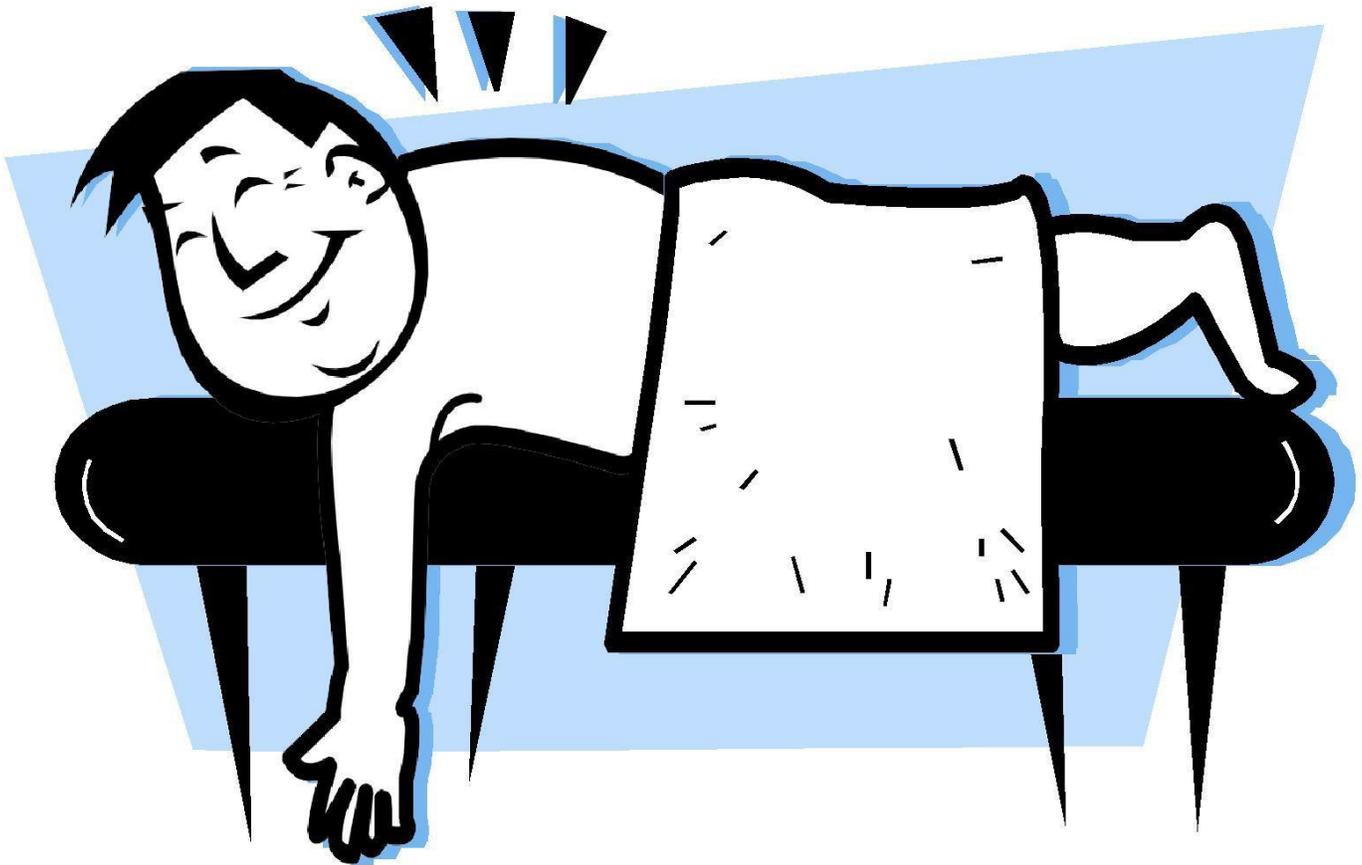


SANDRA ROSSI EDUCATION CENTER, INC.

Massage Therapist Program



SCHOOLCATALOG

2020

# Massage Therapist Program

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## **ACCREDITATION & INSTITUTION APPROVAL**

This institution is not accredited and does not offer TITLE IV loans according to the U.S. Department of Education.

This institution is approved by the "Division of Private Business and Vocational Schools of the Illinois Board of Higher Education, 333 Old Capitol Plaza, Suite 333 Springfield, Illinois. 62786

Revision Jan, 2020

Sandra Rossi Education Center, Inc.  
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## Introduction

### Accreditation

SANDRA ROSSI EDUCATION CENTER, INC. is not Accredited and does not participate in TITLE IV Federal Student Loan Program according to the U.S. Department of Education.

### Approvals

This institution has a Permit of Approval by the "Division of Private Business and Vocational Schools of the Illinois Board of Higher Education. 1 N. Old State Capitol Plaza, Suite 333. Springfield, Illinois. 62701-1377. For more information about IBHE and the certification process, visit <http://www.ibhe.org/PBVS>

### Examination & Licensing

#### FSMTB

Our graduates are qualified to apply and sit for most state licensing and for certification by The Federation of State Massage Therapy Boards.

Massage Licensing is through Illinois Department of Financial & professional Regulation. Division of Professional Regulation. Springfield Illinois.

[www.idfpr.com](http://www.idfpr.com)

#### School Information

Sandra Rossi Education Center, Inc.  
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[info@sandrarossi.com](mailto:info@sandrarossi.com)  
[www.sandrarossi.com](http://www.sandrarossi.com)

The information in this catalog was accurate at the time of publication August 2018. The school reserves the right to change, without notice, any information appearing in this catalog, including but not limited to admission standards, promotion, graduation requirements, regulations, policies, fees, curricula, courses and other matters mentioned in this catalog is subject to change without prior notice. Changes are subject to approval by the Superintendent, Illinois Board of Higher Education. This is catalog is published for informational purposes and should not be construed as the basis of a contract between a student and the School.  
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# Mission Statement

Your Education is Our Concern

## Mission

We are dedicated to the Art and Science of Cosmetology and Massage Therapy through continuous classroom education and practical application to promote healthy life and individual well-being, as well as, individual accomplishment. Your education is our concern!

## School Goal

The goal is to be nationally recognized in providing the best education and training that is necessary to achieve professional knowledge and practical experience to perform the practice for your course of study in the Art and Science of Cosmetology and Massage Therapy.

## School Philosophy

The School recognizes the love and individual pursuit of wisdom by intellectual means and moral discipline involved in the educational discipline of the Art and Science of Cosmetology or Massage Therapy and provides the means and attitude of educational development for each individual.

