

Prerequisite: Student must have successfully completed Level I Swedish Massage Therapy course achieved by earning a “pass” score on a minimum of 11 assessments, a 75% or better on the written final exam, and a 75% or better on the practical final exam.

Course Description:

Swedish Massage Therapy is a science and an art that is built off of a multifaceted base of knowledge. This course will apply an integrated and detailed approach to building off of the foundation of the Level I Swedish Massage Therapy Course and engaging in more practical aspects of the art of Massage Therapy. The following eight (8) different domains will be integrated in Level II Swedish Massage: Anatomy and Physiology; Pathology; Musculoskeletal Anatomy; Nutrition; Theory and Practice of Swedish Massage; Professionalism; Supplemental Therapies; and Student Clinic Experience. Each domain is needed in order to provide a complete education of a massage therapist and the information contained within one domain influences all others. This course will further develop the individual domains and continue to demonstrate the importance of a holistic approach to bodywork, preparing the student for future employment.

Domain Descriptions and Course Objectives:

Anatomy and Physiology (15.5 contact hours): Anatomy is the science of the structure of the body. Physiology concerns the normal functions performed by the various systems of the body. Anatomy & Physiology are interrelated in that the structures are associated with their functions. Structure and function depend on the interaction of the organism's parts, and each part has a role in the operation of the whole. Students will:

- (1) Gain a further understanding of anatomy, physiology, and pathology.
- (2) Gain a further understanding of the importance of anatomy, physiology, and pathology in massage therapy.
- (3) Gain a further understanding of the role of massage therapy in the management of the psychological and physiologic effects of stress and pain.

Pathology (8 contact hours): Pathology is the study of the structural and functional changes caused by disease.

Pathology examines what happens when the body or body part is in a state of dysfunction or disease. Students will:

- (1) Gain a further understanding of the pathology and epidemiology of diseases and disorders, including symptomatology.
- (2) Continue to understand the importance of pathology in massage therapy.

Musculoskeletal Anatomy (24 contact hours): An introductory exploration of the location, texture, and interrelationship of the human musculoskeletal system, including kinesiology. Students will:

- (1) Continue to identify major superficial and deep muscles; including origin/insertions, actions, and selected innervations.
- (2) Enhance palpation skills to differentiate the body's structures.
- (3) Gain a further understanding of the relationship of musculoskeletal dysfunction and musculoskeletal pain.

Nutrition (8 contact hours): Nutrition is the provision, to cells and organisms, of the materials necessary to support life.

Many common health problems can be prevented or alleviated with a healthy diet. Students will:

- (1) Understand what the following are and how they assist the body: vitamins, minerals, amino acids, enzymes, antioxidants, and herbs.
- (2) Continue to become aware of what nutrient(s) can alleviate certain disorders.
- (3) Continue to become aware of drug interactions.
- (4) Gain a further understanding of the importance of balanced nutrition for both the client and the massage therapist.

Theory and Practice of Massage Therapy (119 contact hours): An educational approach combined with a practical application of specific massage strokes and techniques based upon client specific conditions and concerns. Students will:

- (1) Apply the knowledge of the physiological effects of massage, including indications and contraindications of Swedish Massage Therapy.
- (2) Continue to demonstrate and master how to give an effective, full-body, Swedish Massage, focusing on proper draping to ensure modesty and body mechanics.
- (3) Continue to develop techniques for assessing clients.

Supplemental Therapies (88.5 contact hours): Introductory educational experiences to techniques outside of Swedish Massage Therapy to assist in providing comprehensive approach to client wellness. Students will:

- (1) Experience an introduction to the theory and practice of Hot Stone Massage
- (2) Experience an introduction to the theory and practice of Oriental Medicine (including Shiatsu and Acupressure)
- (3) Experience an introduction to the theory and practice of Homeopathy
- (4) Experience an introduction to the theory and practice of Active Isolated Stretching
- (5) Experience an introduction to the theory and practice of Seated Massage
- (6) Experience an introduction to the theory and practice of Herbology
- (7) Experience an introduction to the theory and practice of Iridology

Professionalism (33 contact hours): Business and educational skills for developing well-rounded massage therapists. Includes emphasis on career preparation as an individual and as a massage therapist. Students will:

- (1) Gain an understanding of success and how to prevent failure
- (2) Understand proper goal setting techniques
- (3) Gain basic knowledge of massage business practices (i.e., finances, taxes)
- (4) Continue to understand and develop professional behaviors and character
- (5) Become First Aid and CPR certified
- (6) Gain an understanding of proactive methods of personal and professional protection

Student Clinic Experience (40 contact hours): Interaction with the general public is the basis of massage therapy. The students will be asked to work on members of the public in order to develop assessment, business, and interpersonal skills. The experience allows students to begin applying practical skills on different populations within a safe environment while being assessed by instructors and evaluated by clients. By completing this domain, students will have the opportunity to engage in the full client experience – including setting the appointment, completing an initial intake/health questionnaire, creating a plan of care based upon the health needs and concerns of the client, applying the plan of care to best fit the client's needs, setting up potential referrals or return appointments, and completing SOAP notes. The school advertises throughout the year to build a client base for the five week time period in May in which the clinic is open. However, if there are not enough clients available for each student to work on a member of the general public, students will work on fellow students following the same policies and procedures applied to the general public. Two instructors will be present each day during the Clinic Experience in order to assess students' progress as well as to answer business practice questions that may arise. Students will:

- (1) Learn how to write a resume and prepare for job interviews.
- (2) Learn how to deal professionally with clients (i.e., setting appointments, designing massage therapy plans, charting and SOAP notes, completing intake/exit interviews).
- (3) Learn how to feel comfortable dealing with the public while still in the comfort of their instructor.
- (4) Prepare for starting a Massage Therapy business or working for others by developing an individualized Business Plan.

Required Provided Textbooks and Supplies:

Balch, P.A. (2006). *Prescription for nutritional healing* (4th ed.). New York, NY: Avery by the Penguin Group.

Beck, M.F. (2010). *Theory & practice of therapeutic massage* (5th ed.). Clifton Park, NJ: Milady.

Newton, D. (1998). *Clinical pathology for the professional bodyworker*. Scappoose, OR: Simran Publications

Students are also provided with a binder (including charts), handouts, stationary, black pens, pencils, and other supplies needed to function in the class room and practical room. Students are required to complete all assignments, quizzes, or exams in blue/black ink or pencil.

Assessment and Performance Standards:

Throughout the course several means of assessment will be utilized to determine student progress. Assignments and quizzes will be given across the dimensions. Most assignments and quizzes will be graded on a pass/fail scale. The assignments and quizzes will give students an opportunity to track their progress across the dimensions. Clinical proficiency checklists will be utilized to assess progress within the Supplemental Therapies domain. Clinical evaluations will be completed by clients and an instructor to assess the professional and practical abilities of students within the Student Clinic Experience. There will be fifteen (15) graded assessments (assignments and quizzes) given throughout the course so students can identify strengths and weaknesses. Students will be required to successfully pass a minimum of eleven (11) of the assessments to complete the course, and subsequently graduate from the program. If students fail five (5) or more assessments, they will be required to take part in remediation of and pass failed assessments in order to graduate. All assessments will be returned to students in a timely manner.

Students will also have to perform successfully on a written and a practical final evaluation, based heavily on the Theory and Practice of Massage Therapy. Students will be required to earn a 75% or higher on both the written and practical exams in order to successfully complete the course.

Non-graded Assessments:

Students will also be peer evaluated two (2) times while performing a full body Swedish massage before taking the final practical exam or participating in the Student Clinic Experience. These evaluations will not be graded but will be utilized so students can identify areas of strength and those that need improvement before being graded for the Final Practical Exam and working on the general public. The evaluations will be held on Weeks 3 and 8.

During the Student Clinic Experience, students will be evaluated by each client they perform a full body Swedish massage on. These evaluations will not be graded, but utilized by students to monitor their progress in interacting with the general public. Clients may not understand the proper steps or techniques of Swedish massage and therefore students should not be graded based upon a client's assessment. Client Evaluations will be held Weeks 16-20.

