

Prerequisite:

Students must have one of the following: high school diploma; high school transcript showing graduation date; GED; or college transcript showing at least 60 semester credit hours

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 introduce the following seven (7) important domains of Level I Swedish Massage: Anatomy and Physiology; Pathology; Musculoskeletal Anatomy; Nutrition; Theory and Practice of Swedish Massage; Professional Development; and Supplemental Therapies. 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 lay the foundation of the individual domains and begin to demonstrate the importance of a holistic approach to bodywork.

Domain Descriptions and Course Objectives:

Anatomy and Physiology (49 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 basic understanding of anatomy, physiology, and pathology
- (2) Understand the importance of anatomy, physiology, and pathology in massage therapy.
- (3) Understand the role of massage therapy in the management of the psychological and physiologic effects of stress and pain
- (4) Understand and describe the wellness model and how massage can be a part of that model.
- (5) Derive the meaning of medical terms by breaking the terms into their parts and defining those parts.

Pathology (16 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) Learn the pathology and epidemiology of diseases and disorders, including symptomatology.
- (2) Understand the importance of pathology in massage therapy.

Musculoskeletal Anatomy (16 contact hours): An introductory exploration of the location, texture, and interrelationship of the human musculoskeletal system, including kinesiology. Students will:

- (1) Identify major superficial and deep muscles; including origin/insertions, actions, and selected innervations.
- (2) Develop palpation skills to differentiate the body's structures.
- (3) Recognize the relationship of musculoskeletal dysfunction and musculoskeletal pain.

Nutrition (14 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) Become aware of what nutrient(s) can alleviate certain disorders.
- (3) Become aware of drug interactions.
- (4) Learn the importance of balanced nutrition for both the client and the massage therapist.

Theory and Practice of Massage Therapy (157 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) Learn the history of Swedish Massage Therapy. (*Referred to as "Theory and Practice" in Course Outline*)
- (2) Learn the physiological effects of massage, including indications and contraindications of Swedish Massage Therapy.
- (3) Learn and demonstrate how to give an effective, full-body, Swedish Massage, focusing on proper draping to ensure modesty and body mechanics.
- (4) Learn and demonstrate techniques for assessing clients.

Supplemental Therapies (48 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 Labor Support and Infant Massage
- (2) Experience an introduction to the theory and practice of Sports Massage
- (3) Experience an introduction to the theory and practice of Aromatherapy

Professionalism (36 contact hours): Business and educational skills for developing well-rounded massage therapists. Includes ethical concerns and provides a psychological understanding of pain and wellness. Students will:

- (1) Learn and demonstrate an appropriate professional attitude when effectively communicating with clients and other health care professionals.
- (2) Understand and apply ethical decision making skills following the AMTA's Code of Ethics
- (3) Become familiar with ethical concerns and client-therapist boundaries.
- (4) Understand the value of research to the massage therapy profession and effectively determine the quality of research articles.
- (5) Gain an understanding of the psychological effects (positive and negative) of touch on different populations and conditions
- (6) Understand the many different causes and symptoms of stress
- (7) Learn beneficial stress management techniques for clients and self

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.

Bowden, B.S. & Bowden, J.M. (2005). *An illustrated atlas of the skeletal muscles*. Englewood, CA: Morton Publishing Company.

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. There will be 15 assessments (assignments and quizzes) given throughout the course so student can identify strengths and weaknesses before the Final Exams. Students will be required to successfully pass a minimum of 11 of the assessments. 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 successfully complete the Level I course. All assessments will be returned to students in a timely manner.

Students will also be evaluated three (3) times after learning to perform a Swedish Massage on the entire body. The practical evaluations will be performed all three times by their peers and also once by an instructor. These evaluations will not be graded but will be utilized so students can identify areas of strength and those that need improvement. The peer evaluations will be held on Weeks 10, 14, and 17. The instructor evaluation will also be held during Week 14.

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.

Assignments:

The following assignments will be used to assess the Professionalism domain. Each assignment will be graded on a pass/fail scale as described on specific assignment or contained within the assignment's rubric.

Scientifically Based Research Worksheet Assignment (Week 1)

Group Research Article Critique – will be completed two times during the course (Weeks 5 and 9)

Psychology of Touch Homework #1 (Week 3)

Psychology of Touch Homework #2 (Week 4)

Aromatherapy Student Evaluation (Week 16)

Quizzes:

The following quizzes will be used to assess the domains which are included in the description. 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. The quizzes 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.

