

NEA School of Massage

2917 King Street, Suite B

Jonesboro, AR 72401



Course Catalog

Curriculum – 500 hours

Anatomy and Physiology I, System Anatomy – 70 hours

This course is a study of the structure and function of the human body relevant to multiple manual therapy practices. It's intention is to provide the anatomy and physiology knowledge needed for clinical decision-making in the practice of various manual therapies and for communication with other health care professionals. This course introduces this study and begins the system-by-system break-down of the human body.

Anatomy and Physiology II, Gross Anatomy – 35 hours

This course is the in-depth study of the musculoskeletal system's anatomy through palpation. In this hands-on course, students will learn how to locate muscles, bones, and connective tissues of the body, as well as the planes in which the body moves.

Pathology – 40 hours

This course will teach common pathologies which massage therapists will see among their clientele. Students will learn when massage is indicated, contraindicated, or precautionary.

Kinesiology – 30 hours

This course will focus on the movement of the human body, as students learn the action, origin, insertion and nerve innervations. Students will study how muscle movement is affected by massage techniques. (Prerequisite: A&P I and II)

Health and Hygiene – 25 hours

This course teaches the accepted sanitation procedures, as well as how to recognize contagious diseases (such as HIV) and means by which they spread. Students will also learn how to work with clients regarding health issues, in addition to nutrition, fitness and stress management for the massage therapist. This course also includes CPR training and universal precautions.

Modalities – 25 hours

This course will focus on specialized modalities including hydrotherapy, electrotherapy, heliotherapy, reflexology, and spa treatments. Massage modifications for special populations will also be covered in this course.

Massage Basics – 25 hours

This course provides a foundation for the theory and practice of therapeutic massage. Students will gain skills and knowledge in the history of massage, benefits of massage, self-care, research literacy, body mechanics, treatment planning, and massage for special populations.

Business – 25 hours

This course will cover ethical standards and business practices that will help students succeed in the massage therapy profession. Students will also become familiar with the laws and regulations that govern massage therapists in the state of Arkansas.

Technique – 200 hours

Students will gain practical experience in techniques including Swedish massage, deep tissue, myofascial release, reflexology, neuromuscular therapy, sports massage, chair massage, and prenatal massage.

Clinicals – 25 hours

Clinicals allow the student to gain practical experience in providing massage for the public. This creates an opportunity to refine professional skills in preparation for the workplace. Students will learn how to customize treatments, complete intake evaluations, and document sessions to provide a quality massage experience. Students will also work events to gain practical experience in sports and chair massage.

NEA SCHOOL OF MASSAGE

Course Calendar

Classes will be held Tuesday through Thursday from 8:00 AM – 3:00 PM

1st Semester 7 Weeks				2nd Semester 7 Weeks											
Time	Tuesday	Wednesday	Thursday	Time	Tuesday	Wednesday	Thursday								
8:00	Hygiene 8-9:30	Hygiene 8-9:30	Hygiene 8-8:30	8:00	Massage Basics 8-9:30	Massage Basics 8-9:30	Massage B. 8-8:30								
8:30			8:30	Pathology 8:30-10:30			8:30	8:30	Pathology 8:30-10:30						
9:00			9:00				9:00	9:00							
9:30	A & P I 9:30-11:30	A & P I 9:30-11:30	A & P I 10:30-11:30	9:30	A & P I 9:30-11:30	A & P I 9:30-11:30	A & P I 10:30-11:30								
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11:00	Lunch	Lunch	Lunch	11:00	Lunch	Lunch	Lunch								
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12:00				12:00				12:00	12:00						
12:30				12:30				12:30	12:30						
1:00				Technique 12:00 -3:00				Technique 12:00 -3:00	Technique 12:00 -3:00	1:00	Technique 12:00 -3:00	Technique 12:00 -3:00	Technique 12:00 -3:00		
1:30										1:30				1:30	1:30
2:00										2:00				2:00	2:00
2:30	2:30	2:30	2:30												
3:00	3:00	3:00	3:00												

3rd Semester 7 Weeks				4th Semester 7 Weeks											
Time	Tuesday	Wednesday	Thursday	Time	Tuesday	Wednesday	Thursday								
8:00	Modalities 8-9:30	Modalities 8-9:30	Modalities 8-8:30	8:00	Buisness 8-9:30	Buisness 8-9:30	Buisness 8-10:30								
8:30			8:30	Pathology 8:30-10:30				8:30	8:30	Buisness 8-10:30					
9:00			9:00				9:00	9:00	9:00						
9:30	A & P II 9:30-11:30	A & P II 9:30-11:30	A & P II 10:30-11:30	9:30	Kinesiology 9:30-11:30	Kinesiology 9:30-11:30	Kinesiology 10:30-11:30								
10:00				10:00				10:00	10:00						
10:30			10:30	10:30			10:30								
11:00	Lunch	Lunch	Lunch	11:00	Lunch	Lunch	Lunch								
11:30				11:30				11:30	11:30						
12:00				12:00				12:00	12:00						
12:30				12:30				12:30	12:30						
1:00				Technique 12:00 -3:00				Technique 12:00 -3:00	Technique 12:00 -3:00	1:00	Technique / Clinical 12:00 -3:00	Technique / Clinical 12:00 -3:00	Technique / Clinical 12:00 -3:00		
1:30										1:30				1:30	1:30
2:00										2:00				2:00	2:00
2:30	2:30	2:30	2:30												
3:00	3:00	3:00	3:00												

Clinicals

During clinicals, students may be required to leave the campus and hours may vary from regular school hours. The director will notify the students in advance to ensure the students will be able to attend. These events may include, but are not limited to, sporting events, business locations, schools, etc.