Students will also create a personalized and professional resume during Week 17 that will not be graded, but will be evaluated and students will be given feedback.

Graded Assessments:

Assignments:

The following assignments will be used to assess the application aspects of the Professionalism and Student Clinic Experience domains. Each assignment will be graded on a pass/fail scale as described in within the assignment's rubric.

Business Plan Assignment (Week 18)

Career and Personal Life Integration Plan (Week 19)

Quizzes:

The following quizzes will be used to assess the domains which are included in the description. Grading/scoring of the quizzes and the implication on the students are as follows:

Basic Business Practices Take Home Quiz (Week 14)

This quiz will be graded on a pass/fail scale. Students will be required to answer 70% or more of the questions correctly in order to earn a "pass" grade. This quiz will be handed out to the students during Week 12 and they are to complete the quiz outside of class based upon a reading assignment. The quiz will be completed and submitted during Week 14 for grading.

1 written quiz focusing on Anatomy and Physiology, Pathology, Nutrition, Theory of Swedish Massage, and Supplemental Therapies (Week 9)

This quiz will be graded on a pass/fail scale. Students will be required to answer 70% or more of the questions on each quiz correctly in order to earn a "pass" grade. The quiz will be used to help students determine the domains in which they are strong and those in which they need develop more knowledge in preparation for the final exam

3 written quizzes focusing on Musculoskeletal Anatomy (Weeks 2, 4, and 6)

The Musculoskeletal Anatomy quizzes will be graded on a pass/fail scale. Students will be required to answer 70% or more of the questions on each quiz correctly in order to earn a "pass" grade.

1 written Musculoskeletal Anatomy Exam (Week 9)

The MSA Final Exam will be graded on a pass/fail scale as well. If a student does not earn a 70% or better on the final exam, they will be required to retest during Week 11 for the cost of \$15. If a student does not earn a 70% or better on the retest of the final exam, they will be required to retest during Week 13 for the cost of \$25. The final version of the written portion of the exam will include a word bank.

Student must pass exam in order to be considered for graduation.

1 practical Heart- saver CPR and First Aid Exam (Week 10)

Student must pass the American Heart Association practical exam for Heartsaver CPR and First Aid in accordance with AHA guidelines. Student must also pass exam in order to be considered for graduation.

Student must pay for and take course outside of school if absent during the time the course is taught.

Proficiency Checklist:

Each student will have a proficiency checklist for the duration of the course, including skills from specified Supplemental Therapies. When participating in Supplemental Therapies domain learning moments, instructors of the course will utilize these checklists and assess the skill development of the student. Students will be assessed on a four point scale with a

score of a two (2) or above considered satisfactory. Each rubric will have a specified number of points, depending on the amount of skills developed throughout the individual Supplemental Therapy. Scores of 50% or better on a rubric will represent a passing score as it will indicate the student is performing at a satisfactory level or better of an introductory topic. Students will also be given a chance to assess their own knowledge and skill set within each Supplemental Therapy topic on the same assessment that instructors complete. Students will complete the assessment in their required blue/black ink or pencil, while instructors will complete the assessment using different colored ink. The following Supplemental Therapies will be assessed during the Level II Swedish Massage Therapy Course:

- Hot Stone/Hydrotherapy Massage (Week 4)
- Self Defense (Week 10)
- Seated Massage (Week 11)
- Active Isolated Stretching (Week 12)
- Herbology (Week 14)
- Iridology (Week 18)

Self Assessments:

Each student will complete a KWL self assessment when introduced to certain supplemental therapies. Students will have three columns to fill out regarding what they know before the topic is presented; what they want to know about the topic (questions); and what was learned from participating in the introduction to the supplemental therapy. Instructors will check for completion of the assessment. The following Supplemental Therapies will be assessed during the Level II Swedish Massage Therapy Course using KWL self assessments:

- Oriental Medicine (Week 5)
- Homeopathy (Week 7)

Final Exam – Week 15:

The following exams will be used to determine if the student can be considered for graduation from the Level II Swedish Massage Course. Students must score a 75% or better on each individual dimension on the written. Students must also earn a 75% or better on the practical exam. If passing scores are not earned, students will have to retake the portion(s) in which they scored less than 75% before being considered for graduation from the Level II Swedish Massage Course.

- Written portion: Anatomy and Physiology, Pathology, Nutrition, Theory and Practice of Swedish Massage, and Supplemental Therapies
- Practical portion: complete full body Swedish Massage

If students do not earn 75% or better on the written and/or practical portion of the exam, they will be required to retest during Week 17 at the cost of \$75 per portion. To assist students, lists of tutors for both written and practical portions are available. Also time and space are allotted within the school to allow students time to study independently if they prefer, while still having access to instructors for questions that may arise during the studying process. If students do not earn a 75% or better on the retest, there will be one final opportunity for students to the written and/or practical portion of the exam at the cost of \$125 per portion during Week 19. The same resources will be available for students for the second retest as stated for the first retest. The final version of the written portion of the exam will include a word bank. If students do not score a 75% or better on the written and/or practical retest(s), students will not be allowed to graduate from the Level II Swedish Massage Therapy Course.

Student Clinic Experience:

During the clinic experience, students will be evaluated by each client and four times by an instructor. Students will be assessed on a four point scale with a score of a two (2) or above considered satisfactory. Scores of 50% or better on a rubric will represent a passing score as it will indicate the student is performing at a satisfactory level or better. Students will have to pass a minimum of three (3) of the four (4) instructor evaluations in order to successfully complete the Student Clinic Experience, which is required to graduate. If students do not pass the required number of evaluations, remediation will occur. Remediation would include the student being limited to performing massages during clinic time on other students rather than the general public until they can successfully pass an instructor evaluation. If a student fails three instructor evaluation attempts, they will not pass the student clinic experience and therefore will be unable to graduate from the program.

Course Schedule:

The Level II Swedish Massage Therapy Course is a 336 hour course that meets 2 days a week for 8 hours a day = 16 hours a week. A 30-minute lunch is included in the listed time schedule for each day.

Tuesday & Wednesday Class: 8:00am – 4:30pm

Thursday & Friday Class: 8:00am – 4:30pm

Tentative Schedule of Topics

Week 1: January 17-20

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage"(RH day 1 afternoon & all day 2): Anatomy & Physiology. (Consultation and Documentation. In this chapter the students learn how to conduct the first consultation before a massage, screen clients while making appointments, determine the needs and expectations of the client, understand the importance of setting policies during the first consultation, develop a treatment plan and how to document and update a clients files. This includes soap-charting, HIPAA guidelines and release of information forms.) pgs 319-333 and (Exercises For Strength, Balance, and Body Control) pgs 381 - 386		2
Pathology	"Clinical Pathology for the Professional Body Worker" Pathology. (Cardiovascular Diseases continued. Diseases of the Lymph Vessels, Heart And Blood. Lymphedema, Angina Pectoris, Myocardial Infarction, Chronic Ischemic Heart Disease, Mitral Stenosis, Aortic Senosis, Atrial Fibrillation, Ventricular Fibrillation, Rheumatic Fever, Hypertensive Heart Disease, Cardiomyopathy, Congestive Heart Failure, Pericarditis, Anemia, Lymphoma, Leukemia, Hemophilia) pgs 124-134 (RH)		1
Nutrition	"Prescription for Natural Cures" Nutrition. (Remedies and Therapies continued. Medication, Meditation, Qi Gong, Relaxation Techniques, Tai Chi, Tens Unit Therapy, Using A Poultice, Sitz Bath, Steam Inhalation, Surgery: Preparing for and recovering from, Therapeutic Liquids, Yoga) pgs 373 - 390 (RH)		.5
Musculoskeletal Anatomy	Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours): Continue shoulder and upper arm, forearm and hand bones and bony landmarks. Muscles and other structures. Conditions. Muscles, innervations and groups (upper body). Review for Quiz 3.	4	
Theory and Practice of Massage Therapy	More on Balance Techniques (a technique of balancing body structures by Ruthann Hobbs) Review of Techniques taught Practical: Swedish Massage Review of Midterm Practical Exam with the emphasis on proper draping & body mechanics	4	4.5