4 written quizzes focusing on Anatomy and Physiology, Pathology, Nutrition, Theory of Swedish Massage, and Supplemental Therapies (Weeks 8, 9, 10, and 11)

2 written quizzes focusing on Musculoskeletal Anatomy (Weeks 14 and 17)

Proficiency Checklist:

Each student will have a proficiency checklist for the duration of the course, including skills from specific 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 using proficiency checklists during the Level I Swedish Massage Course:

Labor Support and Infant Massage (Week 12)

Sports Massage (Week 13)

Final Exam – Week 15:

The following exams will be used to determine if the student can continue on to 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 allowed to enter into the Level II Swedish Massage Course.

Written portion: AP, Pathology, Nutrition, Theory and Practice of Swedish Massage, 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 participate in the Level II Swedish Massage Therapy Course.

Course Schedule:

The Level I 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: August 2-5

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	Video: "The Incredible Human Body" by National Geographic (An astonishing journey inside bodies of real people, right down to their stem cells, this is the amazing inside story of the human machine as you have never seen it before) (RH)		1
Pathology	"Clinical Pathology for the Professional Body Worker" Pathology. (Introduction To Disease. This chapter introduces the definition, causes and prevention of disease.) pgs 3-12 (RH)		1
Nutrition	"Prescription for Natural Cure" (RH) Nutrition. (Understanding the Elements of Health. Introduction; Nutrition, Diet, and Wellness; Synergy and Deficiency, Food additives; Phytochemicals.) pgs. 7- 26		1
Professionalism	Handout: "What is Scientifically Based Research?" by National Institute for Literacy and "The Case for Research" by Menard & Piltch (Utilized so that students can develop an understanding of what scientific research is and what are reliable sources); Demonstration of how to access and search on-line databases (i.e., Pubmed and BioMed Central). Students will also be given time to practice on their own computers accessing and searching databases for quality research. Group research article critique assignment will be introduced and students will be divided into groups for future research assignments. Scientifically Based Research Worksheet Assignment due. (RH)	2	
Theory and Practice	Course Introduction – (RH) student Introductory Binder including information on: AMTA information; IN Voter Registration Application; Laws and Legislation; Emergency, Evacuation and School Closing; School Rules and Regulations; Our Policies/Attendance and Tardiness; MT Level I requirements; MT Level I Assessment Check Sheet; MT Level I Syllabus; Mission Statement; Our Goals; 4-C Program; Anti-Piracy Plan; Completion, Placement, Licensure Charts; Campus Safety and Security Report; Sexual Violence & Sexual Misconduct Policy; Substance Abuse & Mental Health Pamphlet; Research Articles Websites; Medical Errors; Business Aspects (Information/Disclaimer & Informed Consent Form, Liability Release Form, Underage Client Release Form; Referrals to Allied Health Professions; Appointment schedule; SOAP Notes and Spa Info); Massage Therapy Terminology (Bodywork Terminology; Body Mechanics; Effective Communications; Use of Equipment & Supplies; Wellness Model; Serving People with Special Needs; What Clients Can Expect From our Facility; Requirements of our Clients; Scenarios {Yes & No words; Questions and Responses}); Basic Health Information (Information on importance of water; What is a Healing Crisis; Improving your diet and what to expect; Universal Precautions; Sanitation Practices; Preventing MRSA; Digestive Tract, Sinuses); Swedish Massage (Benefits of Swedish Massage; proper draping; endangerment sites; Swedish Massage Charts; Swedish Massage Sequence; Final Practical Exam; Graduate Tutor List; Level I & II Quiz Q & A, and Therapist Pledge). "Theory & Practice of Therapeutic Massage" Historical Overview Of Massage, Requirements for the Practice of Therapeutic Massage, and Professional Ethics for Massage Practitioners. (In the Historical Overview Of Massage chapter the student learns who, when and why massage was developed. They also learn about different types of massage, what they are for and who recommended them.) (In the Requirements for the Practice of the Therapeutic Massage chapter the student will learn Professional Associations, the educational and legal aspects of scope of practice and how local, state and federal legislation defines the scope of practice of therapeutic massage. They will, also learn why the massage practitioner must be aware of the laws, rules, regulations, restrictions, and obligations governing the practice of therapeutic massage and why it is necessary to obtain a license to practice therapeutic body massage. Educational requirements including continuing education. They will learn the difference between certifications and licenses and why	6	5

	a license to practice massage might be revoked, canceled, or suspended.) and (In the Professional Ethics For The Massage Practitioner chapter they learn how to be professional, have good ethics, set appropriate boundaries, the therapeutic relationship, transference and counter -transference, massage time management, communication skills including conflict resolution & developing proper attitudes and build a sound business reputation.) Personal Hygiene and Health Habits. pgs 3-57 Practical: Demonstration & Practice of Hands		
--	--	--	--