## Future Vision

The schools are committed in providing alternative therapies and help the development of hands-on training for the current changes in the Art and Science of Cosmetology and Massage Therapy. Massage and Esthetic therapy is one of the fastest growing health care therapies of our time. Please join us to help you achieve your dreams.

# History



## **School with a Commitment to Provide Excellent Academics.**

The history of the Massage Therapist program started with the founder's commitment to provide excellent academic and hands on training for the future professionals.

The officers started a massage program in January 1996. The school she founded organized courses in Massage Therapy, Esthetics, Nail Technology, and Advanced Continuing Education.

The founder of the school is Renata Kennedy, and she managed and operated the school. Ms. Kennedy has a B.S. in Physical Education, which is mirrored by her continuing educational achievements in many other areas of the Cosmetology field. Ms. Kennedy is also fluent in many languages, such as, English, Polish, Russian and Bulgarian.

Renata has over 20 years' experience in management, supervisory and administrative in the field of Cosmetology and Massage Therapy educational programs. She has taught all levels of massage practical applications.

Renata Kennedy has superior interpersonal and communication skills, having dealt with a diversity of professionals, students, and staff members.

The other schools managed are currently approved for massage therapist programs and to accept and enroll non-immigrant students that qualifies for M-1 student visas under the Department of Homeland Security foreign student admittance rules and regulations.

# Location

The School is located 264 W Rand Road, Arlington Heights, IL. 60004

It is situated within proximity of Arlington Plaza between Rand Road and Arlington Heights Road. The school is close to Metra Train Station.

A Graphical Map is located below:



# Facilities

## Classroom Facilities

The facility is comprised of classrooms, administrative offices, and break rooms.

The equipment's include Massage tables with face rests and bolsters and massage chairs are provided for student training.

Overhead projectors, computerized presentation equipment, TV CD/DVD players, hydrotherapy equipment, white boards, educational charts, model skeletons, massage lotions, table disinfectants and hand sanitizers are provided.

## Break room Facilities

The student lounge is provided for the student's convenience and is equipped with a coffee and tea maker, condiments, student refrigerator, microwave, eating utensils and plates.

The break room has a water cooler and snacks. The students are required to keep this area clean.

## Additional Information

Shopping:

Located in the heart of a small business district there is an extensive list of vendors that offer a variety of equipment and supplies for the massage therapist.

# Massage Therapist Certificate Program

## Course Description

Total Hours = 600 Clock Hours

Description of Course

Department of Labor SOC Code 31-9010

[www.bls.gov/soc](http://www.bls.gov/soc)



A program that prepares individuals to provide relief and improved health and well-being to clients through the application of manual techniques for manipulating skin, muscles, and connective tissues.

Our Massage Therapist Certificate Program is a 600-clock hour's hands-on approach to massage. On completion of the program, the Graduate will receive an official transcript and diploma of successful completion and is prepared to sit for the MBLEX Examination for certification to become a licensed massage therapist.

Students can create their own career, work in hospitals, spas, clinics or join many other health and physical therapy related career or get into private practice business.

The student will be trained in performing therapeutic massage utilizing a variety of techniques. The program provides the student with an entry-level theory and "hands-on" training in massage techniques that the student will utilize in the promotion of physical health and well-being.

Our massage therapist program instruction includes teaching principles and effective techniques and modalities. The faculty use a wide base of knowledge and years of experience to teach the students from years of hands-on massage therapist business, practical experience and expertise. Students learn how to provide hands-on care of clients for the purpose of relieving soft tissue pain and connective tissue trauma. They learn to provide massage techniques to assist in relaxation.

Includes instruction in Western (Swedish) **massage**, sports **massage**, myotherapy/trigger point **massage**, myofascial release, deep tissue **massage**, cranio-sacral therapy, reflexology, **massage** safety and emergency management, client counseling, practice management, applicable regulations, and professional standards and ethics.

## Program Goals

The students will become proficient in a range of application and treatment strategies. They will acquire a strong understanding of the structure and functions of the body relevant to massage, the basic techniques of therapeutic massage, and the factors inherent in the operation of a successful massage business. They will master massage techniques like medical massage, shiatsu, reflexology, sports massage and chair massage.

## Learning Objectives

The school will impart and deliver quality education and experience needed for students to:

1. perform various massage techniques for muscular relaxation, stress and pain management, rehabilitation.
2. perform a proper assessment, identify signs and symptoms and prescribe proper massage plan.
3. Comprehend medical terminology used in massage therapy applications
4. Perform massage therapy skills with a high level of professionalism and integrity.
5. Acquire and understand the massage and bodywork practice business management
6. Learn and understand the body and its functions;
7. master a variety of techniques and skills for client's treatment goals.
8. Master location, appearance and role of structures of the body and the functions of tissues, muscles and bones for therapeutic, preventive or corrective therapies.

## CLASS SCHEDULES

**Our program schedules are designed to fit your lifestyle.**

Massage Therapist Program:

- Day classes- Monday to Friday 9am - 5pm
- weekend classes - Saturday – Sunday 9am – 5pm
- Program duration = 5 - 12 Months depending on attendance
- Total Clock Hours = 600 hours
- Program Start Dates:
- January 6<sup>th</sup> / May 4<sup>th</sup>

**Clock Hour = is 50 minutes for every 60 minutes**

### **Holiday Schedule 2020**

No classes will be held on the following days:

New Year's Day

Martin Luther King Day

Presidents' Day

Good Friday and Easter

Monday Memorial Day

Independence

Day Labor Day

Columbus Day

Veterans Day

Thanksgiving Day

2020 Summer Break	6/30/20 - 7/15/20
2020 Winter Break	12/22/20 - 1/4/21

**Program Overview  
Courses**

**Program Outline**

			Clock Hours
1		History and Advancement of Therapeutic Massage Historical Overview of Massage Requirements for the Practice of Therapeutic Massage Professional Ethics for Massage Practitioners	20
2		Anatomy, Physiology, Kinesiology Medical Terminology	160
3		Pathology	40
4		General Knowledge Effects, Benefits, Indications, and Contraindications of Massage Effects and Benefits of Massage Equipment and Products Sanitary and Safety Practices Consultation Classification of Massage Movements Application of Massage Techniques Procedures for Complete Body Massages Therapeutic Procedure Hydrotherapy Massage in the Spa Athletic/Sports Massage Massage in Medicine Other Therapeutic Modalities	80
5		Massage Business Administration Business Practices	10
6		LAB PRACTICALS Massage and Bodywork Assessment Clinical Practice Clinical Massage Chair Massage Sports Massage Medical Massage Swedish Massage Hydrotherapy Therapeutic Massage Massage in Medicine Massage in Spa	90 200

## Courses

MT 100 Massage & Bodywork Assessment 90 clock hours

This is a comprehensive course that teaches the skills of determining the client's needs through interactive assessment of body posture and structure, and range of motion analysis, determining signs and symptoms by obtaining thick descriptions through questioning of client history and present conditions, and the written documentation of the findings of each session through SOAP notes.