Week 2: January 24-27

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage" (RH day 1 afternoon & all day 2): Anatomy & Physiology. (Hydrotherapy. In this chapter the student learns to use Hydrotherapy as a therapeutic aid for their client. They will understand the effects of different water temperatures on the body, the use of heat and cold, understand cryotherapy and demonstrate ways to apply it, know ways of applying heat to the body and describe various water treatments. They will be able to explain contraindications, safety rules and time limits for various hydrotherapy treatments.) pgs 463-483		1
Pathology	"Clinical Pathology for the Professional Body Worker" Pathology. (Immune System Diseases. Hypersensitivity And Immune Deficiency Disorders. Hypersensitivity Disorders: Type I, II, III, IV) and (Immune Deficiency Disorders: Human Immunovirus Disease/HIV) pgs 135-137 (RH)		.5
Nutrition	"Prescription for Natural Cures" Nutrition. (The Disorders. Introduction, Trouble Shooting for Disorders, Abscess, Acid/Alkali Imbalance, Acid- and Alkaline-Forming		.5

	Foods, Acne, Adrenal Disorders, Age Spots, Aging, Aids, Alcoholism, Allergies, Detecting Hidden Food Allergies, Sulfite Allergies, Aluminum Toxicity, Alzheimer's Disease, Anemia, Anorexia Nervosa) pgs 390 – 408 (RH)		
Musculoskeletal Anatomy	Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours): Quiz 3 . Hip and Thigh bones and bony landmarks. Muscles and other structures. Conditions. Movement/palpation exercises. Information and review for Quiz 4.	4	
Theory and Practice of Massage Therapy	Role Playing III (developing a scenario and a probable routine for therapists to follow to address the problems) Balance for Leg Length, Incontinence and Menstrual Pain Techniques (balance techniques) Draining the Gallbladder Technique (acupressure technique) (RH)	4	6

Week 3: January 31 – February 3

		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage" (RH): Anatomy & Physiology. (Massage in the Spa Setting. The students are familiarized with what is necessary to allow them to function successfully in a spa setting. They are given a history of the Greek, Roman, Turkish, Asian, European and Early American Spas. They are then taught the types of modern spas available today including the scope of practice and the various types of massage traditionally utilized. This includes Hot Stone Massage, Aromatherapy and Body Wraps.) pgs 485-514	1	
Pathology	"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Respiratory Diseases. Cold, Hay Fever, Tonsillitis, Pharyngitis, Sinusitis, Influenza, Infectious Mononucleosis, Acute Laryngitis, Bronchitis, Emphysema, Bronchial Asthma, Pneumonia, Tuberculosis, Fungal Infections, Bronchogenic Carcinoma, Pleurisy, Cystic Fibrosis, Sleep Apnea) pgs 138-147	1	
Nutrition	"Prescription for Natural Cures" (RH): Nutrition. (The Disorders. Trouble Shooting continued. Anxiety Disorder, Appendicitis, Arsenic Poisoning, Arteriosclerosis/Atherosclerosis, Arthritis. Also, Quick Reference Guide: Common Forms of Arthritis and Related Conditions: Juvenile Arthritis; Gout; Ankylosing Spondylitis; Systemic Lupus Erythematosus; Bursitis, Tendinitis, and Myofascial Pain; Carpal Tunnel Syndrome; Fibromyalgia Syndrome; Infectious Arthritis; Osteoarthritis; Psoriatic Arthritis; Reiter's Syndrome; Rheumatoid Arthritis; Scleroderma. Asthma, Athlete's Foot, Attention Deficit Disorder/ADD Attention Deficit Hyperactivity Disorder/ADHD, Autism or Autism Spectrum Disorder, Backache, Bedsores, Bed-wetting, Bee Sting, Bipolar Mood Disorder/formerly known as Manic-Depressive Disorder, Bladder Infection/Cystitis) pgs 408 - 429	1	
Theory and Practice of Massage Therapy	Role Playing IV (RH): (developing a scenario and a probable routine for therapists to follow to address the problems) - Peer Evaluation Magnetic Energy Transfer Technique (energy technique developed by B.A. Hartnett, R.M.T. from Plainfield KS 1982) Joint Release Technique (energy technique developed by Dr. Randolph Stone, D.O. 1960's) Color Therapy Technique (Based on the book "The Ancient Art of Color Therapy" by Linda Clark) Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics (RH)	5	8

Week 4: February 7-10

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and	"Theory & Practice of Therapeutic Massage" (RH day 1 afternoon): Anatomy &	1	

Physiology	Physiology. (Massage in the Spa Setting continued. The student is learning various types of exfoliation techniques such as: body scrubs and polish, sea salt glow, body gommage, dry brush massage, Swedish shampoo, Loofah scrubs and body wraps. They also learn the behavioral characteristics of a successful spa therapist.) pgs 515-543 Videos: "Stress-Portrait of a Killer" by National Geographic, "Body Defense Against Disease (AIDS/HIV)" by The Encyclopedia Britannica		
Pathology	"Clinical Pathology for the Professional Body Worker" Pathology. (Gastrointestinal Diseases. Stomatitis, Tooth Decay, Periodontal disease, Glossitis, Oral Cancer, Esophagitis) pgs. 148-150 (RH)	.5	
Nutrition	"Prescription for Natural Cures" Nutrition. (The Disorders. Trouble Shooting continued. Breast Cancer; Breast-feeding-related Problems: Engorgement, Mastitis, Plugged Duct, Sore Nipples. Bronchitis, Bruising, Bruxism, Bulimia, Burns, Bursitis, Cadmium Toxicity. Cancer; Types and Warning Signs of Cancer: Bladder Cancer, Cervical Cancer Colorectal Cancer, Esophageal Cancer, Laryngeal Cancer, Leukemia, Lung Cancer, Lymphoma, Oral/Mouth Cancer, Ovarian Cancer, Stomach Cancer, Testicular Cancer. Alternative Cancer Therapies: Biologic and Pharmacological Therapies, Herbal Therapies, Immunologic Therapies, Metabolic Therapies, Mind-Body Therapies, Nutritional Therapies) pgs 429 – 460 (RH)	.5	
Musculoskeletal Anatomy	Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours): Quiz 4. Lower Leg and foot bones and bony landmarks. Muscles and other structures. Conditions. Movement/Palpation exercises. Information and review for Quiz 5.	4	
Supplemental Therapies	Hydrotherapy with 3 videos (Ruthann Hobbs, Day 2 Morning): "Spa Body Treatment Series; Video I Hydrotherapy: Hydromassage (underwater Lymphatic Drainage Massage), Video II Hydrotherapy: Hydromassage (Underwater Anti-Stress Massage), Video III Hydrotherapy (And Full Body Moor Wrap) by Sylvie Hennessy Hot Stone Massage (RLH, Day 2 Afternoon - 4 hours RANDY) Hot Stone Massage is a technique designed to benefit the client and therapist at the same time. This method goes beyond what is expected in a typical massage and enters deeper dimensions of relaxation, health and well being, creating a positive approach to the "Body-Mind-Spirit" philosophy. It has long been known that alternative hot and cold has beneficial effects for your client and in Hot Stone Massage this is utilized as well. Video: "Hot Stone Massage" by Massage Warehouse Hot Stone/Hydro Massage Proficiency Checksheet		8
Theory and Practice of Massage Therapy	Role Playing V (developing a scenario and a probable routine for therapists to follow to address the problems) Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics (RH)	2	