Week 2: August 9-12

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage" (RH) Overview of Anatomy & Physiology. (This is an introduction to the subject of Anatomy & Physiology. They will learn medical terminology; stress reduction techniques and develop an understanding of the wellness model and how massage can be a part of it.) pgs 61-71 Video: "Cured! Secrets of Alternative Healing" by PKO Television, Ltd. narrated by Olympia Dukakis (A look at alternative therapies down through the ages that are relevant and available today)	1	3
Pathology	"Clinical Pathology for the Professional Body Worker" (RH) Pathology. (Effects, Contraindications And Protocols. This chapter explores the known effects and contraindications of massage therapy and hydrotherapy.) pgs 13-25	2	
Nutrition	"Prescription for Natural Cure" Nutrition. (RH) (Understanding the Elements of Health continued. Aspartame, Basic Nutritional Guide, Vitamins,) pgs. 26-50	2	
Theory and Practice	Continued Course Introduction – (RH) student Introductory Binder including information on: AMTA information; IN Voter Registration Application; Laws and Legislation; Emergency, Evacuation and School Closing; School Rules and Regulations; Our Policies/Attendance and Tardiness; MT Level I requirements; MT Level I Assessment Check Sheet; MT Level I Syllabus; Mission Statement; Our Goals; 4-C Program; Anti-Piracy Plan; Completion, Placement, Licensure Charts; Campus Safety and Security Report; Sexual Harassment Policy; Substance Abuse & Mental Health Pamphlet; Research Articles Websites; Medical Errors; Business Aspects (Release Forms; Referrals to Allied Health Professions; Appointment schedule; SOAP Notes and Spa Info); Massage Therapy Terminology (Bodywork Terminology; Body Mechanics; Effective Communications; Use of Equipment & Supplies; Wellness Model; Serving People with Special Needs; What Clients Can Expect From our Facility; Requirements of our Clients; Scenarios {Yes & No words; Questions and Responses}); Basic Health Information (Information on importance of water; What is a Healing Crisis; Improving your diet and what to expect; Universal Precautions; Sanitation Practices; Preventing MRSA; Digestive Tract, Sinuses); Swedish Massage (Benefits of Swedish Massage; proper draping; endangerment sites; Swedish Massage Charts; Swedish Massage Sequence; Final Practical Exam; Graduate Tutor List; Level I & II Quiz Q & A, and Therapist Pledge). Practical: Review Hands; Introduce Arms	3	5