MT 110 & 115 Anatomy and Physiology and Kinesiology. 160 clock hours

MT 110 Anatomy and Physiology covers the structure and function of the human body and its parts. Content includes: anatomy, structure and function of body systems and special senses, fundamental concepts and principles of body organization, and basics of histology and hematology. Includes the study of cells, tissues, and integumentary, skeletal, muscular and nervous systems. Prerequisites: Admission to Program

MT 115 Kinesiology is the study of movement of muscle in the body, through an emphasis on origins, insertions, and actions of muscles. This portion of the course curriculum provides a greater understanding of what behaviors create the problems massage clients might bring to a session.

Prerequisites: Admission to Program

MT 120 Pathology 40 contact hours,

Pathology course is an introduction in the concepts and includes causes, prognosis, medical treatment, signs and symptoms of common diseases of all body systems. Prerequisites: Admission to Program

MT 125 General Knowledge & Massage Fundamentals 80 contact hours,

Consists of theory and hands on training in the skill of muscle palpation, Swedish massage and its derivatives (i.e. Medical, Athletic, Swedish, Reflexology and Chair Massage, etc.), with mobilizations and stretches to improve muscle tone and flexibility. The course includes various aspects of highly tolerated deep muscle work including but not restricted to Trigger Point Therapy, Myofascial Release, and Deep Tissue. Practical learning with participation in the process provides a greater understanding of human structure, bones and muscles on its deepest levels. Proper mechanics to provide massage without adverse actions their own body. Continuous Evaluations to verify and instill competence.

## Medical Terminology

This covers medical terms related to the body as a whole, and to individual body systems.

Understanding, comprehending, translating and composing medical documents including use of use of a medical dictionary. Prerequisites: Admission to Program

Prerequisites: Admission to Program

MT 130 Ethics & Business Management 30 contact hours,

Ethics course for massage therapist to provide a safe and comfortable practice with regard to client care.

MT 135 Business management course allows students to understand the differences between having their own practice and working for someone else. They learn skills to market their businesses, write a business plan, set goals, obtain financing, network with others and grow their business.

MT 140 Clinical Massage Practice 200 contact hours,

Experience through supervised massage sessions with members of the general public. Students work with student volunteers who critique the massage received and offer constructive criticism. Instructors create an environment of open communication to allow students the experience and skills at each session.

Prerequisites: Completion of the following subjects: MT 100, MT 110, MT115, MT120, MT125,

MT 150 Certification Exam Review 10

This course will assist students in reviewing the skills and knowledge they have acquired through their massage training in preparation for the certification exam. Content also includes a variety of procedural measures designed to prepare students for successful professional practice, including state licensing and continuing education requirements, networking, interviewing, and resume development.

**ENROLLMENT DISCLOSURE**  
**CONSUMER INFORMATION**

According to Public Act 097-0650 Section 37, the enrollment disclosure for the latest reporting period can be viewed at the **DISCLOSURE** page on our website, enrollment agreement or by contacting the school.

Most recent 12-month reporting period of July 1 through June 30

All schools are required to make available, at a minimum, the following disclosure information clearly and conspicuously

The number of students who were admitted in the program as of most recent July 1 – June 30 of that reporting period	1
The number of additional students who were admitted in the program during the next 12 months and classified in one of the following categories: new starts	0
re-enrollments	0
transfers into the program from other programs at the school	0
The total number of students admitted in the program during the 12-month reporting period	1
The number of students enrolled in the program during the 12-month reporting period who transferred out of the program and into another program at the school	0
completed or graduated from a program	0
withdrew from the school	1
and are still enrolled	0
The number of students enrolled in the program who were: placed in their field of study	0
placed in a related field	0
placed out of the field	0
not available for placement due to personal reasons	0
and not employed	0
The number of students who took a State licensing exam or professional certification exam, if any, during the reporting period	0
as well as the number who passed	0
The number of graduates who obtained employment in the field who did not use the school's placement assistance during the reporting period (pending reasonable efforts to obtain this information from graduates)	0
The average starting salary for all school graduates employed during the reporting period (pending reasonable efforts to obtain this information from graduates)	Average \$25/Hour

**Massage Therapist Certificate Program**  
**Course Description**

## SESSION 1

### **The History and Advancement of Therapeutic Massage**

#### **Historical Overview of Massage**

Massage is one of the earliest remedial practices for the relief of pain and discomfort. Massage is a natural and instinctive remedy for some illnesses and injuries. From ancient to modern times, massage has been an aid for physiological and psychological well-being. Presented with the basic differences in massage systems and why it is important for legitimate practitioners to know the history of massage.



#### **Requirements for the Practice**

The facilitator presents the educational and legal aspects of massage practice; how State Legislature defines the scope of practice in Therapeutic Massage; why it is important for the massage practitioners to be aware of the laws, rules, regulations, restrictions, and obligations governing the practice of Therapeutic Massage. Know the importance of obtaining a license to practice Therapeutic Massage. The learner will be able to tell the difference between certifications and licensure. The course contains reasons why a massage practitioner's license will be revoked, canceled, or withdrawn.

#### **Professional Ethics for the Massage Practitioners**

The learner continues in their studies to understand the meaning of professional ethics. The facilitator explains how the practice of good ethics helps build a successful Massage practice; the importance of good health habits, professional projection, human relations, an attitude of success, and how they affect a prosperous business.

## SESSION 2

Human Anatomy, Physiology, Pathology and Kinesiology

### **Anatomy, Physiology and Pathology**

Learn the meaning of the important terms of anatomy, physiology and Pathology. The anatomical, physiological and pathological composition of the human body. The physiological psychological impact of stress and pain on the body and what is the role of massage therapy in management of those factors. The learner will be able to identify the healing functions of the body, inflammation and tissue repair. The learner will understand the Wellness Model and the effects of massage within the model. The facilitator will explain the medical terms, so the learner can understand them and use them with knowledge of their meaning by breaking them into segments for ease of understanding. As a requisite, the learner will master the theory and practice of therapeutic body massage by understanding and learning the anatomical planes, regions, and parts of the anatomical body.

