

**Massage Therapy Certificate Program (750 Hours)**

**Program Duration:** 6-9 months

**Course Contact Hours:** 750

**Student Tuition:** \$8500 by first day of registered class or \$9725 with payments

**Massage Certificate Program:**

This proven program is delivered in a hybrid curriculum model offering both supervised online course experience and instructor-based hands-on training. Students will be prepared for state licensure and professional practice. Comprehensive bioscience and theory courses provide students with the knowledge required to apply the direct hands-on massage techniques studied. The faculty instructing this program are veteran therapists and licensed educators that have a passion to share this exciting body of work.

**Education and Certifications:**

- Students should have or be pursuing a high school diploma or GED.
- Upon successfully completing this 750 - hour course, you will be eligible to take the MBLEx.

**Program Structure:** The Program is divided into two Modules.

**MODULE I ONLINE Hours**

Anatomy & Physiology 100

Pathology 50

Kinesiology 50

Business & Ethics 60

CPR 15

**MODULE II IN-PERSON Hours**

Theory of Massage & Bodywork 250

Trigger Point and Neuromuscular Therapy 25

Myofascial Release/Cupping 25

Reflexology 25

Spa/Hydrotherapy 25

Prenatal Massage 25

Clinical Practicum 10

\*Loaned textbooks are included in the tuition. Students may purchase the course textbooks for their own library at online retailers.

**Module I Breakdown:**

**Anatomy, Physiology & Pathology:**

This course provides an overview of the anatomical structures and physiology of the human body. The course discusses each body system in terms of the major anatomical structures and functions and explains how each system participates in homeostasis of the body. The course discusses selected major pathologies, including disease definitions and causes, signs and symptoms, diagnostic procedures, and treatments. Studies will focus on the origins, signs and symptoms, and treatments of each systemic disease, while musculoskeletal pain and dysfunction are highlighted for the massage therapist. The positive effects that therapeutic massage and bodywork offer are reviewed. Finally, the course discusses common issues and changes that occur in each body system throughout the lifespan.

Lesson 1: The Body as a Whole

Lesson 2: Mechanisms of Health and Disease

Lesson 3: Medical Terminology

Lesson 4: Nervous System Basics and the Central Nervous System

Lesson 5: Peripheral Nervous System

Lesson 6: Endocrine System

Lesson 7: Skeletal System

Lesson 8: Joints

Lesson 9: Muscles

Lesson 10: Biomechanics Basics

Lesson 11: Integumentary System

Lesson 12: Cardiovascular System

Lesson 13: Lymphatic & Immune System

Lesson 14: Respiratory System

Lesson 15: Digestive and Urinary Systems

Lesson 16: Reproductive System

**Kinesiology:**

This course provides students with the fundamental concepts and applications of kinesiology for massage practice. The class covers basic kinesiology principles as they apply to musculoskeletal anatomy and neuromuscular physiology. It emphasizes practical applications for hands-on practice, biomechanics applications for activities of daily living, and whole-body patterns in posture and gait. Students will practice applying kinesiology principles to therapeutic massage methods through experiential exercises designed to keep the students engaged and help them learn the body as well as the mind.

Lesson 1: Navigating the Body

Lesson 2: Shoulder and Arm

Lesson 3: Forearm and Hand

Lesson 4: Spine and Thorax

Lesson 5: Head, Neck and Face

Lesson 6: Pelvis and Thigh

Lesson 7: Leg and Foot

**Theory of Massage and Bodywork:**

Students will learn the theoretical and scientific basis of massage & bodywork and be prepared to apply that knowledge throughout their professional practice. An overview of the history of massage is considered to give students a historical understanding of the origins of massage and bodywork and insight as to how contemporary therapeutic modalities have developed over time. Client preparation, draping, and product options are addressed, as well as technical skills. The effects and benefits, contraindications and indications are analyzed to ensure professional competency and client safety. This course is a complete overview to prepare you for your continued studies as a massage therapist.

Lesson 1: The History and Perspective of Massage

Lesson 2: The Benefits and Applications of Massage

Lesson 3: Contraindications and Massage Guidelines

Lesson 4: Western Massage Techniques and Joint Movements

**The Business and Ethics of Massage Therapy:**

This course provides excellent interactive instruction about the various sides of the massage therapy business. Instruction focuses on the basic knowledge and skills of professional development, including career path opportunities, writing resumes, goal setting, business plans, self-care, and job interview comportment. Students will have the knowledge and tools for basic entrepreneurship, including marketing for massage therapy. Finally, the course emphasizes utmost professionalism and ethical behavior. Students will gain valuable insight about the industry and business controls in the marketplace and gain competency in their ability to become state licensed as a professional massage therapist. Ethics and professionalism are extremely important with any therapeutic practice and these topics focus on the real-world ethical challenges professionals' face, providing clear rationales for ethical behavior. The content encourages introspection, conversation, critical thinking, and problem solving, and promotes meaningful conversation about ethical concepts and dilemmas.