Week 3: August 16-19

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	<p>"Theory & Practice of Therapeutic Massage" (RH) Human Anatomy & Physiology. (After completion of this chapter they will be able to demonstrate knowledge of basic human anatomy & physiology, name anatomical plane regions and parts of the body, name the 10 most important body systems and explain the structures and functions of various body systems.) pgs 73-87</p> <p>Video: "Battle Cry For Health Freedom" by Trace Mineral Research of Roy Utah</p>		2
Pathology	<p>"Clinical Pathology for the Professional Body Worker" (RH) Pathology. (Muscular System Disorders. Diseases of the muscular system can be divided into general and regional disorders. General disorders attack muscles and their related connective tissue structures throughout the body. Regional disorders focus upon a specific bodily area.) pgs 26-32</p>		1
Nutrition	<p>"Prescription for Natural" Nutrition. (RH) (Understanding the Elements of Health continued. Minerals) pgs. 50 -75</p>		1
Professionalism	<p>Psychology of Touch 1 (CG Day 1 Morning - 4 hours): This class will be a basic introduction to the Psychology of Touch. From the moment of birth to the final moment of life, touch is one basic human need. It will discuss the power of touch and how important touch is to the physical and emotional well being of people. It will also look at some of the effects of the lack of touch or bad touch and its consequences, especially for infants.</p> <p>Psychology of Touch Homework #1 due Week 4</p>	4	
Theory and Practice	<p>Continued Course Introduction –(RH day 1 afternoon and day 2) student Introductory Binder including information on: AMTA information; IN Voter Registration Application; Laws and Legislation; Emergency, Evacuation and School Closing; School Rules and Regulations; Our Policies/Attendance and Tardiness; MT Level I requirements; MT Level I Assessment Check Sheet; MT Level I Syllabus; Mission Statement; Our Goals; 4-C Program; Anti-Piracy Plan; Completion, Placement, Licensure Charts; Campus Safety and Security Report; Sexual Harassment Policy; Substance Abuse & Mental Health Pamphlet; Research Articles Websites; Medical Errors; Business Aspects (Release Forms; Referrals to Allied Health Professions; Appointment schedule; SOAP Notes and Spa Info); Massage Therapy Terminology (Bodywork Terminology; Body Mechanics; Effective Communications; Use of Equipment & Supplies; Wellness Model; Serving People with Special Needs; What Clients Can Expect From our Facility; Requirements of our Clients; Scenarios {Yes & No words; Questions and Responses}); Basic Health Information (Information on importance of water; What is a Healing Crisis; Improving your diet and what to expect; Universal Precautions; Sanitation Practices; Preventing MRSA; Digestive Tract, Sinuses); Swedish Massage (Benefits of Swedish Massage; proper draping; endangerment sites; Swedish Massage Charts; Swedish Massage Sequence; Final Practical Exam; Graduate Tutor List; Level I & II Quiz Q & A, and Therapist Pledge). Practical: Review Hands & Arm; Introduce Head, Face & Neck</p>	4	4

Week 4: August 23-26

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	“Theory & Practice of Therapeutic Massage” (RH) Anatomy & Physiology. (The Anatomical Position of the Body. Anatomic terms and meanings, regions of the human body and the structure of the human body are all explained.) pgs 88-94 Video: “The Skin; Its Structure and Function” by The Encyclopedia Britannica		2
Pathology	“Clinical Pathology for the Professional Body Worker” (RH) Pathology. (Muscular System Disorders continued. Sprain, Contracture, Spasm, TMJ, Cervical Sprain, Cervical Strain, Torticollis, Whiplash, Triceps Brachii Strain, Biceps Brachii Tendinitis, Subscapularis Tendinitis, Supraspinatus Tendinitis) pgs 32-39		1
Nutrition	“Prescription for Natural Cure” (RH) Nutrition. (Understanding the Elements of Health continued. Air; Air Pollution; Water; Water Safety, Water Analysis and Home Treatment Methods) pgs. 75 -95		1
Professionalism	Psychology of Touch 2 (CG Day 1 Morning - 4 hours): This class will be on what many physicians thought about touch. It will also focus on modern touch research. We will also be looking at touch in different cultures. Pain will also be a major emphasis of this class. Psychology of Touch Homework #1 due Week 4 Psychology of Touch Homework #2 due Week 7	4	
Theory and Practice	Practical: (RH) Review Hands, Arms, Head, Face & Neck; Introduce Front of Legs (RH Day 1 afternoon and day 2)	4	4

Week 5: August 30 – September 2

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	“Theory & Practice of Therapeutic Massage” (RH) Anatomy & Physiology. (The Integumentary System-The Skin. The structure, appendages associated with the skin, lesions, disorders of the skin, sexually transmitted diseases, allergies and pigmentation of the skin.) pgs 95-108 Videos: “Water” & “Living Cells” both by The Encyclopedia Britannica		2
Pathology	“Clinical Pathology for the Professional Body Worker” (RH) Pathology. (Muscular System Disorders continued. Infraspinatus Tendinitis, Frozen Shoulder, Subdeltoid Bursitis, Postural Strains, Acromioclavicular Joint Sprain, Lateral Humeral Epicondylitis, Medial Humeral Epicondylitis, Bicipital Tendinitis, Pronator Teres Syndrome, Dupuytren’s Contracture, Dequervain’s Disease, Ganglion Cyst, Thoracic Sprain, Thoracic Strain, Supraspinous Sprain, Iliolumbar Ligament Sprain, Sacroiliac Sprain, Upper Rectus Femoris Strain, Upper Hamstring Strain, Sartorius Strain, Adductor Strain) pgs 40-48		1
Nutrition	“Prescription for Natural Cures” (RH) Nutrition. (Understanding the Elements of Health continued. Amino Acids) pgs. 95-118		1
Professionalism	Research Literacy: (RH) The student body will be divided into four groups; red, blue, green and yellow. Each group will be assigned a leader and given an assignment to research a particular problem and a particular therapy, we have an extensive library along with many current massage magazines. This will be considered homework and time will be given during class to get into their groups and organize their material before it is presented. Group Research Article #1 due Week 8	3	

