

# Alexandria School of Scientific Therapeutics, Inc.

## ~ Syllabus 2007-2008 ~



### Instructors:

"Active Isolated Stretching" Jackie Himelick = JH  
 "Active Isolated Stretching" Lee Ann Smith = LS  
 "Aromatherapy" Nancy Thornburg = NT  
 "Basic Live Support/CPR" Greg Beaty = GB  
 "Herbology" Lisa Reeves = LR  
 "Hot Rock Massage" Randall Hobbs = RH  
 "Infant Massage" Jackie Himelick = JH  
 "Infant Massage" Lee Ann Smith = LS  
 "Musculoskeletal Anatomy" Kendra Gotsch = KG  
 "Professionalism" Charles Gerber = CG

"Psychology of Touch" Charles Gerber = CG  
 "Refuse To Be A Victim" Greg Beaty = GB  
 "Seated Massage" Randall Hobbs = RH  
 "Sports Massage" Mary Kirtlan = MK  
 "Swedish Massage" Ruthann Hobbs

**Note:**  
 All other modalities & subjects denotes  
 Ruthann Hobbs as primary instructor.



Week 1:	<b>Refuse To Be A Victim (GB - 31, 2, 4 all day)</b> <b>Refuse To Be A Victim Short Course Program Evaluation Form</b> <b>Swedish Massage Course Introductory (Ruthann Hobbs - 1, 3, 5)</b>	July 31 <sup>st</sup> - Aug 5 <sup>th</sup>
Week 2:	<b>Psychology of Touch 1 (CG - 7, 9, 12 Morning)</b> <b>Psychology of Touch 1 homework</b> <b>Swedish Massage Course Introductory (Ruthann Hobbs)</b>	Aug 7 <sup>th</sup> - 12 <sup>th</sup>
Week 3:	<b>Swedish Massage Course Introductory (Ruthann Hobbs)</b>	Aug 14 <sup>th</sup> - 19 <sup>th</sup>
Week 4:	<b>Psychology of Touch 2 (CG - 21, 23, 25 Morning)</b> <b>Psychology of Touch 2 homework</b> <b>Clearing (Ruthann Hobbs)</b> <b>Homework: Read A &amp; P Chapters 1, 2, &amp; 3</b> <b>Business</b> <b>Introduction</b> <b>Overview of proposed course</b> <b>Healing Crisis</b> <b>Videos: Cured; The Incredible Human Machine</b> <b>Practical: Hands</b>	Aug 21 <sup>st</sup> - 26 <sup>th</sup>

<b>Week 5:</b>	<b>Psychology of Touch 3</b> (CG – 28, 30, 1 Morning) <b>Clearing</b> (Ruthann Hobbs) A & P Chapters 1, 2, & 3 1. “Organization Of The Body” 2. “The Chemical Basis Of Life” 3. “Cells” <b>Homework: Read A &amp; P Chapters 4 &amp; 5</b> Videos: Skin; Battle Cry For Health Freedom Water, Living cells, Vitamins/Minerals General Rules For Massage Practical: Arms & Hands	<b>Aug 28<sup>th</sup> – Sept 2<sup>nd</sup></b>
<b>Week 6:</b>	<b>Musculoskeletal Anatomy</b> (KG – 4, 6, 8 Morning) <b>Clearing</b> (Ruthann Hobbs) A & P Chapters 4 & 5 4. “Tissues” 5. “The Skin And Its Appendages” <b>Homework: Read A &amp; P Chapters 6, 7, &amp; 8</b> Videos: Biorhythms; World Search for Health; Diet For A New America Articles on Nutrition Beginning Nutrition Practical: Hands, Arms, Head, Face & Neck	<b>Sept 4<sup>th</sup> – 9<sup>th</sup></b>
<b>Week 7:</b>	<b>Musculoskeletal Anatomy</b> (KG – 11, 13, 15 Morning) <b>Clearing</b> (Ruthann Hobbs) A & P Chapters 6, 7, & 8 6. “Skeletal Tissues And Physiology” 7. “The Skeletal System” 8. “Articulations” <b>Homework: Read A &amp; P Chapter 9</b> Videos: Barley Green (Barley Life) - Wisdom From The Past Hope For The Future; Dr. Julian Whitaker –The Skeleton Barley Life Client-Massage Professional Agreement & Policy Statement Pathology Nutrition Practical: Front of legs	<b>Sept 11<sup>th</sup> – 16<sup>th</sup></b>
<b>Week 8:</b>	<b>Basic Life Support/CPR (GB)</b> <b>Basic Life Support/CPR Short Course Program Evaluation Form</b>	<b>Sept 18<sup>th</sup> – 23<sup>rd</sup></b>