School Breaks

NEA School of Massage will close for the following: Spring Break (follows the school system), Memorial Day, Independence Day, Labor Day, Fall Break (Week of Thanksgiving), Winter Break (The week of Christmas)

Attendance

Students will be required to make up all missed classes by scheduling a time with the director at a rate of \$10.00 per hour. Any student who misses more than 3 days in a semester will be placed on academic probation unless the director excuses the absences for uncontrollable reasons.

Inclement Weather

NEA School of Massage will close at the discretion of the owner for inclement weather. Students will be notified via text message or email and it will be placed on the school's website.

Tuition and Fees

Students may pay tuition via cash, personal check, or credit card (processing fee may apply). \$30.00 Fee for all Returned Checks

Deposit - \$250.00

A deposit is required upon admission into the program, which serves to secure your spot in the class, pay for your textbooks, and purchase necessary supplies such as lotions, oils, etc. This fee is non-refundable.

Tuition - \$5750.00

Tuition shall be paid in full before completion of the program via one of the following two methods:

1) A single payment of \$5750.00 by the first day of class (As an added incentive, this will include a new massage table before graduation.)

OR

2) A \$750.00 payment by the first day of class, and 5 subsequent monthly payments of \$1,000.00 due by the 15th of each month.

Withdrawal and Refund Policy

Students may withdraw from the program with a written notice given to the director. They will receive the following refund of the total tuition not including the \$250.00 deposit.

Withdrawal Dates	Percent of total tuition	Refund amount
Weeks 1 - 7	75%	\$4,312.50
Weeks 8-14	50%	\$2,875.00
Weeks 15-21	25%	\$1,437.50
After 21 weeks	No refunds will be given	\$0.00

Financial assistance

- Students may receive financial assistance through personal loans at local banks.
- NEA School of Massage is currently working towards partnering with Arkansas Rehabilitation Services and the GI Bill to aid those who qualify.

Other Fees required for licensure

- Student liability insurance and MBLEx Prep – \$75.00 <https://www.abmp.com/students>
- CPR class - TBD
- MBLEx - \$195.00 <https://www.fsmtb.org/mblex/>
- Licensure Fees - \$180.00 <https://www.healthy.arkansas.gov/images/uploads/pdf/MassageCIB.pdf>
- State and Federal Background Check - <http://www.asp.state.ar.us/>

Additional Materials

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| <ul style="list-style-type: none"> • 1 – 5” binder • 1 – 1” binder (for business plan) • 2 – Sets of twin sheets • 2 – Bath towels | <ul style="list-style-type: none"> • 2 – hand towels • Notebook / notebook paper • Pens / pencils and highlighters |
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Student Conduct

Conduct

Students of NEA School of Massage are expected to adhere to all policies, rules, regulations and procedures of the school listed below, in addition to the laws of the State of Arkansas. Violations may include:

- Behaving in a manner that presents a danger to themselves or others
- Behaving in a manner that is harmful to the reputation of NEA School of Massage or the massage therapy industry
- Displaying sexually inappropriate behavior or language
- Cheating on assignments, quizzes, or exams
- Removing, damaging, tampering with, altering, or destroying school property
- Accepting payment or any other form of compensation for massage therapy prior to receiving state license
- Entering school property under the influence of alcohol or an illegal drug
- Behavior that is consistently unprofessional
- Failure to fulfill payments as agreed upon in the Enrollment Agreement
- Misrepresenting oneself on an official document
- Engaging in any business practices on school property, which includes, but is not limited to, the sale of products, vitamins, cosmetics or food without written consent of the director
- Using profane or offensive language
- Smoking on school property including the parking lot

Probation

A student with an average of 69% or below in any subject area, or one who violates the student code of conduct, will be placed on academic probation until improvement is demonstrated. Additionally, any test scored at a 69% or below will result in an additional test being given until a satisfactory grade is achieved.

Dismissal

A student may be dismissed from the NEA School of Massage program, at any time, for the following reasons: violation of the Student Conduct Code, missing more than the number of hours required by the state, or failing to achieve the minimum academic standards required for graduation.

Dress Code

- Students will be required to wear scrubs during all classroom hours and for clinicals.
- Students must be well groomed: without fingernail polish, have short nails, facial hair must be 1" or shorter and maintained, no facial rings and only 2 earrings per ear, all tattoos must be covered.
- All jewelry, except for earrings, must be removed during technique and clinicals.
- No perfumes or colognes will be worn by students
- Makeup will be professional and conservative in appearance
- Student uniforms must be clean and free of odors such as perfume, smoke, body odor or other offensive odors.