Theory and Practice	General Rules For Massage (handout of do's and don'ts for massage therapy) (RH) Practical: Review Hands, Arms, Head, Face & Neck, Front of Legs; Introduce Chest & Abdomen	5	4
---------------------	---	---	---

Week 6: September 6 - 9

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage (RH) Anatomy & Physiology. (The Skeletal System. The skeleton is presented and broken down into the axial and appendicular skeleton. They learn bony landmarks, joints, types of movable joints, and skeleton and joint disorders.) pgs 108-122 Videos: "Biorhythms" by The Encyclopedia Britannica, "World Search For Health" by Dr. Bernard Jensen		2.5
Pathology	"Clinical Pathology for the Professional Body Worker" (RH) Pathology. (Muscular System Disorders continued. Lower Hamstring Strain, Quadriceps Strain, Patellar Tendinitis, Tensor Fasciae Latae Tendinitis, Knee Sprain, Chondromalacia Patellae, Meniscus Tear, Baker's Cyst, Gastrocnemius/Soleus Strain, Shin Splints, Achilles Tendinitis, Compartment Syndrome, Inversion Sprain, Anterior Tibialis Tendinitis, Posterior Tibia Iis Tendinitis, Peroneal Tendinitis, Extensor Tendinitis, Metatarsalgia, Plantar Fasciitis) pgs 49-58		1.5
Nutrition	"Prescription for Natural Cure" (RH) Nutrition. (Understanding the Elements of Health continued. Antioxidants, Free Radicals) pgs. 118-134 Video: "Diet For A New America" by John Robbins	1	
Professionalism	Psychology of Touch 3 (CG Day 1 Morning - 4 hours): This class will focus on the many dimensions of the benefit of touch. It will also focus on how different parts of the body are affected by massage (back, and face, leg, feet, arms, and hands)	4	
Theory and Practice	Practical: (RH day 1 afternoon and all day 2) Review Hands, Arms, Head, Face & Neck, Front of Legs, Chest & Abdomen; Introduce Back of Legs	3	4

Week 7: September 13-16

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	"Theory & Practice of Therapeutic Massage" (RH DAY 1 afternoon & all day 2)) Anatomy & Physiology. (The Muscular System. They learn the types, characteristics, structure, connection, innervation, interaction, names, locations and actions of muscles in the body.) pgs 124-141 Video: "The Skeleton" by The Encyclopedia Britannica		1.5
Pathology	"Clinical Pathology for the Professional Body Worker" Pathology. (Bone And Joint Diseases. Osteoporosis, Paget's Disease, Fractures, Osteomyelitis, Pott's Disease, Osgood-Schlatter Disease, Scheuermann's Disease, Osteochondritis Dissecans, Bone Tumors, Arthritis, Osteoarthritis, Rheumatoid Arthritis, Traumatic Arthritis, Psoriatic Arthritis, Gout, Lyme Disease, Ankylosing Spondylitis, Systemic Lupus Erythematosus, Bacterial Arthritis) pgs 59-70 (RH)		1
Nutrition	"Prescription for Natural Cure" Nutrition (RH): (Understanding the Elements of Health continued. Enzymes) pgs. 134-155		.5
Professionalism	Psychology of Touch/Stress Management (CG Day 1 Morning - 4 hours): To teach an understanding of the multiple causes and affects and impact that stress has on a person's life. To introduce methods for enhancing positive health strategies and reducing unnecessary stress through a variety of relaxation, self-regulation and stress management techniques. To give the knowledge to apply skills for stress management interventions that will be useful in a professional massage setting. A stress management series from the book <u>Living with Stress: Biblical Truths to manage your life</u> by Charles R. Gerber Psychology of Touch Homework #2 due Week 7	4	

Theory and Practice	Videos: "Wisdom From The Past Hope For The Future" by Dr. Yoshide Hagiwara, "Interview on Health" with Dr. Julian Whitaker (Health problems and how to address naturally) Practical: Review Hands, Arms, Head, Face & Neck, Front of Legs, Chest & Abdomen, Back of Legs; Introduce The Back (RH)	4	5
---------------------	--	---	---