<b>Week 9:</b>	<b>Psychology of Touch/Stress Management</b> (CG – 25, 27, 29 Morning) <b>Clearing</b> (Ruthann Hobbs) A & P Chapter 9 9. “Skeletal Muscles” <b>Test over quizzes 1 &amp; 2</b> <b>Homework: Read A &amp; P Chapters 10, 11 &amp; 12</b> Videos: on Muscles; Structure & Function; Cadaver Muscles; The Universe Within Fibromyalgia Fluoride (articles Dr. Whitaker) Nutrition Practical: Chest & Abdomen	Sept 25 <sup>th</sup> – 30 <sup>th</sup>
<b>Week 10:</b>	<b>Musculoskeletal Anatomy</b> (KG – 2, 4, 6 Morning) <b>Musculoskeletal Anatomy Quiz 1</b> <b>Clearing</b> (Ruthann Hobbs) A & P Chapters 10, 11 & 12 10. “Nervous System Cells” 11. “The Central Nervous System, Spinal Nerves, And Cranial Nerves” 12. “The Autonomic Nervous System” <b>Test over quizzes 3, 4 &amp; 5</b> <b>Homework: Read A &amp; P Chapter 13</b> Videos on Nervous System Mercury & Amalgam Fillings Nutrition Practical: Back of Legs	Oct 2 <sup>nd</sup> – 7 <sup>th</sup>
<b>Week 11:</b>	<b>Psychology of Touch/Ethics of Touch 1</b> (CG – 9, 11, 13 Morning) <b>Clearing</b> (Ruthann Hobbs) A & P Chapter 13 13. “Sense Organs” <b>Homework: Read A &amp; P Chapters 14 &amp; 15</b> Video on Eyes & Ears Glaucoma Technique Pathology: Cancer Video on Laetrile Handouts on Pau D’arco & Laetrile Proper Draping & Proper Body Mechanics Practical: The Back	Oct 9 <sup>th</sup> – 14 <sup>th</sup>
<b>Week 12:</b>	<b>Introduction to: Labor Support, (JH &amp; LS)</b> <b>Infant Behavior, Touching &amp; Bonding,</b> <b>Baby’s 1<sup>st</sup> Massage, &amp; Infant Massage</b> Videos: on Baby Massage <b>Infant Massage Short Course Program Evaluation Form</b>	Oct 16 <sup>th</sup> – 21 <sup>st</sup>

**Week 13:** **Business Week (23, 25, 27 all day)** **Oct 23<sup>rd</sup> – 28<sup>th</sup>**  
**Business Week Short Course Program Evaluation Form**  
**Clearing** (Ruthann Hobbs – 24, 26, 28)  
 A & P Chapters 14 & 15  
 14. “The Endocrine System”  
 15. “Blood”  
**Homework: Read A & P Chapters 16 & 17**  
 Videos: The Endocrine System; The Blood; Cancer Videos  
 Nutrition  
 Practical: Full Body Swedish Massage