#### **The Integumentary System**

The skin is the largest organ in the body, serves as an interface with the environment, and provides protection for the body. The course explains why it is important for the massage practitioner to observe a client's skin condition. Obtain full knowledge about the principle functions of the skin.

#### **The Skeletal System**

The skeletal system is the bony framework of the body. It is composed of bones, cartilage, and ligaments. It has five main functions: to offer a framework that supports the body structures, protect delicate internal organs and tissues, provide attachments for muscles, manufacture blood cells, and store minerals.

#### **The Muscular System**

The learner understands the structure and function of the many muscles and their type. The learner will understand the importance of the muscles and effects of massage therapy on the skeletal and muscle performance. The learner will be presented the technical and medical terms when studying the muscular system.

#### **The Circulatory System**

The vascular or circulatory system controls the circulation of the blood and lymph throughout the body by means of the heart, blood, and lymph vessels. Presenting the learner with the different divisions of the vascular system, the student will understand important arteries and veins of the body and the value of therapeutic massage on the system.

#### **The Nervous System**

The nervous system controls and coordinates the functions of other systems of the body so they work harmoniously and efficiently. Students learn about the primary function of the nervous system and individual nerves of the entire human body. The study also includes the reflexes and how nerve impulse travels through the nervous system.

#### **The Endocrine System**

The endocrine system comprises a group of specialized glands that effect the growth, development, sexual activity, and health of the entire body depending on the quality and quantity of their secretion. The major function of the endocrine system is to assist the nervous system in regulating body processes. Learn about the importance of the hormones to the body.

### **The Respiratory System**

The vital functions of the organisms require a continual supply of oxygen and removal of carbon dioxide. The learner will study the major organs and the function of the respiratory system, breathing as the act of inhaling and exhaling air.

### **The Digestive System**

The human body is a living organism made up of millions of cells that perform a multitude of different tasks. The Student's learn about the structure that composes the digestive system.

### **The Excretory System**

The function of the excretory system is to eliminate metabolic wastes and undigested food from the body. Learn about the urinary system and how it affects the body and the function of the liver.

### **The Human Reproductive System**

The reproductive system is the generative apparatus necessary for organisms to reproduce organisms of the same kind and ensure the continuation of their species. Students learn about male and female reproductive systems.

### **Kinesiology**

Learn about the structure, bone, joints, muscles and movements of these and their motion in relation. Individual muscles and muscle groups, classifications of joints and study of muscular system and types of contractions that affect muscles.

## **SESSION 3**

Massage Practice

### **Effects, Benefits, Indications and Contradictions of Massage**

The course deals with the physiological and psychological effects and benefits of massage. Students will be able to describe the effects of massage on circulatory, muscular, and nervous systems of the body. Learn about the many conditions frequently relieved by regular massage treatments. Topics include the meaning of contradiction as it relates to massage. The course prepares the students with knowledge to work with the critically ill, massage during pregnancy, and infected individuals.

### **Equipment and Products**

The practice of Therapeutic Massage is a part of the healthcare profession. Students will prepare a checklist of supplies and equipment needed for Therapeutic Massage; Learn about the various products and their use. Prepare a massage room by adjusting lighting, selecting a table, and checking all equipment for safety and readiness. This course will help you in your future business to present the practitioner in a professional and friendly manner. A massage room must project an image of professionalism and confidence to the client. Therefore, it is important to learn about basic, yet necessary ways of presenting your own business.

### **Sanitary and Safety Practices**

Learn the laws that enforce the strict practice of sanitation. Students must understand how to sanitize and sterilize implements and other items used in massage procedures. Topics include; the importance of cleanliness of the massage practitioner and the surroundings as a protection against the spread of disease. Training continues with the safety precautions of the facility, as well as, the practitioner and client safety.

### **The Consultation**

A consultation is a meeting in which views are discussed and valuable information is exchanged. Learn how to make appointments and screen clients. Determine the needs and expectations; set policies; define a treatment plan.

### **Classification of Massage Movements**

Massage movements are crucial to the therapeutic massage. The more a therapist masters the movements the better they are able to create a work of art. Students learn about different major categories of massage movements. Topics include Swedish massage techniques.

### **Application of Massage Techniques**

This course demonstrates the mastery of various hand exercises specifically for the benefit of massage practitioners. Learn correct standing posture and movements designed for massage therapists. Know why it is necessary and desirable for the massage practitioner to develop coordination, balance, control, and stamina, strong and flexible hands. View the concepts of grounding and centering; how these practices benefit the massage practitioner.

### **Procedures for Complete Body Massage**

Training begins with this hands-on course introducing students to the basic theory and techniques of therapeutic massage. Basic massage techniques are blended into a relaxing, health enhancing full body session preparing the student for their student clinic experience. Learn the steps in preparing a client for a message. Topics include the guidelines that should be followed to ensure that the services received by the client meet high professional standards and the client's expectations. Students learn how to prepare the client and then systematic procedures for massage. Training continues with the actual massage of face, scalp, neck, arms, hands and feet, legs, back, and finishing touches to complete the massage of the entire body. Review basic steps in therapeutic massage procedures.

### **Face and Scalp Massage**

Students learn the benefits of face and scalp massage. In class, training will help in selecting and preparing the appropriate products and items needed for that type of massage. Includes the procedures for cleansing the face for massage and giving a basic scalp massage.

## SESSION 4

### Specialized Massage Treatment

#### **Hydrotherapy**

Students learn the use of heat and cold in body treatments. Get acquainted with different apparatus' that can be used by the massage practitioner. Study the application of water in any of its three forms to the body for therapeutic purposes. Training continues with the procedures for the Swedish shampoo, salt rub, cabinet bath, whirlpool bath, friction bath, relaxing neutral rub bath, and the Russian bath.

#### **Massage for Nursing and Healthcare**

This course is dedicated to providing the student with the opportunity to perform massage in real life work settings as given by nurses and other healthcare professionals. Follow systematic procedures for general body massage. Practice therapeutic massage; used in patient care. Learn the benefits of active movements to muscles when the patient is convalescing.

#### **Athletic Sports Massage**

Students learn about the purpose of athletic/sports massage. A thorough knowledge of the various massages their techniques and their proper application makes the difference between an effective sports massage therapist. Training includes practice of the four basic applications for athletic massage; pre-event, post-event, restorative, and rehabilitative massage.

