this course and Massage Ethics, students will have enough knowledge to begin clinical hours using only Swedish massage techniques.

### **Covered Material**

- Purposes of Massage
- Client Draping
- Swedish Techniques
- Body-Mechanics

**Required Textbook:** Massage Therapy Principles and Practice 6th Edition; Susan G. Salvo

**Required Equipment:** Text Book, Massage Table, Linens, Lotion Bottle, Holster, Massage Lotion, Notebook, Pen or Pencil.

**Final Exam:** The final exam will consist of a written exam and a practical exam where students will conduct a Swedish massage. Students will be graded on technique, use of proper body mechanics, and timing.

## Massage Ethics Syllabus

**Course Length:** 12 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objectives:** By the end of the course, students will be able to demonstrate the knowledge required to ethically conduct a massage and run a massage practice. Students will be able to properly take a client through the process of filling out an intake form, and will also be able to properly complete a S.O.A.P. note. Students will know the proper terminology used in the field of massage therapy. Students will learn common situations in massage that could be considered unethical, and have the skills to properly navigate through those situations. Upon Completion of this course and “Introduction to Massage/Swedish” students will be able to begin working in the student massage clinic.

### **Covered Material**

- Ethical vs. Unethical Massage Practices
- Navigating through Unethical Situations
- S.O.A.P. Notes
- Intake Forms
- Comment Cards
- Appropriate Massage Terminology

**Required Text:** Massage Therapy Principles and Practice; Susan G. Salvo

**Required Equipment:** Textbook, Notebook, Pen or Pencil.

**Final Exam:** Final exam will consist of a written exam.

## Anatomy Syllabus

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to recognize and label the different organ systems of the human body.

### Covered Material

- The Musculoskeletal System
- The Integumentary System
- The Respiratory System
- The Circulatory System
- The Digestive System
- The Endocrine System
- The Lymphatic System
- The Nervous System
- The Reproductive System

**Required Text:** Trail Guide To The Body; Andrew Biel

**Required Materials:** Textbook, Workbook, notebook, pen or pencil.

**Final Exam:** Written exam to include multiple choice as well as labeling of the major organ systems.

## Physiology Syllabus

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to recognize the different functions of the major organ systems of the human body.

### Covered Material

- The Musculoskeletal System
- The Integumentary System
- The Respiratory System
- The Circulatory System
- The Digestive System
- The Endocrine System
- The Lymphatic System
- The Nervous System
- The Reproductive System

**Required Text:** Trail Guide To The Body; Andrew Biel

**Required Materials:** Textbook, Workbook, notebook, pen or pencil.

**Final Exam:** Written exam to include multiple choice questions of the different functions of the major organ systems of the human body.



## **Practical Anatomy and Physiology Syllabus**

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to recognize the muscles, articulations, and bony landmarks of the body through palpation.

### **Covered Material**

- Locating Origins, Insertions, and Bellies of the Muscular System on the Human Body
- Locating Articulations(joints) of the Skeletal System on the Human Body
- Locating Bony Landmarks on the Human Body

**Required Text:** Trail Guide To The Body; Andrew Biel,

**Required Materials:** Textbook, Workbook, notebook, pen or pencil, massage table, linens, partner.

**Final Exam:** Exam will consist of both a labeling written exam, as well as a practical exam where students will locate major muscles, articulations, and bony landmarks on the human body.

## Pathology Syllabus

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to define medical terminology and pathology terms that pertain to massage therapy and recognize related organ systems pathologies, etiologies, signs, and symptoms. Students will be able to analyze massage therapy treatment indications and considerations and determine appropriate massage therapy treatment applications.

### Covered Material

- Pathology terminology
- Common massage related pathologies
- Local vs. total massage contraindications
- Navigation through pathology discussion with the client

**Required Text:** A Massage Therapist's Guide to Pathology, 7th Edition; Ruth Werner

**Required Material:** Textbook, pen/pencil, and notebook.

**Final Exam:** Final exam will consist of a written exam.

## Deep Tissue Massage Syllabus

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to conduct a proper deep-tissue massage session. Students will understand the difference between deep tissue massage and deep pressure.

### Covered Materials

- Myofascial Release
- Origins and insertions of muscles
- Deep tissue vs. Deep pressure
- Pace, tempo, and pressure of a deep-tissue massage

**Required Text:** Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques; Art Riggs

**Required Materials:** Textbook, notebook, pen/pencil, massage table, deep-tissue cream.

**Final Exam:** Final Exam will consist of a written exam as well as a practical exam where students will conduct a 60-minute deep-tissue massage from start to finish. Practical exams will be graded on technique, body mechanics, and timing.

## **Sports Massage/Chair Massage Syllabus**

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will understand the concepts of pre-workout, interim, and post-workout sports massage. Students will have the knowledge of the tempo and appropriate techniques necessary to assist athletes in all time-frames of training. Students will also be able to conduct a chair massage from start to finish. Students will understand the value of chair massage when promoting massage as well as representation at events. Students will be able to conduct a chair massage when other massage modalities and/or positions are contraindicated.