<b>Business Week</b>	<b>Tuesday</b> <b>10/23/07</b>	<b>Thursday</b> <b>10/25/07</b>	<b>Saturday</b> <b>10/27/07</b>
<b>Overdorf &amp; Associates – Corporation planning</b>	<b>8:00-9:00</b>	<b>8:00-9:00</b>	<b>9:00-10:00</b>
<b>L. J. Yoder, ASSTI Graduate – Accounting</b>	<b>9:30-10:45</b>	<b>9:30-10:45</b>	<b>10:30-11:45</b>
<b>Kara Krueger, ASSTI Graduate – private practice</b>	<b>10:45-12:00</b>	<b>10:45-12:00</b>	<b>11:45-1:00</b>
<b>Ruthann Hobbs – PDMT Presentation</b>	<b>1:30-2:30</b>	<b>1:30-2:30</b>	<b>2:30-3:30</b>
<b>Mary Kirtlan, ASSTI Graduate – NCBTMB</b>	<b>2:30-3:15</b>	<b>2:30-3:15</b>	<b>3:30-4:15</b>
<b>Paul Hilton, ASSTI Graduate – private practice</b>	<b>3:30-5:00</b>	<b>3:30-5:00</b>	<b>4:30-6:00</b>

**Week 14:** **Practical Review Class (MK 30, 1, 3 all day)** **Oct 30<sup>th</sup> – Nov 4<sup>th</sup>**  
**Morning=testing information/Afternoon=Practical**  
**Practical Review Class Short Course Program Evaluation Form**  
**Clearing** (Ruthann Hobbs – 31, 2, 4)  
 A & P Chapters 16 & 17  
 16. “Anatomy Of The Cardiovascular System”  
 17. “Physiology Of The Cardiovascular System”  
**Homework: Read A & P Chapter 18**  
 Videos: on Cardiovascular System; Chelation Videos  
 Chelation Therapy  
 Practical: Full Body Swedish Massage

**Week 15:** **Aromatherapy (NT)** **Nov 6<sup>th</sup> – 11<sup>th</sup>**  
**Videos: on Essential Oils**  
**Aromatherapy Short Course Program Evaluation Form**

**Week 16:** **Outcome Based Critiquing (13, 15, 17) all day** **Nov 13<sup>th</sup> – 18<sup>th</sup>**  
**Clearing** (Ruthann Hobbs)  
 A & P Chapter 18  
 18. “The Lymphatic System”  
**Test over quizzes 6, 7, 8 & 9**  
**Homework: Read A & P Chapters 19 & 20**  
 Videos: on Lymphatic System  
 Dr. Vodder’s Manual Lymph Drainage  
 Panneclous Technique  
 Immunizations  
 Nutrition  
 Practical: Full Body Swedish Massage

No School this week. Thanksgiving.

Nov 20<sup>th</sup> – 25<sup>th</sup>

Week 17: **Musculoskeletal Anatomy** (KG – 27, 29, 1 morning)  
**Musculoskeletal Anatomy Quiz 2**  
**Clearing** (Ruthann Hobbs)  
A & P Chapters 19 & 20  
19. “Anatomy Of The Respiratory System”  
20. “Physiology Of The Respiratory System”  
**Homework: Read A & P Chapters 21, 22 & 23**  
Videos on Respiratory System & Hoxsey  
Asthma Technique  
Pleurisy Technique  
Sinus Release Technique  
The Milk Issue  
Hoxsey  
Nutrition  
Pathology: Respiratory Problems  
Practical: Full Body Swedish Massage

Nov 27<sup>th</sup> – Dec 2<sup>nd</sup>

Week 18: **Psychology of Touch/Ethics of Touch 2** (CG – 4, 6, 8 Morning)  
**Clearing** (Ruthann Hobbs)  
A & P Chapters 21, 22 & 23  
21. “Anatomy Of The Digestive System”  
22. “Physiology Of The Digestive System”  
23. “Metabolism”  
**Test over quizzes 10, 11, 12 & 13 part 1**  
**Homework: Read A & P Chapters 24, 25 & 26**  
Video on Digestive System  
Pathology: Digestive Disorders  
Nutrition  
Introduction to “Balance Techniques” (Ribcage)  
Hiatal Hernia  
Balance for Nutriment  
Practical: Full Body Swedish Massage