Week 5: February 14-17

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage" (RH): Anatomy & Physiology. (Clinical Massage Techniques. The student will be able to describe the techniques used in neuromuscular therapy, trigger point and muscle energy techniques.) pgs 545-571	1.5	
Pathology	"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Gastrointestinal Diseases continued. Hiatal Hernia, Acute/Chronic Gastritis, Peptic Ulcers, Stomach Cancer, Crohn's Disease, Malabsorption Syndromes, Hernia, Adhesions, Appendicitis, Diverticular Disease, Enterocolitis, Irritable Bowel Syndrome, Tumors Of The Colon And Rectum) pgs 151-158	1	
Nutrition	"Prescription for Natural Cures" (RH): Nutrition. (The Disorders. Trouble Shooting continued. Candidiasis, Canker Sores/Aphthous Ulcers, Cardiovascular Disease,	.5	

	Healthy Cholesterol and Blood Pressure Levels. Common Heart Problems and Procedures: Aneurysm, Angina pectoris, Angiogram, Angioplasty, Aorta, Aortic atherosclerosis, Aortic stenosis/AS, Arrhythmia, Cardiac arrest, Cardiomegaly, Cardiomyopathy, Cardioversion, Carditis, Carotid artery, Catheterization, Claudication, Congenital heart defect, Congestive heart failure, Coronary arteries, Coronary artery disease/CAD, Echocardiogram, Electrocardiogram/ECG or EKG, Embolism, Endoarteritis obliterans, Endocarditis, Fibrillation, Gated blood pool scan, Heart attack, Heart failure, Heart murmur, Hematoma, Holter monitor, Hypertension, Hypotension, Ischemic heart disease, Magnetic resonance spectroscopy/MRS, Mitral valve prolapse/MVP, Pericarditis, Phlebitis or thrombophlebitis, Positron emission tomography scan/PET, Pulmonary stenosis/PS, Rheumatic heart disease, Stress test, Stroke, Thrombosis, Troponin T test. Quick Reference Guide: The Top Ten Healthiest Foods for Your Heart, Carpal Tunnel Syndrome, Minimizing The Risk of Carpal Tunnel Syndrome, Celiac Disease, Chemical Allergies, Chemical Poisoning, Chickenpox, Chlamydia, Chronic Fatigue Syndrome, Circulatory Problems, Cirrhosis of the Liver, The Liver, Cold Sores/Fever Blisters, Common Cold. Cold, Flu, or Allergy; Common Cold Remedies, Constipation, Types of Laxatives, Copper Deficiency) pgs. 460 - 474		
Musculoskeletal Anatomy	Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours): Lower leg and foot (cont.). Information for Final Exam	4	
Supplemental Therapies	Oriental Medicine/Shiatsu (handout) (RH): Videos: "Zen Shiatsu" by Acupressure Institute featuring Michael Reed Gach, "Healing And The Mind Series", Volume I "The Mystery of Chi" by Public Affairs Television, Inc. with Bill Moyers interviewing David Eisenberg, M.D. of Harvard Medical School (Explores traditional Chinese medicine and its approach to healing through "Chi", the energy force that is at the root of all Chinese medicine) Practical: Full Body Zen Shiatsu for each student Oriental Massage KWL Self Assessment		8
Theory and Practice of Massage Therapy	Role Playing VI (RH): (developing a scenario and a probable routine for therapists to follow to address the problems)	1	

Week 6: February 21-24

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage" (RH): Anatomy & Physiology. (Clinical Massage Techniques continued. The student will understand 3 bodywork systems that incorporate the technique of strain-counterstrain. They are: Position Release, Ortho-bionomy and Balsham Technique. They will also learn about Myofascial Massage and get a good understanding of the Fascial System, Craniosacral Therapy and Deep Tissue Massage.) pgs 571-602		.5
Pathology	"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Gastrointestinal Diseases continued. Liver, Gall Bladder and Pancreas. Hepatitis: Type A, B, C and Cirrhosis, Liver Cancer, Chemical Damage, Portal Hypertension, Cholechstitis, Cholelithiasis, Gallbladder Cancer, Pancreatitis, Carcinoma) pgs 158-163		.5
Nutrition	"Prescription for Natural Cures" (RH): Nutrition. (The Disorders. Trouble Shooting continued. Copper Toxicity, Corns and Calluses, Crohn's Disease, Croup, Cystic Fibrosis, Dandruff, Depression, Can Depression Be Caused by Testosterone Deficiency?, Categories of Antidepressant drugs, Dermatitis, Diabetes, Quick Reference Guide-Goals for People with Diabetes, Oral Medications for Type 2 Diabetes, Insulin Preparations for Type 1 Diabetes, Diarrhea, Diverticulitis, Dog Bite, Down Syndrome, Drug Addiction/Substance Abuse, Dry Skin, Substances that rob the body of nutrients, Ear Infection, Edema, Emphysema) pgs 474 - 498		1

Musculoskeletal Anatomy	Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours): Quiz 5. Back and torso bones and bony landmarks. Muscles and other structures. Conditions.	4	
Supplemental Therapies	Video: "The Massage Therapy Video Library Series, Volume 8 Sports Massage Series" (RH): (An Intro To Acupressure and Sport Massage with Carol Kresge, L.M.T.)		1
Theory and Practice of Massage Therapy	Auricular Therapy (RH): (acupressure of the ears lecture) Migrane Ion Balls (tiny magnetic balls on a Band-Aid that work well for holding acupressure points lecture) Gausha Technique (a scraping technique to facilitate energy flow where it has been blocked lecture) Role Playing VII (developing a scenario and a probable routine for therapists to follow to address the problems) Bloodless Surgery Technique (a way of eliminating adhesions by manual therapy means by Dr. William McLain) Pain Drain Technique (a way of eliminating pain in tissue with an energy technique by Dr. Randolph Stone, D.O.) Tracing Technique for Respiratory System (a way of improving respiratory functioning for all conditions except Emphysema by Dr. Randolph Stone, D.O.) Balance Techniques (a technique of balancing body structures by Ruthann Hobbs) Practical: Any & All Techniques Taught	4	5

Week 7: February 28 – March 3

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage" (RH): Anatomy & Physiology. (Lymph Massage. The student will be able to name 3 influential people in the development of lymph massage, describe blood and lymph circulation, the functions and location of lymph nodes, the major contraindications of lymph massage and sequence of movements.) pgs 605-625	1	
Pathology	"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Gastrointestinal Diseases continued. Nutritional Disorders. Vitamin D, B-12 and C Deficiency, Obesity) pgs 163-166	.5	
Nutrition	"Prescription for Natural Cures" Nutrition. (The Disorders. Trouble Shooting continued. Endometriosis, An Alternative Theory and Treatment for Endometriosis, Environmental Toxicity, Epilepsy, What to do when someone is having a seizure, Erectile Dysfunction, Eye Problems, Maintaining Healthy Eyes, Blurred Vision, Cataracts, Colorblindness, Conjunctivitis/Pink Eye, Diabetic Retinopathy, Dimness or Loss of Vision, Dry Eyes, Floaters, Glaucoma, Itchy or Tired Eyes, Macular Degeneration, Mucus in the Eyes, Photophobia, Retinitis Pigmentosa, Scotoma, Shingles, Stye, Thinning Eyelashes, Ulcerated Eyelid, Xerophthalmia, Fever, Fibrocystic Breasts, Uterine Fibroids, Fibromalgia Syndrome/FMS, Foodborne/Waterborne Illness, Types of Food Poisoning, Tips for Preventing Food Poisoning) pgs. 498 – 519 (RH)	.5	
Supplemental Therapies	Oriental Medicine/Acupressure Technique (handout from the book "Healing Benefits of Acupressure" by F. M. Houston D.C.) Homeopathy with handouts Videos: "Natural Health Care For The Family" by Video Remedies featuring David E. Karp (A nationally recognized lecturer, consultant and teacher of homeopathic medicine, "Natural Health Care For Children" by Video Remedies featuring Dr. Lendon Smith, M.D. (Teaching parents how to use natural health care to keep their children healthy), "Natural Heal Care For Your Pets" by Video Remedies featuring Dr. Christina Chambreau, DVM (A nationally know practitioner and lecturer on veterinary homeopathy. Dr. Chambreau demonstrates how to select and administer	4	8

	the most commonly used veterinary first aid remedies). Homeopathy KWL Self Assessment (RH)		
Theory and Practice of Massage Therapy	Ear Candling/Wicking Technique (handout, a way of cleansing the outer ear canal) Specifics/Medical Massage Technique (using everything you have learned to design a massage that addresses the problems the client complains of) Role Playing VIII (developing a scenario and a probable routine for therapists to follow to address the problems) Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics (RH)	2	