### **Covered Materials**

- Pre-workout techniques
- Interim techniques
- Post-workout techniques
- Proprioceptive neuromuscular facilitation (PNF) stretching and other stretch techniques
- Recovery and rehabilitation techniques
- Chair massage techniques
- Chair massage for business promotion or event representation
- Chair massage as an alternative for contraindicated massage modalities

**Required Text:** Sports and Exercise Massage; Sandy Fritz

**Required Materials:** Textbook, pen/paper, notebook, massage table

**Final Exam:** Final exam will consist of a written and practical exam. For the practical exam, students will complete one of the three sports massages from start to finish. Students will be graded on body mechanics, technique, speed, and flow.

## Special Populations Syllabus

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to navigate through massages with clients of special populations. Clients will be exposed to a variety of special population clients so as to prepare them for potential special population clients in their own professional massage careers.

### Covered Materials

- Pre/Postnatal and Infant Massage
- Geriatric Massage
- Massage for Cancer Patients
- Massage for Cerebral Palsy
- Massage for Post-Stroke Patients
- Massage for Other Medical Conditions

**Required Text:** Massage Therapy Principles and Practice; Susan G. Salvo

**Required Materials:** Textbook, pen/pencil, notebook, and massage table.

**Final Exam:** Final exam will consist of a written and practical exam. For the practical exam, students will choose one special population and conduct a massage based on the indications of that special population. Students will be graded on knowledge of the special population, technique, body mechanics, and flow.

## Acupressure Syllabus

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to navigate the points on the body and be able to conduct a complete acupressure session based on the symptoms and needs of the client.

### Covered Materials

- Acupressure Points on the body
- Point Sequences

**Required Text:** The Essential Step-by-Step Guide to Acupressure with Aromatherapy: Relief for 64 Common Health Conditions; Karin Parramore LAc CH.

**Required Materials:** Textbook, pen/pencil, notebook, and massage table.

**Final Exam:** Final exam will consist of a written and practical portion. For the practical portion, students will conduct an acupressure session from start to finish. Students will choose a sequence to complete, and will be graded on accuracy of the sequence, body mechanics, and flow.

## Reflexology Syllabus

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to identify what reflexology is, how it works, its effect on the body, and its purpose. Students will be able to identify the reflex points and their correlation to the body as well as demonstrate effective reflexology techniques. Students will be able to demonstrate effective sanitation and hygiene practices when performing foot reflexology.

### Materials Covered

- Reflexology overview
- Reflexology techniques
- Reflex points
- Hygiene and sanitation
- Reflexology in practice

**Required Text:** Better Health with Foot Reflexology; Dwight C. Byers

**Required Materials:** Textbook, pen/pencil, notebook, massage table.

**Final Exam:** For the final exam students will complete a written and practical portion. For the practical portion students will complete a Reflexology session from start to finish. Students will be graded on Reflexology techniques, sequence, and flow.

## Shiatsu Syllabus

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course students will know how to use finger and palm pressure to stimulate acupuncture energetic pathways or meridians on the body.

### Covered Material

- Shiatsu overview
- Appropriate finger and palm pressure
- Energetic pathways of the body (Meridians)

**Required Text:** Shiatsu, Revised Edition: The Complete Guide; Chris Jarmey

**Required Materials:** Textbook, pen/pencil, notebook, massage table.

**Final Exam:** For the final exam students will complete a written and practical portion. For the practical portion students will complete a Shiatsu session from start to finish. Students will be graded on Shiatsu techniques, sequence, and flow.



## **Kinesiology Syllabus**

**Course Length:** 40 Hours

**Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will understand how the major organ systems of the body work together to allow the body to move. Students will understand the normal mobility and range of motion the body has in order to assist clients with recovery.

### **Covered Material**

- Physical Activity Epidemiology
- Biomechanics
- Functions of Each Body Section

**Required Text:** Trailguide to Movement 2nd Edition; Andrew Biel

**Required Materials:** Textbook, pen/pencil, notebook.

**Final Exam:** Exam will consist of a written exam.

## Spa Treatments Syllabus

**Course Length:** 20 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will have the knowledge to open and run a massage spa. Students will be able to identify the various dimensions of the SPA and Wellness industry and be able to recognize the significance of the SPA and Wellness business within the overall Hospitality business environment. Students will implement social responsibility and sustainability practices in the SPA and Wellness industry and evaluate ethical aspects of managerial decision-making.

### Covered Material

- Massage in a SPA practice
- Body wraps
- Sugar/salt scrubs
- Other SPA services
- Appropriate SPA hygienic practices

**Required Textbook:** Spa Bodywork: A Guide for Massage Therapists Second Edition;  
Anne Williams BFA

**Required Material:** Textbook, pen/paper, notebook, massage table

**Final Exam:** The final exam will consist of both a written and practical exam. For the practical exam, students will be required to conduct one spa treatment from start to finish. Students will be graded on knowledge of the spa treatment chosen, technique, and flow.