Dec 4<sup>th</sup> – 9<sup>th</sup>

Week 19: **Musculoskeletal Anatomy** (KG – 11, 13, 15 Morning)  
**Clearing** (Ruthann Hobbs)  
A & P Chapters 24, 25 & 26  
24. “The Urinary System”  
25. “Fluid And Electrolyte Balance”  
26. “Acid-Base Balance”  
**Homework: Read A & P Chapters 27 & 28**  
Video on the Urinary System  
Pathology: Diseases of the Urinary System  
Nutrition: Cranactin  
More on Balancing for Nutriment  
Role Playing I  
Practical: Full Body Swedish Massage

Dec 11<sup>th</sup> – 16<sup>th</sup>

**Week 20:** **Psychology of Touch/Abuse** (CG – 18, 20, 22 Morning) **Dec 18<sup>th</sup> – 23<sup>rd</sup>**  
**Clearing** (Ruthann Hobbs)  
A & P Chapters 27 & 28  
27. “The Male Reproductive System”  
28. “The Female Reproductive System”  
Videos: Position Release; Miracle of Life  
Orthobiotomy/ Dr. Arthur Lincoln Pauls  
Balsham Technique  
Balance Techniques  
Turning the Baby  
Improving Dilation  
Pathology: Disorders of Reproductive System  
Role Playing II  
Practical: Full Body Swedish Massage

**No School Christmas Week or New Years Week. Dec 25<sup>th</sup> – Jan 6<sup>th</sup>**

**Week 21:** **Musculoskeletal Anatomy** (KG – 8, 10, 12 Morning) **Jan 8<sup>th</sup> – 13<sup>th</sup>**  
**Musculoskeletal Anatomy Quiz 3**  
**Clearing** (Ruthann Hobbs)  
More on Balance Techniques  
Review of Techniques taught  
Swedish Massage Review

**Week 22:** **Midterm Examinations** **Jan 15<sup>th</sup> – 20<sup>th</sup>**  
Practical Exam = Day 1, Written Exam = Day 2

**Week 23:** **Psychology of Touch/Success** (CG – 22, 24, 26 Morning) **Jan 22<sup>nd</sup> – 27<sup>th</sup>**  
**Clearing** (Ruthann Hobbs)  
Video: on Pregnancy & Massage  
Pre-Natal Massage  
Pathology: Pregnancy Problems  
Balance for Leg Length, Incontinence and Menstruation  
Drain Gallbladder  
Role Playing III  
Practical: Full Body Swedish Massage

**Week 24:** **Musculoskeletal Anatomy** (KG – 29, 31, 2 Morning) **Jan 29<sup>th</sup> - Feb 3<sup>rd</sup>**  
**Musculoskeletal Anatomy Quiz 4**  
**Clearing** (Ruthann Hobbs)  
**Homework: Read A & P Chapters 29 & 30**  
Magnetic Energy Transfer  
Joint Release Techniques  
Color Therapy  
Role Playing IV  
Practical: Full Body Swedish Massage  
**Retest #1 = \$75.00 each test taken**  
**Monday 1/28/08: Practical Exam = 8:00am; Written Exam = 12:00pm**