Lesson 1: Considerations for a Massage Therapy Career

Lesson 2: Professional Issues and Self Care

Lesson 3: Marketing for Massage

Lesson 4: Ethics & Professionalism in Massage Therapy

**Module II Breakdown:**

**Therapeutic Massage:**

This course explores the fundamental skills of massage therapy. With knowledge and training, students become comfortable and familiar with human therapeutic touch and solidify a foundation for a strong career. The practice of Traditional Swedish Massage will be instrumental and serve as a foundation for all other modalities learned. Upon completion of this course, each student will be competent to perform a full body therapeutic massage.

Lesson 1: Chair Massage Techniques

Lesson 2: Swedish Massage Techniques

Lesson 3: Joint Movements

Lesson 4: Full-Body Swedish Massage

Lesson 5: Regional Applications of Massage – Upper Body

Lesson 6: Regional Applications of Massage – Lower Body

**Trigger Point and Neuromuscular Therapy**

One of the highest requested and practiced forms of massage is trigger point therapy. In this course students will gain a knowledgeable and practical foundation for which to begin their practice of working with the neuro-muscular systems of the body. Trigger Point Therapy involves the identification and deactivation of painful fibrous nodules in muscle and connective tissue called trigger points. Instruction, demonstration, and supervised practice are all components of this course. As students integrate this modality into their therapeutic sessions, their level of effectiveness with the client increases!

Lesson 1: Introduction to Trigger Point Therapy

Lesson 2: Referral Patterns

Lesson 3: Deactivation Techniques

**Myofascial Massage and Cupping**

This course helps students understand and use manual myofascial techniques in bodywork treatments. Myofascial massage addresses the body's fascial anatomy with the intent to release restrictions in superficial fascia, deep fascia surrounding muscles, and fascia related to body alignment to facilitate release and optimize movement and comfort in the human body.

Lesson 1: Myofascial Massage Overview

Lesson 2: The Nature of Fascia

Lesson 3: Guidelines for Applications

Lesson 4: Basic Myofascial Techniques

Lesson 5: Myofascial Techniques for the Back

Lesson 6: Cupping

### **Reflexology**

Reflexology explores the history and philosophy of reflexology and demonstrates the reflexology patterns on the feet. Pressure applied to specific points and patterns on the feet stimulates corresponding areas in other parts of the body; pressure applied to reflexes marshals the body's innate healing forces and to help normalize body functions. Practical application of reflexology addresses a full hour treatment and gives the practitioner a way to incorporate reflexology into a Swedish massage.

Lesson 1: The History & Theory of Reflexology

Lesson 2: Reflexology Sessions

Lesson 3: Reflexology Techniques

### **Spa/Hydrotherapy**

This class brings together and integrates various elements of the spa science and therapeutic massage experience. Students learn Spa science modalities such as hydrotherapy, aromatherapy, exfoliation/scrubs, and stone therapy. The course introduces aspects of lymph drainage, pathophysiology of skin, history, and principles behind the use of modern hydrotherapy and other sciences associated with spa treatments.

Lesson 1: History, Theory and Research of the Spa Sciences

Lesson 2: Spa Science and Hydrotherapy Sessions

Lesson 3: Spa Science and Hydrotherapy Techniques

### **Prenatal Massage**

This course shares essential knowledge and practical skills that a massage therapist needs to provide safe, competent, and nurturing bodywork to women during one of the most emotionally and physiologically challenging times of their lives. Observing the appropriate precautions, practitioners can feel confident in their work.

Lesson 1: History, Theory and Research of Prenatal Massage

Lesson 2: Prenatal Positioning and Techniques

Lesson 3: Prenatal and Postnatal Precautions, Indications, and Contraindications

### **Clinical Practicum:**

Students will complete 100-hours of documented massage therapy treatments to complete the program. This allows students to directly apply the knowledge and experience in the classroom to real life situations, so that learning is actualized, constructive feedback shared, practical applications refined, and techniques continue to develop for each student as a massage therapist.