## **Aromatherapy Syllabus**

**Course Length:** 20 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course students will be able to describe what aromatherapy is and how it is useful. Students will be able to identify essential oils and describe how they work. Students will be able to identify carrier oils and describe how they work.

### **Covered Material**

- Various essential oils used in massage therapy
- Contraindications to aromatherapy
- Carrier oils
- Extracting essential oils

**Required Text:** The Complete Aromatherapy Guidebook; Lorraine McCormick

**Required Materials:** Textbook, pen/pencil, notebook, Essential Oils Kit,

**Final Exam:** The final exam will consist of a written exam.

## Self-Care Syllabus

**Course Length:** 20 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objectives:** Upon completion of this course, students will understand the importance of self-care for a massage therapist, as well as methods to prolong the length of their massage career and maintain overall wellness.

### Covered Material

- Common injuries for massage therapies and how to avoid them
- Preventative self-care
- Avoiding transference and countertransference

**Required Textbook:** Massage Therapy: Principles and Practice 6th Edition; Susan G. Salvo  
EdD LMT BCTMB

**Required Materials:** Textbook, pen/pencil, notebook

**Final Exam:** The final exam will consist of a written exam.

## Cupping Syllabus

**Course Length:** 20 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to complete a cupping session from start to finish. Students will understand that instead of adding pressure to the muscle, cupping pulls the skin and superficial muscle layer upward. This allows the muscles to loosen and increases blood flow to the muscle for healing. The massage effect also calms the nervous system.

### Covered Material

- Origins of cupping
- Cup placement
- Cupping indications and contraindications
- Cupping equipment maintenance and cleaning, and other hygiene practices

**Required Textbook:** The Guide to Modern Cupping Therapy: Your Step-by-Step Source for Vacuum Therapy; Shannon Gilmartin CMT

**Required Materials:** Textbook, pen/pencil, notebook, Cupping set, massage table

**Final Exam:** The final exam will consist of a written exam as well as a practical exam. For the practical exam, students will conduct a cupping session from start to finish. Students will be graded on cupping technique, placement, and flow.

## **Clinical Massage Syllabus**

**Course Length:** 20 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objective:** Upon completion of this course, students will be able to conduct various treatment focused massage modalities. Students will have an understanding on the therapeutic benefits of clinical massage therapy in a variety of settings including, medical offices, assisted living facilities, physical therapy offices, and chiropractic offices.

### **Covered Material**

- Treatment massage vs. SPA
- Therapeutic massage indications and contraindications
- Clinical massage settings
- Insurance billing and coding

**Required Textbook:** Theory and Practice of Therapeutic Massage (Theory & Practice of Therapeutic Massage); Mark F. Beck

**Required Materials:** Textbook, pen/pencil, notebook, massage table

**Final Exam:** Final exam will consist of a written and practical exam. For the practical exam, students will conduct a clinical massage from start to finish. Students will be graded on technique and flow.

## Thai Massage Syllabus

**Course Length:** 20 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objectives:** Upon completion of this course, students will be able to explain the history and origins of Traditional Thai Massage and identify situations in which Thai Massage may be used. Students will be able to identify the body's Sen lines (energetic network), and explain and demonstrate the rules, methods and techniques used in Traditional Thai Massage.

### Covered Material

- Body mechanics for Thai Massage
- Thai massage rhythm, flow and patterns
- Thai massage indications and contraindications

**Required Textbook:** The Complete Guide to Thai Massage; Elefteria Mantzorou

Thai Table Massage; Elefteria Mantzorou

**Required Materials:** Textbooks, pen/pencil, notebook, massage table

**Final Exam:** The final exam will consist of a written exam and a practical exam. For the practical exam, students will conduct a Thai Massage session from start to finish. Students will be graded on technique, sequence, and flow.

## **Business Management Syllabus**

**Course Length:** 40 Hours

**Course Instructor:** Dr. Melissa Moua

**Course Objectives:** Upon completion of this course, students will be able to complete an application, resume, and understand the basic expectations of entering a job interview. Students will be able to create a business and marketing plan based on their career goals. Students will go through a First Aid/CPR/AED course with the option to become certified during the course.

- Letters of interest, cover letters, resumes, applications, follow-up letters
- Frequently used interview questions
- Appropriate interview behaviors and behaviors to avoid
- Appropriate Dress Code for interviews
- First Aid/CPR/AED course
- Mock Interviews
- Job Placement

**Required Textbook:** Massage Therapy: Principles and Practice; Susan G. Salvo EdD LMT  
BCTMB

**Required Materials:** Textbook, pen/pencil, notebook, interview attire for mock interviews.

**Final Exam:** Final exam will consist of a written and practical exam. For the practical exam, students will go through a mock interview from start to finish. Students will be graded on confidence during the interview, interview attire, and how they conduct themselves during the interview.