#### **Specialized Massage**

Continue your education in various massage therapies that relate to the maintenance of physical, mental, and emotional health. Learn about the prenatal massage that has been proven beneficial to both mother and the unborn child. Study the practice of lymph massage with the guidance of the instructor. View the philosophies of Eastern countries such as acupuncture, acupressure, shiatsu, polarity, Reiki, and reflexology.

Students gain a better knowledge about the yin and yang theory.

#### **Therapeutic Exercise**

The course deals with the exercises as an effective therapeutic agent for the maintenance and rehabilitation of musculoskeletal, cardiovascular, and neurological disorders. Learn the physiological implications and effects of the exercises. Topics include the benefits of warm-up and cooling off exercises, aerobic, stretching, passive and active flexibility exercise. Study yoga as a form of exercise that combines mental Concentration, muscular control, breathing and relaxation in the performance of a Series of postures and body positions.

#### **Massage Business Administration**

The success of a message therapy practice rests on an understanding of sound business principles. This covers basic business skills, massage practice start-up, job search, and legal considerations. Plan the stage for the development of the business. Know the financial aspects of establishing a business, such as, Start-up costs and business needs. Learn basic business ethics for the massage practitioner. Know the types of insurance a massage therapist should carry to protect the business. Students discuss various marketing techniques used in the massage industry and get knowledge on the bookkeeping aspects of the business.

## **TUITION & FEES.**

Enrollment is by appointment throughout the year.

There is a registration fee of \$150.

The total tuition fee for students enrolled in either the full time or the part-time program schedule is \$8,350.00.

Deposits or down payments, which may be made by personal check, money order, cashier's check or credit card, become part of the tuition.

The tuition fee includes the cost of materials, lotions, creams and others used in clinical applications.

Student professional liability insurance is free for the duration of education from ABMP.

Fees for the initial massage therapy licensure in the State of Illinois are additional expenses:

The licensing costs that students will incur:

1. The Massage and Body Work Licensing Examination (MBLEX)
2. The cost of finger-printing, and
3. The cost Illinois State licensing fee.

Please contact the appropriate agencies for current costs or contact the school office.

Students will pay tuition in full or any balance due or use in house Payment Plans.

For details on the non-interest-bearing payment plan, contact the Office.

### **Tuition and Repeated Courses**

Student make classes will be free of charge and subject to availability for initial missed classes. Repeat offenders will be charged a fee for repeats.

The Tuition charged for repeated courses incurred by students. The tuition charge will be calculated based on the student's original tuition charge, divided by the program clock hours and then multiplied by the clock hours in the repeated course. This will be added to the total tuition charges for the student.

### **Financial Aid & Assistance:**

The School does not offer any financial aid or participate in TITLE IV Federal Student Loan Program.

Individual tuition financing plans are specifically tailored to meet the needs of the applicant.

\$8350 for the course and its covers all supplies, books, materials and incidentals required to complete the course. State Exams and Licensing Fees and Costs Not Included in Tuition and are Separate Costs.

DISCOUNTS MAY BE AVAILABLE FOR ONE PAY OPTION.

CONTACT SCHOOL FOR DETAILS

Payment Plans Available.

1. Tuition can be paid in full at the beginning of the semester or paid on the monthly payment plan.
  2. Payments not paid on the scheduled date will be assessed a \$35.00 late fee and student will be placed in a delinquent status.
  3. Student will be dis-enrolled in the event they become delinquent for two consecutive months.
  4. For the student to return to classes they must pay the monies owed in arrears and one-month advance tuition.
  5. All monies financed with SANDRA ROSSI EDUCATION CENTER, INC., Inc. will be paid in accordance with the loan agreement and enrollment contract.
  6. Students may receive Discounts for TUITION THAT IS PAID IN FULL. Contact the school for details.
- a. A registration fee of \$150.00 is included within the tuition.
  - b. A \$200 Cost of Books, Supplies and Materials are refundable ONLY in some circumstances, please inquire with school.

### **METHODS OF PAYMENTS OF TUITION ACCEPTED**

1. CASH
2. VISA/MASTERCARD
3. CHECKS
4. CASHIERS CHECKS

SEE REFUND POLICY SCHEDULE BELOW:

**Refund Policy:**

The student must give written notice of cancellation in order to receive a refund in the amount of at least the following:

- Inclusive in the tuition fee is a \$150.00 registration fee and this is not refundable.
- Cost of Books & Materials is \$200 are may be non-Refundable after First Day of Full Class Session.
- If Written notice is given prior to the first day of class FULL REFUND minus the registration fee.
- The school shall refund all monies to the student in the event of:
  - Class cancellation
  - Course discontinuance
  - School fails to provide scheduled classes
  
- The following chart will be used for Refunds situation.

<b>Percentage of days in class completed by the student at time of notice of cancellation</b>	<b>Amount of Student Refund</b>	<b>Amount School May Retain</b>
Prior to first day of classes	100% of tuition	\$150 registration fee
After first day to 5%:	90 % Cost of tuition	\$150 registration fee \$300 tuition \$200 Book Fees*
Over 5% to 9.9%	80% of tuition	\$150 registration fee 20% tuition \$200 Book Fees
10% to 25%:	55% of tuition	\$150 registration fee 45% tuition \$200 Book Fees
Over 25% to 50%:	30% of tuition	\$150 registration fee 70% tuition \$200 Book Fees
Over 50%:	0%	\$150 registration fee 100% tuition \$200 Book Fees

**\*Unless the student can return all the textbooks and materials in unused and unmarked condition.**

**All refunds will be issued or paid to the student within 30 calendar days of the date after receipt of the cancellation notice.**

**The School does not make refunds which exceed those prescribed in the above table.**

## ADMINISTRATIVE & ACADEMIC REQUIREMENTS

### Rules, Policies and Requirements

#### **Admission Requirements**

The school maintains an open admissions policy. Students are advised of the criteria required under the Massage Licensing Act (225 ILCS 57§45) for a license to practice as a massage therapist in Illinois. The admission process takes into consideration academic history and career objectives.

Student must have a Satisfactory Admission Interview

To enroll into the Massage Therapy program applicants must be at least

- a. 18 years of age
- b. Be a high school diploma or have GED.

Since massage therapist is an occupation licensed through the Illinois Department of Professional Regulation, applicants considering a career as a massage therapist are advised of the State's criteria

**NOTE:** The state may deny license with individuals with felony records. You are advised to seek legal assistance and or consult with the department of professional regulations if you need answers

It is recommended that each applicant receive a professional massage and complete an introductory course in massage therapy. This experience will help interested applicants have a better understanding of the skills needed to become a successful massage therapist.