<b>Week 25:</b>	<b>Musculoskeletal Anatomy (KG – 5, 7, 9 Morning)</b> <b>Musculoskeletal Anatomy Quiz 5</b> <b>Hydrotherapy with 3 Videos (Ruthann Hobbs – 6, 8, 10 morning)</b> <b>Hot Rock Massage (RH – 6, 8, 10 afternoon)</b> <b>Clearing (Ruthann Hobbs)</b> <b>A &amp; P Chapters 29 &amp; 30</b> <b>29. “The Immune System”</b> <b>30. “Stress”</b> <b>Videos: Stress; Body Defenses Against Disease (AIDS/HIV)</b> <b>Pathology: Stress Related Illness</b> <b>Role Playing V</b> <b>Practical: Full Body Swedish Massage</b>	<b>Feb 5<sup>th</sup> – 10<sup>th</sup></b>
<b>Week 26:</b>	<b>Musculoskeletal Anatomy (KG – 12, 14, 16 Morning)</b> <b>Clearing (Ruthann Hobbs)</b> <b>Oriental Medicine (Shiatsu)</b> <b>Oriental Medicine – Handouts</b> <b>Video: Shiatsu</b> <b>Nutrition</b> <b>Role Playing VI</b> <b>Practical: Full Body Swedish Massage</b> <b>Retest #2 = \$125.00 each test taken</b> <b>Monday 2/11/08: Practical Exam = 8:00am; Written Exam = 12:00pm</b>	<b>Feb 12<sup>th</sup> – 17<sup>th</sup></b>
<b>Week 27:</b>	<b>Clearing (Ruthann Hobbs)</b> <b>Auricular Therapy &amp; Ion Balls</b> <b>Gausha Technique</b> <b>Bloodless Surgery</b> <b>Pain Drain</b> <b>Tracing Technique for Respiratory System</b> <b>Balance Techniques</b> <b>Role Playing VII</b> <b>Practical: Any &amp; All Techniques Taught</b>	<b>Feb 19<sup>th</sup> – 24<sup>th</sup></b>
<b>Week 28:</b>	<b>Musculoskeletal Anatomy (KG – 26, 28, 1 Morning)</b> <b>Musculoskeletal Anatomy Final Exam</b> <b>Clearing (Ruthann Hobbs)</b> <b>Oriental Medicine (Acupressure)</b> <b>Ear Candling</b> <b>Specifics</b> <b>Video: on Child Abuse</b> <b>Role Playing VIII</b> <b>Practical: Full Body Swedish Massage</b>	<b>Feb 26<sup>th</sup> - Mar 2<sup>nd</sup></b>
<b>Week 29:</b>	<b>Seated Massage (RH)</b> <b>Seated Massage Short Course Program Evaluation Form</b>	<b>Mar 4<sup>th</sup> – 9<sup>th</sup></b>

<b>Week 30:</b>	<b>Clearing</b> (Ruthann Hobbs) Homeopathy Videos: on Homeopathy Role Playing IX Practical: Full Body Swedish Massage	Mar 11 <sup>th</sup> – 16 <sup>th</sup>
<b>Week 31:</b>	Sports Massage (MK) Sports Massage Short Course Program Evaluation Form	Mar 18 <sup>th</sup> – 23 <sup>rd</sup>
<b>Week 32:</b>	<b>Clearing</b> (Ruthann Hobbs) Non-Specific Stretches Advanced Balance Techniques Balance In-A-Line Autopsy Video Overview Of Techniques Taught During The Swedish Course Role Playing X Practical: Any & All Techniques Taught	Mar 25 <sup>th</sup> – 30 <sup>th</sup>
<b>Week 33:</b>	Active Isolated Stretching (JK, LS) Active Isolated Stretching Short Course Program Evaluation Form	April 1 <sup>st</sup> – 6 <sup>th</sup>
<b>Week 34:</b>	<b>Clearing</b> (Ruthann Hobbs) <b>Test over quizzes 13 part 2, 14 &amp; 15</b> Therapeutic Touch Video: on Therapeutic Touch Hooking Technique Thymus Thump Advanced Balance Techniques Practical: Any & All Techniques Taught	April 8 <sup>th</sup> – 13 <sup>th</sup>
<b>Week 35:</b>	<b>Clearing</b> (Ruthann Hobbs) Dural Tube Tractioning Relaxing Technique with Hands Practical: Any & All Techniques Taught	April 15 <sup>th</sup> – 20 <sup>th</sup>
<b>Week 36:</b>	<b>Final Examinations</b> Practical Exam = Day 1, Written Exam = Day 2	April 22 <sup>nd</sup> – 27 <sup>th</sup>
<b>Week 37:</b>	Herbology and Herb Walk (LR) Wednesday/Friday Herb Walk 2nd session, Sunday Herb Walk 1 <sup>st</sup> session Herbology Short Course Program Evaluation Form <b>Deadline to turn in your "Anatomy Coloring Workbook"</b>	April 29 <sup>th</sup> – May 4 <sup>th</sup>