Week 8: September 20 - 23

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	Multi-domain Quiz #1 "Theory & Practice of Therapeutic Massage" (RH): Anatomy & Physiology. (The Muscular System continued. This continues the study of the muscular system with the dysfunctions, diseases, locations, origin, insertion, action, innervation and palpation.) pgs 142-182 Videos: "Muscles, Structure & Function" by The Encyclopedia Britannica, "Human Musculature" by The Benjamin/Cummings Publishing Company, Inc., "The Universe Within" by NOVA and PBS		4.5
Pathology	"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Bone And Joint Diseases continued. Structural Abnormalities. Scoliosis, Lordosis, Kyphosis, Genu Valgum And Genu Varum, Pes Planus And Pes Cavus, Hallux Valgus, Hammer Toe, Spondylolisthesis, Herniated Disc, Synovitis, Dislocation) pgs 71-76		.5
Nutrition	"Prescription for Natural Cure" Nutrition. (RH): (Understanding the Elements of Health continued. Natural Food Supplements) pgs. 155 -176		1
Musculoskeletal Anatomy	Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours) (RH day 1 afternoon & all day 2): This course presents the student massage therapist with an introductory exploration of the location, texture, and interrelationship of the human musculoskeletal system. Introduction of course/instructor. Navigation on the body. Textural differences of structures. Information for Quiz 1	4	
	Group Research Article #1 due Week 8		
Theory and Practice	Practical: (RH): Full Body Swedish Massage with emphasis on draping and body mechanics	4	2

Week 9: September 27- September 30

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	Multi-domain Quiz #2 "Theory & Practice of Therapeutic Massage" (RH): Anatomy & Physiology. (The Circulatory System. This is about the cardiovascular system and its components. We learn about the heart, blood vessels, arteries, arterioles, capillaries, veins, venules, and the circulation of the blood. We also learn of the disorders such as: atherosclerosis, thrombophlebitis, aneurysm, cerebrovascular accident, myocardial infarction, varicose veins, hematoma and edema. The blood, its components, functions and diseases. The lymphatic system, its components, functions and diseases.) pgs 185-207 Video: "Nervous System" by The Encyclopedia Britannica	2.5	1
Pathology	"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Nervous System Diseases. Polio, Shingles, Meningitis, Seizure Disorders, Cerebral Palsy, Spina Bifida, Neurofibromatosis, Transient Ischemic Attack/TIA, Cerebrovascular Accident/Stroke) pgs 77-83	1.5	
Nutrition	"Prescription for Natural Cure" (RH): Nutrition. (Understanding the Elements of Health continued. Herbs) pgs. 176-198	1	
Professionalism	Research Literacy: The student body will be divided into four groups; red, blue, green and yellow. Each group will be assigned a leader and given an assignment to		3

	research a particular problem and a particular therapy, we have an extensive library along with many current massage magazines. This will be considered homework and time will be given during class to get into their groups and organize their material before it is presented. Group Research Article #2 due Week 14		
Theory and Practice	(RH): Release of Information & Informed Consent Form, Referral and Health Care Professionals handout Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics	3	4

Week 10: October 4 - 7

Domain	Topics	Day 1	Day 2
Anatomy and Physiology	Multi-domain Quiz #3 "Theory & Practice of Therapeutic Massage" (RH day 1 afternoon & day 2): Anatomy & Physiology. (Immune System. This is about the immune system and how it works. It includes dysfunctions of the immune system and the diseases this leads to.) pgs 207-214 Videos: "The Eyes & Seeing" by The Encyclopedia Britannica, "The Ears & Hearing" by The Encyclopedia Britannica		4
Pathology	"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Nervous System Disorders continued. Concussion, Spinal Cord Injuries, Alzheimer's Disease, Parkinson's Disease, Amyotrophic Lateral Sclerosis, Multiple Sclerosis, Down's Syndrome, Tension Headache, Migraine Headache, Cluster Headaches, Other Headache Types) pgs 84-90 Video: "World Without Cancer" by G. Edward Griffin (based on his book by the same name)		1
Nutrition	"Prescription for Natural Cure" (RH): Nutrition. (Understanding the Elements of Health continued. Herbs and Their Uses.) pgs. 198 - 216		.5
Musculoskeletal Anatomy	Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours): Articulations, directions and positions, movements of the body, types of joints, ligaments and joint structures, movement/palpation exercise, muscle person/skeleton, review for Quiz 1	4	
Theory and Practice	Practical: (RH day 1 afternoon & day 2): Full Body Swedish Massage with the emphasis on proper draping & body mechanics – Peer Evaluation #1 Glaucoma Technique (a Reflexology Technique that has assisted Glaucoma)	4	2.5