Week 8: March 7-10

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage" Anatomy & Physiology. (Therapeutic Procedure. The therapeutic procedure involves 4 basic steps, assessment, planning, performance and evaluation. It involves a client intake form and health history, observation, soft tissue barriers, palpation skills, acute and chronic conditions.) pgs 627-655 (RH)		1
Pathology	"Clinical Pathology for the Professional Body Worker" Pathology. (Urinary System Diseases. Kidney Stones, Cancer, Kidney Failure, Systitis, Bladder Cancer, Urethritis) pgs 167-169		.5
Nutrition	"Prescription for Natural Cures" Nutrition. (The Disorders. Trouble Shooting continued. Fracture, Fungal Infection, Gallbladder Disorders, Gangrene, German Measles/Rubella, Glaucoma, Gout, Growth Problems, Hair Loss, Halitosis/Bad Breath, Hay Fever. Headache, Types of Headaches: Aneurysm associated headache, Arthritis headache, Billous headache, Caffeine headache, Cluster headache, Exertion headache, Eyestrain headache, Fever headache, Hangover headache, Hunger headache, Hypertension headache, Menstrual headache, Migraine classic, Migraine common, Sinus headache, Temporal headache, Temporomandibular joint/TMJ headache, Tension headache, Tic douloureux, Tumor headaches, Vascular headaches. Hearing Loss, Heart Attack, Stress Testing, Heartburn/Gastroesophageal Reflux Disease/GERD, Heel or Bone Spur, Hemophilia, Hemorrhoids, Hepatitis, Herpes Infection) pgs. 519 – 562 (RH)		.5
Professionalism	Psychology of Touch/Success (CG Day 1 Morning - 4 hours): This course will focus on what success is, and will give practical tips and multiple strategies to become successful not only personally but also professionally as massage therapists. It will look at how a positive mind set is a great aid in becoming success professionally. It will have an emphasis on attitude, work habits and time management.	4	
Supplemental Therapies	Oriental Medicine/Acupressure Technique (handout from the book "Healing Benefits of Acupressure" by F. M. Houston D.C.) (RH) Video: "Acupressure Made Simple" by Eleanor Hari		1
Theory and Practice of Massage Therapy	Role Playing IX (developing a scenario and a probable routine for therapists to follow to address the problems) – Peer Evaluation Review of All Techniques Taught Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics	4	5

Week 9: March 14-17

Domain	Topics	Hours
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		Day 1	Day 2
Anatomy and Physiology	<p>Multi-domain Quiz</p> <p>"Theory & Practice of Therapeutic Massage" Anatomy & Physiology. (Therapeutic Procedure continued. Conditions that respond to Soft Tissue Intervention. Massage techniques to address soft tissue dysfunction, how much pressure is enough, Trigger Point and Fibrosis. Therapeutic procedure is a process of acquiring a concise medical history, assessment procedures to determine painful conditions, the developing treatment plans, performing appropriate treatment practices to address the conditions more specifically, and evaluating the results to assure the client is receiving effective treatments.) pgs. 655-663 (RH)</p> <p>Video: "Autopsy" Series by Life Support Skills, produced by The Association of Fire Chiefs of North Carolina with Dr. John Butz M.E.</p>		2.5
Pathology	<p>"Clinical Pathology for the Professional Body Worker" Pathology. (Reproductive System Diseases. Testicular Cancer, Benign Prostatic Hypertrophy, Prostate Cancer, Vaginitis, Cervicitis, Cervical Cancer, Endometriosis, Premenstrual Syndrome, Primary Dysmenorrhea, Uterine Fibroids, Cancer, Pelvic Inflammatory Disease, Ovarian Cysts, Ovarian Cancer, Fibrocystic Changes, Fibroadenoma, Breast Cancer, Toxemia Of Pregnancy, Ectopic Pregnancy, Miscarriage, Massage and Pregnancy) pgs. 170-178 ((RH))</p>		.5
Nutrition	<p>"Prescription for Natural Cures" Nutrition. (The Disorders. Trouble Shooting continued. High Blood Pressure/Hypertension, How to Measure Your Blood Pressure, High Cholesterol, Hives, Hyperthyroidism, Hypoglycemia/Low Blood Sugar, Hypothyroidism, Hysterectomy-Related Problems, Incontinence, Indigestion/Dyspepsia, Infertility, Inflammation, Influenza, Insect Allergy, Insect Bite, Insomnia, Irritable Bowel Syndrome/IBS, Jaundice, Kidney Disease,/Renal Failure, Kidney stones, Lactose Intolerance/Lactase Deficiency, Lead Poisoning, Leg Ulcers, Legionnaires' Disease, Lupus, Lyme Disease, Malabsorption Syndrome, Measles, Memory Problems, Meniere's Disease, Meningitis, Menopausal and Perimenopausal Problems, Mercury Toxicity, Migraine, Mononucleosis, Motion Sickness, Multiple Sclerosis, Mumps, Muscle Cramps, Nail Problems) pgs 563 – 585 (RH)</p>		1
Musculoskeletal Anatomy	<p>Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours): Final Exam.</p>	4	
Theory and Practice of Massage Therapy	<p>Video: "Non-Specific Stretches" by Ruthann Hobbs and Dr. Warren Wickert, D.C.</p> <p>Role Playing X (developing a scenario and a probable routine for therapists to follow to address the problems)</p> <p>Non-Specific Stretches Technique (a system of passive stretches for the individual by Per Henrik Ling)</p> <p>Advanced Balance Techniques (an alternate way of doing balance techniques by Ruthann Hobbs)</p> <p>Balance In-A-Line Technique (balancing long muscles and nerves by Ruthann Hobbs)</p> <p>Overview of Techniques Taught During The Swedish Course (handout)</p> <p>Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics (RH)</p>	4	4

Week 10: March 21-24 (This course is mandatory for graduation)

Domain	Topics	Hours	
		Day 1	Day 2
Professionalism	<p>Basic Life Support/CPR (ML Day 1) mandatory attendance required in order to graduate This is a 1 day (8 hours) Course following the American Heart Association guidelines.</p> <p>AHA Heartsaver CPR/Basic First Aid Practical Exam</p>	8	8

	<p>Short Course Program Evaluation Form</p> <p>Basic Self-Defense for Massage Therapists (EO Day 2) This is a one day (8 hours) course. The course presents the students with pro-active methods of personal, professional, home and office protection, conflict avoidance, diffusion, and lastly offers various means by which they might handle the situations as they present themselves.</p> <p>Self Defense Proficiency Checksheet</p> <p>Short Course Program Evaluation Form</p>		
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Week 11: March 28-31

Domain	Topics	Hours	
		Day 1	Day 2
Supplemental Therapies	<p>Seated Massage (RH) This is a two day (16 hours) course that allows the student to perform 5, 10, or 15 minute seated massage and hot stone seated massage on a client fully clothed in the workplace or any other semi public area. They will understand when a massage would not be a good idea.</p> <p>Seated Massage Proficiency Checksheet</p> <p>Short Course Program Evaluation Form (RH)</p>	8	8

Week 12: April 4 -7

Domain	Topics	Hours	
		Day 1	Day 2
Supplemental Therapies	<p>Active Isolated Stretching (JH) This is a two (16 hours) introductory day course. In this course you will learn the Mattes Method by Aaron Mattes. Learn applications of AIS and a method of stretching that will lengthen fascia. Learn a method of stretching that is safe and injury free. Know the AIS method of stretching to prevent a stretch response. Learn different ways to accomplish the same stretch on yourself and your client. Learn how strengthening can help you stay pain free.</p> <p>Active Isolated Stretching Proficiency Checksheet</p> <p>Short Course Program Evaluation Form</p> <p>Basic Business Practices Take Home Quiz handed out (includes ADA handout) due Week 14</p>	8	8