- Week 38:** **Business – Insurance & Billing (KG – 6, 8, 10 Morning)** **May 6<sup>th</sup> – 11<sup>th</sup>**  
**Insurance & Billing Short Course Program Evaluation Form**  
**Clearing (Ruthann Hobbs)**  
**Scalenes Pull for Thoracic Outlet Syndrome**  
**Craniopathy**  
**Appendix Flush**  
**Structural Alignment**  
**Blocking Technique**  
**Practical: Any & All Techniques Taught**  
**Information in regard to Graduation Banquet**  
**Retest #1 = \$75.00 each test taken**  
**Monday 5/5/08: Practical Exam = 8:00am; Written Exam = 12:00pm**
- Week 39:** **Clearing (Ruthann Hobbs)** **May 13<sup>th</sup> – 18<sup>th</sup>**  
**Iridology**  
**An Outline of Health Promoting Ideas**  
**Deadline to turn in your “Outside Practice Hours Workbook”**  
**Graduation Banquet tickets on sale**
- Week 40:** **Clearing (Ruthann Hobbs)** **May 20<sup>th</sup> – 25<sup>th</sup>**  
**Oriental Medicine**  
**Tai’ Chi**  
**Moshe Feldenkrais Technique**  
**Zero Balancing**  
**Balancing Carpals & Bunions**  
**Geriatric Massage**  
**Videos: Tai’ Chi; Feldenkrais; Geriatric Massage**  
**Practical: Any & All Techniques Taught**  
**Health Questionnaire**  
**Graduation Banquet tickets on sale**  
**Retest #2 = \$125.00 each test taken**  
**Monday 5/19/08: Practical Exam = 8:00am; Written Exam = 12:00pm**
- Week 41:** **Clearing (Ruthann Hobbs)** **May 27<sup>th</sup> – June 1<sup>st</sup>**  
**Male/Female Polarity**  
**Anterior Nerve Block**  
**Posterior Nerve Block**  
**Myofascial Techniques**  
**AMTA Standards of Practice Document**  
**Practical: any & All Techniques Taught**  
**Graduation Pictures am, must be in your scheduled class days**  
**Graduation Banquet tickets sale deadline**

Week 42: **Professionalism Seminar** (CG - 3, 5, 7 Morning)  
**Clearing** (Ruthann Hobbs)  
 Course Program Evaluation Forms  
 Graduate Referral Release Form  
 Practical: Review of all Techniques Taught  
**Graduation**

June 3<sup>rd</sup> - 8<sup>th</sup>

**Please note:**

The material given to you in this course is the property of the School and becomes the responsibility of the individual student. If materials are lost or misplaced by the student and need to be replaced there will be a charge of:

Replacing school manual material	\$ .10 per page
Replacing charts & manual covers	\$ 3.00 each
Replacing sheet protectors	\$ .15 each
Replacing Outside Practice Hours book	\$ 1.00 per book
Replacing Timecard	\$10.00 per card
Replacing Name Tag	\$ 5.00 each
Additional copies of any material	\$ .10 per page
Replacing bottle	\$ 1.00 each
Replacing pump	\$ .50 each
Replacing jar	\$ 1.50 each
Replacing Syllabus	\$ 1.50 each

**LIBRARY** - There will be a charge of \$1.00 a day for each late book. Any student with a book 30 days late will receive a bill of \$50.00 to replace the book. No books will be rented to a student if they have a late book. To re-rent a book it will have to be physically brought into the library. There will be a monthly report run to notify students of their late books.

Thank you