Week 11: October 11-14

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	Multi-domain Quiz #4 "Theory & Practice of Therapeutic Massage" (RH day 1 afternoon & d all day 2): Anatomy & Physiology. (The Nervous System. This chapter covers the nervous system, its divisions and disorders such as: Multiple Scleroses, Parkinson's Disease, Amyotrophic Lateral Sclerosis, Spinal cord injury, Stroke, Epilepsy, Polio, Encephalitis, Meningitis, Shingles, Neuritis, Thoracic Outlet Syndrome, Carpal Tunnel Syndrome.) pgs 215-238 Videos: "The Endocrine System" by The Encyclopedia Britannica, "The Blood" Encyclopedia Britannica		4.5
Pathology	"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Nervous System Diseases continued. Peripheral Nervous System Diseases: Peripheral Neuropathies, Trigeminal Neuralgia, Guillain-Barre Syndrome, Carpal Tunnel Syndrome, Thoracic Outlet Syndrome, Sciatica, Meralgia Paresthetica, Tarsal Tunnel Syndrome, Bell's Palsy) pgs 91-97 Video: "What Your Doctor Won't Tell You About Cancer" by Malibu Video hosted by Eddie Albert	1	
Nutrition	"Prescription for Natural Cure" (RH): Nutrition. (Understanding the Elements of		.5

	Health continued. Herbs and Their Uses, Medicinal Herbs) pgs. 216 - 240		
Professionalism	Psychology of Touch/Ethics of Touch 1 (CG Day 1 Morning - 4 hours): This course will discuss the study of ethics. Ethics can be described as “the rightness of an act”, judgments pertaining to good, evil, beautiful, right or wrong, desirable or undesirable, virtue; character, values, conduct and moral principles. We will look at several ethical issues confronting America today. A value clarification exercise will be part of this course, as well as communication and ethics.	4	
Theory and Practice	(RH): Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics	3	3

Week 12: October 18-21

Domain	Topics	Hours	
		Day 1	Day 2
Supplemental Therapies	Introduction to: Labor Support, Infant Behavior, Touch & Bonding, Baby’s 1st Massage, & Infant Massage (JH): This is a two day (16 hours) introductory course containing the following: understanding the history by introducing Vimala McClure, demonstrate an awareness of touch as a powerful means of communication and to teach each participant how to modulate touch to nurture the newborn, learn a positive proactive parenting skill, increase awareness of infant needs and cues, observe how to enhance an infant's parasympathetic nervous system through Baby's First Massage techniques, to be aware of current research concerning infant massage, how to obtain educational contact hours through Baby's First Massage and introduction to understanding the bonding process. Videos: “Water Babies” by Karel Daniels , “Baby's First Massage” by Therese Kirkpatrick Ramsey, “Baby Cries” by Kathy Beechy Sneary, “The First Years Last Forever” by Rob Reiner, “Gentle Touch Infant Massage” by Maria & Wayne Mathias Pre-Natal Massage Technique (using “Body Cushion”® for clients comfort) Short Course Program Evaluation Form Infant Massage Proficiency Checksheet	8	8

Week 13: October 25-28

Domain	Topics	Hours	
		Day 1	Day 2
Supplemental Therapies	Sports Massage (MJ): This is a two day (16 hours) introductory course in Sports Massage. This course introduces the student therapist to the history of sports massage, Russian & American strokes, pre-event & post-event massage techniques & a variety of stretching techniques. Video: “Clinical Sports Massage, Volume 1 - Essentials” by Benny Vaughn, “Clinical Sports Massage, Volume 2 – Lower Extremities” by Benny Vaughn Short Course Program Evaluation Form Sport Massage Proficiency Checksheet	8	8