Week 13: April 11-14

Domain	Topics	Hours	
		Day 1	Day 2
Professionalism	<p>Business Week Day 1</p> <p>Tuesday / Thursday: 8:00-9:00 (Pending)</p> <p>Tuesday / Thursday: 9:00-11:50</p> <p>Paul Hilton, ASSTI Graduate – Private Practice/Accounting/Promotional Info</p> <p>Tuesday / Thursday: 12:00-12:30 Lunch</p>	8	1

	<p>Tuesday / Thursday: 12:30-1:30 Bridgette Dobbs, ASSTI Graduate – Private Practice</p> <p>Tuesday / Thursday: 1:30-3:00 Kim O'Connor, ASSTI Graduate – walk thru the steps needed to be certified as a Massage Therapist in Indiana, including information on National Exams and Insurance</p> <p>Tuesday / Thursday: 3:00-4:30 Instructor Pending–“Theory & Practice of Therapeutic Massage” Business Practices. (Determining whether to be self-employed or employed, seeking employment, resume and cover letters, interview, attitude/self-image/public image, independent contractor, working out of the home, outcalls only, working out of a separate/private office, renting a space in a larger office complex, co-op an office with other therapists, beginning in business, business planning, types of business operations, start-up costs and needs, business location, buying an established business, licenses and permits, protecting your business, planning the physical layout of a business, business ethics for the massage practitioner, accounting and bookkeeping, marketing, client retention and business law etc) pgs 807-855</p> <p><u>Business Week Day 2</u></p> <p>Wednesday / Friday: 8-9:00 Ruthann Hobbs – PDMT Presentation, Laws, Resume, Dress, Setting Up and Establishing your practice and office policy, HIPAA Privacy Rule, Conflict Resolutions Skills, Steps to protect yourself, Tips for staying safe... Short Course Program Evaluation Form</p>		
Theory and Practice of Massage Therapy	<p>Therapeutic Touch Lecture Video: “Therapeutic Touch” by National League for Nursing featuring Janet F. Quinn, PhD, RN, Faan (She was trained in Therapeutic Touch under co-founder Delores Krieger more than 20 years ago. She has taught, written and lectured about Therapeutic Touch to health care professionals, alternative healers, and lay people all over the world). (RH)</p> <p>Relaxing Technique with Hands (This Relaxing Technique was taught in Reflexology II by Eunice Ingham Stopfel) (RH)</p> <p>Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics</p>		7

Week 14: April 18-21

Domain	Topics	Hours	
		Day 1	Day 2
Professionalism	Basic Business Practices Take Home Quiz due		
Supplemental Therapies	<p>Herbology and Herb Walk (LR Wednesday/Friday) This is a two day (16 hours) course in the study of herbs. This course introduces the students to the history of herbalism, herbs in our daily life, making herbal tinctures, herbal massage enhancers, aphrodisiacs, & identifying local medicinal herbs.</p> <p>Business Plan Assignment handed out due Week 18</p> <p>Herbology Proficiency Checksheet</p> <p>Short Course Program Evaluation Form</p>	8	8

Week 15: April 25-28

Domain	Topics	Hours	
		Day 1	Day 2

Anatomy and Physiology; Pathology; Nutrition; Theory of Massage Therapy; Supplemental Therapies	Written Exam: Student must pass each domain covered in the exam with a score of 75% or better		8
Practice of Massage Therapy	Practical Exam: Student must pass exam with a score of 75% or better	8	

Week 16: May 2-5

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	<p>"Theory & Practice of Therapeutic Massage" Anatomy & Physiology. (Athletic/Sports Massage. Sports Massage is the application of massage techniques that combine sound anatomic and physiologic knowledge, an understanding of strength training and conditioning of specific massage skills to enhance athletic performance. Sports Massage enables an athlete to attain their highest potential by accelerating the body's natural restorative processes, enabling the athlete to participate more often in rigorous physical training and conditioning. This teaches the student how, when, why and why not.) pgs. 665-700 (RH)</p> <p>Video: "The Doctor" (Doctor changes how to treat patients after becoming a patient)</p>	3	
Pathology	<p>"Clinical Pathology for the Professional Body Worker" (RH) Pathology. (Reproductive System Diseases continued. Sexually-Transmitted Diseases. Gonococcal And Non-Gonococcal Urethritis, Genital Candidiasis, Syphilis, Genital Herpes) pgs 179-181</p>	.5	
Nutrition	<p>"Prescription for Natural Cures" Nutrition. (The Disorders. Trouble Shooting continued. Narcolepsy, Nickel Toxicity, Nosebleed, Obesity, Oily Skin, Osteoporosis, Paget's Disease of Bone, Pancreatitis, Parkinson's Disease, Peptic Ulcer, Periodontal Disease, Pneumonia, Poison Ivy/Poison Oak/Poison Sumac, Poisoning, Polyps) (Pregnancy-Related Problems: Anemia, Backache, Bladder Discomfort/Infection, Bleeding Gums, Coughs and Colds, Depression) pgs. 585 – 603 (RH)</p>	.5	
Theory and Practice of Massage Therapy	<p>Advanced Balanced Technique (This is an alternate way of doing balance work by Ruthann Hobbs)</p> <p>Review of All Techniques Taught</p> <p>Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics</p>	4	
Student Clinic Experience	<p>Clinic Experience – RH/EO During this time students will have the opportunity to engage in the full client experience – including setting the appointment, completing an initial intake/health questionnaire, creating a plan of care based upon the health needs and concerns of the client, applying the plan of care to best fit the client's needs, setting up potential referrals or return appointments, and completing SOAP notes. Students will be evaluated by the client during each massage and once by the instructor with time allotted at the end of the day for students to review their evaluations. When down time is present between clients, students will be guided to write a business plan & obtain proper documentation, how to handle an interview and what is likely to be asked. They will be taught how to write a resume, dress appropriately, promote themselves, meet the public, make appointments, and review conflict resolution skills.</p>		8

	Career and Personal Life Integration Plan handed out due Week 19 Resume Assignment handed out due Week 17 Student Clinic Client Evaluation Checksheet		
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Retest #1 = \$75.00 each test taken