The admission interview is designed to address issues related to the applicant's ability to perform the work related to a massage therapist and the applicant's motivation and commitment to the academic program.

Students are required to give and receive massage therapy to both genders regardless of the age, (over 18). Students cannot refuse to perform a massage while attending this school.

#### **Non-discrimination**

SANDRA ROSSI EDUCATION CENTER, INC., Inc. welcome applications from all qualified individuals regardless of race, color, creed, gender, sexual orientation, religion, national origin, or physical or mental handicap unrelated to ability. The School does not discriminate on any of these grounds in any of its school- administered programs.

#### **International Students**

The school will be applying for M1 and F1 status to admit international students.

The procedure for those students is listed below.

The following listed below is for potential international student's status admissions:

International students must have a completed I-20 form to enter the country and/or attend classes.

To obtain the I-20 form, international students must meet the following conditions:

1. Demonstrate proficiency in English during the admissions interview and by written documentation.
2. Provide proof of completion of the equivalent of a high school education in the United States.
3. English translations of transcripts, certificates, or other evidence of completion of high school or a more advanced program are acceptable.
4. These documents must be in a student's file before classes begin.
5. Show proof of the availability of funds for tuition and fees, as well as living expenses for the duration of the time the student will reside in the United States.
6. Bank statements from the student or sponsor and statements of scholarship may be used to demonstrate financial ability as required for Form I20 processes.

#### **Application Process**

1. Prospective students can obtain an application by contacting us.
2. Completed applications are accepted throughout the year and may be mailed, faxed, emailed or delivered.
3. The School can assist students in obtaining official documents to support their application.
4. The applicant will be asked to complete an interview with an admissions representative.
5. The applicant is given a copy of the catalog and any supplements at the time of the enrollment interview or shown how to access it.
6. These documents contain consumer information including tuition and fees, current schedule of program start dates, and other information a student may use to make decisions on attendance.
7. The information is reviewed with the enrolling student.

#### **Buyer's Right to Cancel**

The student has the right to cancel the initial enrollment agreement until midnight of the fifth business day after the student has been accepted into the program. If the information about the Buyer's Right to Cancel is not provided in writing to the prospective student, the applicant has the right to cancel enrollment at any time and receive a refund of all monies paid to date within 10 days of cancellation.

### **Readmission**

Students who have withdrawn from may apply for readmission at any time for transfer or reentry, except for students who have been dismissed.

Those students may not reapply until twelve months from their dismissal date.

All readmitted students will be subject to all fees, policies, and standards in effect at the time of reapplication.

### **Program Hours**

SANDRA ROSSI EDUCATION CENTER, INC., Inc. makes all attempts to accommodate the needs of the students. Schedule changes may be required to meet the needs of the students or instructors at any time.

Regular Schedule Hours

**Monday - Friday:** 9 am – 9 pm

**Weekends:** 9 am – 5 pm

### **Student Records and Confidentiality**

Students may call the Director of the school to arrange an appointment to review their records during regular business hours (Monday – Friday: 9am – 5pm). Records are to be viewed in the office only. Information within the student jacket is strictly confidential and no other person may view the student record without a notarized authorization from student to RELEASE the information to a third party of a court order. The only other exception is authorized representatives of the Illinois Board of Higher Education, Agents of the Federal Governments, State Governments and with appropriate court order.

### **Complaint Policy**

Students' concerns and complaints will be brought to the attention of the instructor first. In the event the complaint is about one of the faculty, the student will use the open-door policy of this school and speak with the school director. The school shall resolve student complaints promptly and fairly and shall not subject a student to punitive action because of written grievances having been filed with the school or the Board of Higher Education.

1. The school will maintain a written record of its handling of all student complaints.
2. The school shall make all reasonable efforts to resolve complaints internally.

"COMPLAINTS AGAINST THIS SCHOOL MAY BE REGISTERED WITH THE BOARD OF HIGHER EDUCATION."

Illinois Board of Higher Education  
Division of Private Business and Vocational Schools  
1 N. Old State Capitol Plaza, Suite 333  
Springfield, IL. 62701-1377  
Fax # (217) 782-8545  
<http://COMPLAINTS.IBHE.ORG>

### **Open Door Policy**

Any student can speak with the School Director by requesting the Directors' assistance on any situation involving conduct of any student or faculty member during the course of regular business hours.

### **Student Conduct**

1. Students must respect other students at all times.
2. There will be no use of foul language during the presentation of the course.
3. Students must dress in accordance with the student dress code at all times while present in this facility.

### **Tutoring**

Academic and practical tutoring sessions are available and will be coordinated through the School Director.

- a. Extra Tutoring by the academic faculty members are available at no cost of students unless it was deemed at the student's negligence or indiscipline, then a charge of \$20.00 per hour is charged.
- b. Students who are not meeting academic standards might take advantage of this service to fulfill their academic requirements.

### **Resource Center**

The school maintains an extensive resource center with academic publications, newsletters, and VHS videos for the study of Massage Therapy.

1. The reference materials can be viewed at the school or signed out to accommodate the student's needs.
2. Material that is removed from the school will require deposit of \$50.00 and the student to complete a loan contract.
3. Graduates of this school receive information on continuing education and other school related news.
4. Graduate students have access to the job listings at the resource center.

### **Grades and Satisfactory Progress**

Written exams and performance tests are given to the students to measure their progress. Written exams are graded as follows:

A	=	100 – 90%
B	=	89 – 80%
C	=	79 – 70%
F	=	Below 70%
I	=	Incomplete
W	=	Withdrawn
T/C	=	Transfer of Credit

Students must maintain a minimum of a C Grade to complete the Massage Therapist Program.

Performance tests use a rating scale of 0 through 4 and are graded as follows:

- 4 = Exceeds Practical Requirements
- 3 = Good
- 2 = Meets Requirements
- 1 = Needs Improvement to Meet Requirements
- 0 = Does not Meet Minimum Practical Requirements

Students must maintain a Practical grade score of 2.0 to satisfactory complete the Practical Performance tests.

### **Make-up and Retake of Exams**

Missed exams must be taken within one week of the exam date. The written exam can be scheduled with the instructor.

Performance tests must be taken within one week of the original performance test.