Retest Monday, May15: Written – 8:00 AM Practical – 2:00 PM

Week 17: May 9-12

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage" Anatomy & Physiology. (Massage for Special Populations. Prenatal massage, infant massage, children, elderly clients, clients with disabilities, massage for the critically ill, precautions for working with HIV-infected clients, the benefits of massaging people with cancer- including stress & anxiety reduction, pain & nausea control and massage during hospice and end-of-life care) pgs. 703-742 (RH)	1	
Pathology	"Clinical Pathology for the Professional Body Worker" Pathology. (Skin Diseases. Primary and Secondary Skin Lesions: Flat, Elevated and Miscellaneous; Impetigo, Cellulitis, Acne Vulgaris, Hair Follicle Infections, Ringworm, Candidiasis, Warts, Oral Herpes, Scabies, Lice) pgs. 603 – 624 (RH)	.5	
Nutrition	"Prescription for Natural Cures" Nutrition. (The Disorders. Trouble Shooting continued. Pregnancy-Related Problems continued: Diabetes/Gestational, Dizziness, Eclampsia and Preeclampsia, Ectopic Pregnancy/Tubal, Edema/Swelling of the Hands and Feet, Gas/Flatulence, Groin Spasm/Stitch/or Pressure, Heartburn, Hemorrhoids, Insomnia, Leg Cramps, Miscarriage/Spontaneous Abortion, Morning Sickness, Nosebleeds and Nasal Congestion, Premature Birth, Sciatica, Skin Problems, Soreness in the Rib Area, Stretch Marks, Sweating, Varicose Veins, Nutritional Health in Pregnancy) (Tests Performed During Pregnancy: Routine Tests, Aminocentesis, Chorionic Villus Sampling/CVS, Estriol Excretion Studies/Nonstress Test/Oxytocin Challenge Test/Ultrasound) (Birth Plan, Premenstrual Syndrome, Prolapse of the Uterus, Prostate Cancer, Prostatitis/Enlarged Prostate, Psoriasis, Radiation Exposure, Rare Disorders, Acute Disseminated Encephalomyelitis, Agnosia, Alpha-1 Antitrypsin Deficiency, Ataxia, Bell's Palsy, Binswanger's Disease, Brown-Sequard Syndrome, Dystonia, Fabry's Disease, Hemorrhagic Colitis/Hamburger Disease, Hereditary Fructose Intolerance, Hyperimmunoglobulin E Syndrome, Idiopathic Thrombocytopenic Purpura, Leukodystrophies, Meralgia Paresthetica, Orthostatic Hypotension, Phenylketonuria, Piriformis Syndrome, Postural Tachycardia Syndrome, Refsum Disease, Tourette Syndrome, Raynaud's Disease/Raynaud's Phenomenon, Reye's Syndrome, Rheumatic Fever, Rickets/Osteomalacia, Rosacea, Scabies, Schizophrenia, Sebaceous Cyst, Seborrhea, Senility/Dementia, Sexual Dysfunction in Women, Sexually Transmitted disease/STD, Shingles/Herpes Zoster, Sinusitis, Skin Cancer, Skin Rash, Smoking Dependency, Snakebite, Sore Throat, Spider Bites and Scorpion Stings, Sprains/Strains/and other injuries of the Muscles and Joints, Stress, Sunburn, Thrombophlebitis, TMJ Syndrome, Tonsillitis, Tooth Decay) pgs. 603 – 624 (RH)	.5	
Theory and Practice of Massage Therapy	Scalenes Pull for Thoracic Outlet Syndrome Technique (A Myofascial Release Technique that helps to alleviate pain/numbness of Thoracic Outlet Syndrome by releasing pressure on the brachial nerve) (RH) Craniopathy (Addresses Acupressure Points in the scalp by Dr. William Noble Gray)	6	

	<p>Appendix Flush Technique (Acupressure Technique that uses two points to cause the appendix to flush itself) (RH)</p> <p>Structural Alignment Technique (Energy Technique that brings the hips and shoulders into proper alignment by Dr. Randolph Stone, D.O.) (RH)</p> <p>Blocking Technique (Using blocks to apply pressure to bring the hips into proper alignment) (RH)</p> <p>Practical: Swedish Massage Review of Final Practical Exam with the emphasis on proper draping & body mechanics</p> <p>Information Regarding Graduation handout</p>		
Student Clinic Experience	<p>Clinic Experience – During this time students will have the opportunity to engage in the full client experience – including setting the appointment, completing an initial intake/health questionnaire, creating a plan of care based upon the health needs and concerns of the client, applying the plan of care to best fit the client’s needs, setting up potential referrals or return appointments, and completing SOAP notes. Students will be evaluated by the client during each massage and once by the instructor with time allotted at the end of the day for students to review their evaluations. When down time is present between clients, students will be guided to write a business plan & obtain proper documentation, how to handle an interview and what is likely to be asked. They will be taught how to write a resume, dress appropriately, promote themselves, meet the public, make appointments, and review conflict resolution skills.</p> <p>Resume Assignment Due</p> <p>Student Clinic Client Evaluation Checksheet</p> <p>Student Clinic Instructor Evaluation</p>		8

Week 18: May 16-19

Domain	Topics	Hours	
		Day 1	Day 2
Supplemental Therapies	<p>Iridology (This is a 7 hour introductory course. It is the science and practice revealing information, where it is located in the body and what stage it is manifesting as shown in the Iris of the eyes. Ruthann Hobbs trained under Dr. Bernard Jensen, taking his basic course & internship in Iridology in 1981. This is taught using 3 sets of slides (1. Overall Body Systems, 2. The Bowel System, 3. All Brown Eyes) from Dr. Jensen. The students have the opportunity to have their eyes photographed using Dr. Jensen’s special camera and the results are interpreted by Ruthann Hobbs. Printed material and charts are given as handouts.) (RH)</p> <p>Iridology Proficiency Checksheet</p>	7	
Theory and Practice of Massage Therapy	<p>“Theory & Practice of Therapeutic Massage” Massage in Medicine. (Massage in medicine throughout history, alternative and complementary medicine, integrative medicine, record keeping, chiropractic and massage, hospital-based massage, massage as medicine, insurance reimbursement for massage, client information required for insurance verification, documentation for insurance clients) pgs 745-773</p> <p>An Outline of Health Promoting Ideas handout (RH)</p>	1	
Student Clinic Experience	<p>Clinic Experience – During this time students will have the opportunity to engage in the full client experience – including setting the appointment, completing an initial intake/health questionnaire, creating a plan of care based upon the health needs and concerns of the client, applying the plan of care to best fit the client’s needs, setting up potential referrals or return appointments, and completing SOAP notes. Students will be evaluated by the client during each massage and once by the instructor with time allotted at the end of the day for students to review their evaluations. When down time</p>		8

	<p>is present between clients, students will be guided to write a business plan & obtain proper documentation, how to handle an interview and what is likely to be asked. They will be taught how to write a resume, dress appropriately, promote themselves, meet the public, make appointments, and review conflict resolution skills.</p> <p>Business Plan Assignment due Student Clinic Client Evaluation Checksheet Student Clinic Instructor Evaluation</p>		
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Retest #2 = \$125.00 each test taken
Retest Monday, May 22: written – 8:00 AM Practical – 2:00 P

Week 19: May 23-26

Domain	Topics	Hours	
		Day 1	Day 2
Pathology	“Clinical Pathology for the Professional Body Worker” Pathology. (Skin Diseases Miscellaneous Skin Disorders. Burns, Corns, Decubitus Ulcers, Dermatitis, Drug Hypersensitivity Lesions, Psoriasis, Rosacea, Scleroderma, Seborrheic Keratosis, Urticaria, Vitiligo, Mole, Skin Tag, Lipoma, Angioma, Sebaceous Cyst, Squamous Cell Carcinoma, Basal Cell Carcinoma, Malignant Melanoma) pgs. 188-196 (RH)	1	
Nutrition	“Prescription for Natural Cures” Nutrition. (The Disorders. Trouble Shooting continued. Tuberculosis, Ulcerative Colitis, Underweight/Weight Loss, Vaginitis, Varicose Veins, Vertigo, Vitiligo, Warts, Weakened Immune System, Wilson’s Disease, Worms/Parasites, Wrinkles,) pgs. 624 - 640 (RH)	.5	
Supplemental Therapies	Oriental Medicine handout T’ai Chi (A Chinese movement art practiced to strengthen and develop balance, flexibility, cardiovascular functioning, and to build and circulate chi) Videos: “T’ai Chi For Health” (Yang Short Form) from Healing Arts Home Videos by Terry Dunn (A wonderful introduction for students of any age and most levels of fitness) Practical: T’ai Chi, (RH)	3.5	
Theory and Practice of Massage Therapy	“Theory & Practice of Therapeutic Massage” Other Somatic Therapies. (chair massage, reflexology, energetic manipulation, qi: the fundamental substance of existence, yin and yang, five elements, organs, channels and points, organ meridians, methods of energy assessment and treating, tuina, acupressure, shiatsu, marma-point therapy, thai massage, polarity therapy, therapeutic touch, chakra energy work, additional somatic therapies) pgs 775-803 Moshé Feldenkrais Technique (Named for Russian born Israeli physicist, mechanical engineer, and judo master Moshé Feldenkrais (1904-1984), he developed a method using gentle movements to enhance the communication between muscles and the central nervous system, ultimately allowing greater freedom and fluidity of movement.) Geriatric Massage (For elderly clients and their special needs by Dietrich Mueller) Videos: “Massaging the Elderly” from Day-Break Geriatric Massage Project with Dietrich W. Miesler (Geriatric Massage Techniques), “Zero Balancing” from The Upledger Institute with Fritz Frederick Smith, M.D., D.O., FCCAc. (A gentle style of	3	