### **Make-up Policy In-class**

Tests and Quizzes

1. Students must be in class and take tests and quizzes the day they are given.
2. Any student who misses an in-class test or quiz, for any reason other than an approved leave of absence, will not be permitted to make the test up.
3. In classes that have more than one test, quiz or in-class assignment students will be permitted to drop the lowest score before the final grade is tallied.

Clinical Education:

Competency Clinics

Student who do not the Clinical Education competency clinic exam they will receive a grade of F.

The student will be given one opportunity to take the exam at the next available testing time.

If the student fails to show up for the exam or earns below a 70% on the exam, then they fail the course and must repeat the course the next time it is offered.

If a student earns below a 70% on the competency test, they will be allowed one chance to retake the exam at the next available testing time. If, on their second test, the student earns below a 70% on the exam then they fail the course and must repeat the course the next time it is offered.

Missed Classes

Students, at the discretion of the Director, may be permitted to make up hours for absences only.

Makeup classes must be comparable to the content, time, and delivery of the classes missed.

Make-up hours cannot exceed 10% of the total program hours.

### **Student Attendance Policy**

The School uses the following definitions when evaluating student attendance: Absence:

**Absence:** The student does not attend the assigned class session.

**Tardiness:** A student enters the class more than 15 minutes after the designated start time.

**Early departure:** A student leaves the class 15 minutes or more prior to the class being dismissed.

Absences, tardiness and early departures will be recorded on the roster by the instructor with times noted as appropriate.

Arriving late and leaving early affects the determination of a student's 95% attendance requirement.

- a. Regular attendance and punctuality is a key to success in the massage program.
- b. Students must be present in their classroom at all times.
- c. Students that miss more than 30 hours or 5% of hours of training will not receive a satisfactory grade to meet school requirements and will receive a failing grade.
- d. Tardiness and leaving early is not acceptable and will not be tolerated.
- e. In the event of an emergency, the student will and must inform the instructor and make arrangements to make-up the class.

- f. Students that are repeatedly tardy will or leave early will receive an academic counseling.
- g. Students are responsible for all the academic requirements of the course and must comply with the schools' program.
- h. Students missing more than 3 consecutive weeks without notification to the school will result in automatic dismissal from the program.

#### **Reporting an Absence**

Students are expected to call Student Services at 847-749-0392 if they will not be in attendance, so the instructor can be advised. Reporting an absence, however, will not excuse that absence.

#### **Tardiness and Early Departures**

Students to be in class on time on their regular scheduled classes. Being late for or leaving early from class is disruptive to both teachers and students and diminishes the learning experience and the development of professional behaviors.

Accordingly, being tardy and leaving early are documented on the attendance sheets.

They are calculated into the attendance percentage based on the following credit scheme:

- a. Late or leave early (up to 15 minutes):  
receive credit for 75% of clock hours
- b. Extra late (15 minutes or more up to 50 minutes):  
receive credit for 50% of clock hours
- c. Leave early (after 50 minutes):  
Receive credit for 50% of clock hours
- d. Leave early (before 50 minutes):  
Receive no clock hour credit

#### **Leave of Absence**

A written request for a leave of absence must be submitted to the School Director at least one week prior to the leave. The School Director will notify student if the leave of absence was granted. The maximum time allowed for a leave of absence is 12 weeks and will be given in exigent circumstances. Make-up classes or tutoring might be necessary to complete the missed program.

Such a leave must comply with the following requirements:

- (i) A student must request the leave of absence in writing.
- (ii) The leave of absence is limited to 12 weeks in one calendar year
- (iii) The student must attest to understanding the procedures and implications for returning to their course of study
- (iv) A student who is not in class on their scheduled return date will be withdrawn from the School.

#### **Attendance Probation and Termination**

Students are sent probation letters if they fail to meet the attendance requirement. A student who misses 15 consecutive days of classes will be terminated.

#### **Satisfactory Academic Progress**

For satisfactory academic progress, a student must attend at least 90% of the scheduled class hour. For satisfactory progress, a student must achieve a minimum academic grade point average at each evaluation point.

#### **Course Completion Requirements**

The following requirements must be completed prior to graduation:

- All academic requirements completed with an overall grade point average (GPA) of 2.5 and above.
- Tuition Paid in Full.
- Clean record with the School Director (no outstanding debts or fees, all borrowed material returned).

A certification will be awarded to the student upon successful completion of the above requirements.

#### **Transfer from other Schools**

Any course work completed at another school may qualify for transfer of credits depending on individual assessments. The student must submit original copies of their transcripts to be eligible to receive the credit. Only courses with similar programs will be credited towards the students' education. No more than 100 credit hours can be awarded from the other school.

The school will evaluate the student's previous education to determine if any subjects may be transferred in and thereby reduce the amount of training required for the student to reach the educational objective.

Transfer credits will appear as a "TC" on the student's transcript. "TC" credits are included in the maximum time frame and the satisfactory progress calculations but are not counted in the Grades calculation.

Credits achieved through transfer do not count toward determining full- or part-time academic status.

**NOTICE TO STUDENT:**

The school does not guarantee the transferability of credits to another school, college, or university. Credits or coursework are not likely to transfer; any decision on the comparability, appropriateness and applicability of credit and whether credit should be accepted is the decision of the receiving institution. The student is encouraged to consult with the institution to which he/she may seek to transfer.

**Withdrawal from the Massage Program**

Students who consider withdrawal from the massage program will contact the School Director. Students that return to the program later must reapply for admission and meet current academic and practical requirements. Students that withdrawal from the program will receive a "W" grade on their transcript. Refunds will be in accordance with the refund policy.

**Withdrawal**

Students wishing to withdraw from the program may do so at any time by giving notice, which may be in writing, to a School official of their intention to terminate enrollment.

- a. The date of withdrawal will be the date a verbal notice is received, the letter is postmarked, the facsimile, email, Facebook or Twitter transmission is received, or, if hand-delivered, the date the notice is delivered.
- b. Within 15 calendar days of the date of withdrawal, a written acknowledgment will be mailed out.
- c. Any refund due will be issued within 45 calendar days of the notice of withdrawal and the calculation of the refund will be based upon the last day of attendance.

**Constructive Withdrawal**

The absence of a student from the School for more than 14 consecutive days without an approved Leave of Absence shall constitute constructive notice of cancellation to the School.

- a. For purposes of cancellation, the date shall be the last date of attendance. Any refund due under the refund policy will be issued within 45 calendar days of the date which is deemed to constitute constructive notice of cancellation.

**Withdrawn Students with Tuition Balance Due**

For Students who have withdrawn with balances due to the School, payment in full within 30 calendar days of the issuance of the tuition due notice is required or the account will be referred to an outside collection agency.

**Academic and Performance Warnings**

All warnings are given by the School Director and may be issued to a student for various reasons: excessive absenteeism, tardiness, unprofessional behavior, misconduct, overdue tuition, and payment fees.

**Probation:** Students will be placed on academic or disciplinary probation for a number of reasons. Students will be given a probation notice with a written explanation indicating the reason of probation. Students can be placed on academic or disciplinary probation without receiving the written warning. Students placed on probation more than twice within a semester for a period of one month or less will be dismissed from the program.

**Dismissal:**

The following reasons may lead to the dismissal of a student from the massage program:

- Unsatisfactory academic performance
- Absenteeism above the allowable limit
- Breaking the schools' Standard of Conduct
- Failure to meet the financial obligation to the school

The student can be dismissed from the program with or without the written warning or being placed on probation.

**Graduation Requirements**

In order to receive a diploma in massage therapist program, a student must satisfy all of the following:

1. complete all required courses with a minimum average in each course of 70 per cent, and
2. attend at least 80 per cent of the scheduled 600 program class hours;
3. meet all the terms and conditions of any probation (if applicable);
4. pay all tuition fees and any incidental administrative charges due to the School in accordance with the terms and conditions outlined in their enrollment agreement

**Address Updates, Telephone, and Email Changes**

It is the responsibility of the student to keep the School informed of up-to-date permanent and local address, telephone, and e-mail information. All changes must be reported promptly. We will ensure that records are updated accordingly.

### **Official Transcripts**

Transcripts are issued to Students on successful completion of all classes, labs, practice sessions, evaluation tests and final tests. Student who is in good academic and financial standing receives two official academic transcripts at the completion of the course of study.

The administrator shall review the students file and issue the transcript/diploma if all requirements have been met or make recommendations to correct deficiencies.

### **Placement Assistance**

The Director coordinates all job placement activities which includes self-directed job search and job readiness preparation on a one-on-one or group basis.

These services include but are not limited to:

1. Assistance with resume writing;
2. Practice with completing job applications;
3. Development of interviewing skills;
4. Help with completing licensing applications; and
5. Issuing letters of recommendations.
  - a. The school maintain ties with numerous companies that are always looking for qualified massage therapists.
  - b. Notices of job openings are posted to alert students to available opportunities.
  - c. The Director of Operations also establishes agreements with potential hiring agencies to provide graduates with another source of job referrals.
  - d. Instructors are encouraged to advise students about job opportunities and expectations based on their experience in the field.

**The School does not guarantee the accuracy or reliability of any information disseminated by faculty in regard to placement. Although every effort is made to help graduates find jobs, the School does not guarantee that students will obtain employment following successful completion of classes.**

### **Standards of Conduct**

**Misconduct:** is behavior that is against the normal conduct of a student during the conduct of classroom attendance. Some examples of misconduct are cheating; harassment of other students or the instructor; being under the influence of an illegal narcotic or alcohol while on school premises; disruption of classes; smoking within the school building and use of vulgar language.

### **Professional Dress Code**

Students are expected to maintain a neat and well-groomed appearance during all activities associated with the Massage Program. A student's appearance must not distract from the professional image the School promotes, nor should it attract undue attention from those around. Accordingly, hats, hoods, etc. may not be worn.

### **Professional Hygiene in Laboratory Classes and Clinics**

Proper grooming and personal hygiene are important characteristics for professionals and students alike. Students must observe the following standards: breath should be fresh; body odors should be pleasant; perfumes, colognes, or body sprays may not be worn; clothing should be free of smoke and other offensive odors; facial hair, if kept, should be neatly trimmed; fingernails must be short and free of nail polish; rings on fingers, watches or bracelets on wrists, and long necklaces and earrings are inappropriate.

### **Compensation for Massage Therapy Practice**

The Massage Therapy Licensing Act of Illinois (Section 25d) prohibits students from accepting or receiving money/ compensation for massage therapy before the student is licensed to practice massage therapy.

Students in violation of this policy are subject to disciplinary action up to and including dismissal from School

### **Cell Phones, iPods, MP3 Players, PDA's and Pagers**

Cell phones, iPods, MP3 players, PDA's and pagers must be turned off during scheduled classes. Ringing and buzzing electronic devices are a distraction to students and instructors and disrupt the learning process.

- a. Students in violation of this policy are subject to disciplinary action up to and including dismissal from class.
- b. Student with an electronic device that is not turned off or if a device rings during an examination will earn the student a zero for the examination.

### **Class Sizes:**

Maximum class size of 50 students

Academic and performance sessions - 50 students

Teacher to student ration 1:20

**Faculty:**

Sandra Rossi instructors have a vast range of experience and skills, all of which are devoted to sharing their knowledge and experiences with the students.

**Renata Kennedy:**

Instructor & Managing Employee, Licensed Massage Therapist, Massage Therapist Instructor, and Licensed Esthetician. With over 15 years' experience in massage therapy, over 10 years as instructor in massage therapy and 20 years' experience as managing employee of the school. She brings world of knowledge, experience, diplomacy and compassion to her students and co-workers.

**Evelina Lazarova**

Member of ABMP. Over 10 years as Licensed Massage Therapist and Instructor, Licensed Esthetician and Instructor. Fluent in English, Polish and Bulgarian Languages. Evelina has mastered the art of capturing the student's attention with various teaching aids and tools.

**Dr. Edward Ciesielski:** Member American Massage Therapy Association, Doctorate Degree from Chicago National College of Naprapathy (treatment by manipulation of connective tissue and adjoining structures and by dietary measures that is held to facilitate the recuperative and regenerative processes of the body), and graduated School of Massage in Poland; over 20 years' experience in the Body Spa Center; physical therapy and medical clinic and fluent in English and Polish.

**Mr. Ivan D. Kostadinov:** Graduate of the National Institute of Physical Culture in Bulgaria, Trainer for the National Sports Academy with special emphasis on Physical Education in Track and Field Athletics. Teacher of Physical Education. And clinical physical therapist at numerous hospitals, institutes and private practice and fluent in English and Bulgarian. Licensed Massage Therapist by State of Illinois.

**Dr. Lesnik Zieba:** Medical Surgeon with St. Joseph's Hospital with extensive career in the therapy and treatment of chronic wounds, rehabilitation and care of patients within a surgical ward and operating room. And has served as a Physiotherapist, Medical Assistant, and Emergency Room Physician. And member of the National Surgical Assistant Association.

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