	<p>massage based on the belief that there is an energetic body as well as a physical body and that injuries can affect both. Gentle pressure is used at specific points along the skeleton and musculature to return the energetic body to a state of balance within the physical body.) (RH)</p> <p>Practical: Feldenkrais, Zero Balancing, Balancing Carpals & Bunions, Geriatric Massage</p> <p>Graduation Information</p>		
Student Clinic Experience	<p>Clinic Experience – During this time students will have the opportunity to engage in the full client experience – including setting the appointment, completing an initial intake/health questionnaire, creating a plan of care based upon the health needs and concerns of the client, applying the plan of care to best fit the client’s needs, setting up potential referrals or return appointments, and completing SOAP notes. Students will be evaluated by the client during each massage and once by the instructor with time allotted at the end of the day for students to review their evaluations. When down time is present between clients, students will be guided to write a business plan & obtain proper documentation, how to handle an interview and what is likely to be asked. They will be taught how to write a resume, dress appropriately, promote themselves, meet the public, make appointments, and review conflict resolution skills.</p> <p>Health Questionnaire</p> <p>Career and Personal Life Integration Plan due</p> <p>Student Clinic Client Evaluation Checksheet</p> <p>Student Clinic Instructor Evaluation</p>		8

Week 20: May 30-June 2

Domain	Topics	Hours	
		Day 1	Day 2
Nutrition	“Prescription for Natural Cures” Nutrition Discussion pgs. 640-658 (RH)	.5	
Professionalism	AMTA Standards of Practice Document (handout)	1	
Theory and Practice of Massage Therapy	<p>“Theory & Practice of Therapeutic Massage” Business Practices. (Determining whether to be self-employed or employed, seeking employment, resume and cover letters, interview, attitude/self-image/public image, independent contractor, working out of the home, outcalls only, working out of a separate/private office, renting a space in a larger office complex, co-op an office with other therapists, beginning in business, business planning, types of business operations, start-up costs and needs, business location, buying an established business, licenses and permits, protecting your business, planning the physical layout of a business, business ethics for the massage practitioner, accounting and bookkeeping, marketing client retention and business law etc) pgs. 807-855 (RH)</p> <p>Male/Female Polarity Technique (Energy Technique to balance the male/female energies in the body by F. M. Houston D.C.)</p> <p>Anterior Nerve Block Technique (Energy Technique to remove old energy cysts in the abdominal area by Dr. Robert Fulford D.O.)</p> <p>Posterior Nerve Block Technique (Energy Technique to remove old energy cysts in the back of the body by Dr. Richard Halstead D.O.)</p> <p>Practical: Male/Female Polarity, Anterior Nerve Block, Posterior Nerve Block Hooking Technique (This is a technique to lift the lower abdominal organs by Dr. William McLain)</p> <p>Thymus Thump Technique (This is an Energy Technique to stimulate the Thymus gland and assist immunity by F. M. Houston D.C.)</p>	6.5	
Student Clinic Experience	Clinic Experience – During this time students will have the opportunity to engage in the full client experience – including setting the appointment, completing an initial		8

	<p>intake/health questionnaire, creating a plan of care based upon the health needs and concerns of the client, applying the plan of care to best fit the client's needs, setting up potential referrals or return appointments, and completing SOAP notes. Students will be evaluated by the client during each massage and once by the instructor with time allotted at the end of the day for students to review their evaluations. When down time is present between clients, students will be guided to write a business plan & obtain proper documentation, how to handle an interview and what is likely to be asked. They will be taught how to write a resume, dress appropriately, promote themselves, meet the public, make appointments, and review conflict resolution skills.</p> <p>Student Clinic Client Evaluation Checksheet Student Clinic Instructor Evaluation</p>		
Graduation Pictures (morning), must be in your scheduled class days			

Week 21: June 6-9

Domain	Topics	Hours	
		Day 1	Day 2
Professionalism	<p>Professionalism Seminar (CG Day 1 Morning - 4 hours): This course will address that how you look, talk, write, act and work determines whether you are a professional. It will address nine aspects of professionalism. It will address common motivators of people as well as thing that de-motivate people. It will also look at team building and teamwork.</p>	4	
Nutrition	<p>"Precription for Natural Cures" pgs. 658 - 664 (RH)</p>		
Theory and Practice of Massage Therapy	<p>"Theory & Practice of Therapeutic Massage" Basic Pharmacology for Massage Therapists. (What is pharmacology, what is a drug, how are drugs named and classified, how do I look up a drug, what are some common drug groupings? Drugs to treat the skin, relevance for the massage therapist and categories of skin medications. Musculoskeletal and anti-inflammatory drugs, relevance for the massage therapist and categories of musculoskeletal medications. Gastrointestinal medications, relevance for the massage therapist and categories of gastrointestinal medication. Respiratory system medications and antihistamines; cardiovascular medications; urinary system medications; antineoplastic drugs; Drugs that treat the endocrine system; reproductive system medications; anti-infective drugs; analgesics, sedatives, and hypnotics; psychotropic medications, alcohol, and drug abuse; anticonvulsant drugs, antiparkinsonian drugs, and drugs to treat Alzheimer's disease; and the relevance to the massage therapist. Vitamins and minerals. Herbs and supplements.) pgs 861-925 (RH)</p> <p>Structural Balance Techniques (Energy Techniques for checking proper alignment including rotation of hips by Dr. Robert Fulford D.O.)</p> <p>Myofascial Techniques (Addressing the fascial sheaths on the muscles by Dr. Seldon Nelson D.O.)</p> <p>Practical: Review of all techniques taught during the Swedish Course</p> <p>Course Program Evaluation Forms</p>	4	8
GRADUATION : June 10 Saturday Afternoon			

Primary Instructor:
Ruthann Hobbs

Secondary Instructors:

- Amber Loy-Boston (ALB): Musculoskeletal Anatomy
- Randy Hobbs (RH): Hydrotherapy/Hot Stone Massage; Seated Massage
- Marjorie Lea (ML): Basic First Aid/CPR;
- Jackie Himelick (JH): Active Isolated Stretching
- Lisa Reeves (LR): Herbology

Charley Gerber (CG): Professionalism – Psychology of Touch, Ethics
Emily Ottinger (EO) Self Defense, Equine, Feline, and Canine Pfrimmer Deep Muscle Massage Therapy Course

Attendance and Make-up Policy:

Students are encouraged to miss the minimal amount of time during schooling as attendance and participation throughout all domains are important to development as a massage therapist. Make up hours are to be made up within the week taught. Students are not allowed to make-up time to obtain perfect attendance unless this is made up in the same school week. A student may be required to make-up excused absent hours if they are in danger of falling below our allotted hours missed (32 hours). The Administrative Assistant will keep the student informed of their total hours missed.

If required to follow a Plan of Action due to low attendance, the plan must be followed as written and agreed upon to prevent being dropped from the program. As part of the Plan of Action, lecture content portions of the course will be videoed so students can watch those videos to make up content hours that are missed. Students are responsible for making appointments with a school administrator to view the video recording(s) outside of their regular class attendance. Videos can be viewed during the following time frames by appointment only: Mondays – Fridays 8am-4:30pm. To make up hours missed during practical portions of the course (or if students desire extra hands-on practice time), students can attend during the practical portions of other classes, however their primary role will be as an observer so as not to infringe upon the practical learning rights of students enrolled within the particular class. Alexandria School of Scientific Therapeutics provides students with multiple opportunities to make up missed class time, but ultimately the students are responsible for actively participating in their own education.

Learning Styles: Alexandria School of Scientific Therapeutics recognizes there are different learning styles in the classrooms and therefore this class utilizes different materials to help each learning style available. Examples: Videos, Charts, Written Material, hands-on practice and anatomical models. CD's are also available to purchase to help auditory learning style students study for quizzes and tests.

If students have special needs, educationally or physically, it should be brought to the attention of the instructors and office staff so that accommodations can then be made to enhance the learning environment.