Week 14: November 1-4

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	“Theory & Practice of Therapeutic Massage” (RH): Anatomy & Physiology. (The Endocrine System. This chapter is about the Endocrine System, the Endocrine Glands and Hormones.) pgs 240-246 Videos: “Work Of The Heart” by The Encyclopedia Britannica	2.5	
Pathology	“Clinical Pathology for the Professional Body Worker” (RH): Pathology. (Diseases Of The Eyes And Ears. Cataract, Glaucoma, Conjunctivitis, Otitis Externa, Otitis Media, Menier’s Disease, Hearing Loss) pgs 97-99	.5	
Nutrition	“Prescription for Natural Cure” (RH): Nutrition. (Understanding the Elements of	1	

	Health continued. Drug Interactions) pgs. 240 - 263		
Musculoskeletal Anatomy	Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours): Quiz 1. Head, Face, Neck and Torso bones and bony landmarks. Muscles and other structures. Conditions. Information and review for Quiz 2	4	
Theory and Practice	Practical Review Class (EO Day 2 All Day - 8 hours) All day explanation, Projection and application of sequence for Swedish massage. Morning = overhead projector Afternoon = Practical Review Peer Evaluation & Instructor Swedish Massage Proficiency Checksheet Short Course Program Evaluation Form		8
	Group Research Article #2 due Week 14		

Week 15: November 8-11

Domains	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: November 15-18

Domain	Topics	Hours	
		Day 1	Day 2
Supplemental Therapies	Aromatherapy (JH): This is a two day (16 hours) introductory course studying essential oils. The students are introduced to the therapeutic values of essential oils, the combinations and taught to use them in several ways. They are taught the history of Aromatherapy and Essential Oils, the therapeutic grade using European AFNOR/150 standards and the growing, harvesting & distillation of Essential Oils, adulterated oils & their dangers and chemistry of Essential Oils. How to safely use Essential Oils: their influence of aroma on the mind & body, application, chemical sensitivities/allergies. They are taught Vita Flex Technique, Auricular Technique, Raindrop Technique and demonstration of Raindrop Technique & Lymphatic Pump. Video: "Raindrop Technique" by D. Gary Young Short Course Program Evaluation form Aromatherapy Proficiency Checksheet	8	8

Thanksgiving week, no school this week. November 19-28

Retest #1 = \$75.00 each test taken

Retest Monday Dec.5: written Exam 8:00 AM; Practical Exam 2:00PM

Week 17: November 29 – December 2

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	<p>"Theory & Practice of Therapeutic Massage" (RH day 1 afternoon & all day 2): Anatomy & Physiology. (The Respiratory System. This includes the nose, nasal cavity, larynx, trachea, bronchial tubes and the lungs. It also includes the disorders which are: Cold, Influenza, Pneumonia, Sinusitis, and Tuberculosis.) and (The Digestive System includes the alimentary canal and accessory digestive organs.) pgs 248-256</p> <p>Video: "Lungs and the Respiratory System" by The Encyclopedia Britannica</p>		1.5
Pathology	<p>"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Mental And Emotional Disorders. Depression, Bipolar Affective Disorder, Anxiety Disorder, Post-Traumatic Stress Disorder, Obsessive-Compulsive Disorder, Schizophrenic Disorder, Paranoia Disorder, Somatization Disorder, Conversion Disorder, Pshchogenic Pain Disorder, Hypochondriasis Disorder) pgs 100-104</p> <p>Video: "Hoxey, The Quack Who Cured Cancer" by American Media</p>		1
Nutrition	<p>"Prescription for Natural Cure" (RH): Nutrition. (Remedies and Therapies. Introduction, Aromatherapy and Essential Oils, Ascorbic Acid Flush, Ayurvedic Remedies, Blood Purification) pgs. 263 - 289</p>		.5
Musculoskeletal Anatomy	<p>Musculoskeletal Anatomy (ALB Day 1 Morning - 4 hours): Quiz 2.</p> <p>Shoulder/upper arm bones, bony landmarks, muscles & conditions. Information & review for Quiz 3</p>	4	
Theory and Practice	<p>Practical: (RH): Full Body Swedish Massage with the emphasis on proper draping & body mechanics – Peer Evaluation</p>	4	5

Week 18: December 6-9

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	<p>"Theory & Practice of Therapeutic Massage" (RH day 1 afternoon & all day 2): Anatomy & Physiology. (The Excretory System. This is to eliminate metabolic wastes and undigested food from the body and includes the kidneys, liver, skin, large intestine and lungs.) and (The Human Reproductive System. This is the generative apparatus necessary for organisms to reproduce organisms of the same kind and ensure the continuation of their species.) pgs 256-265</p> <p>Video: "The Digestive System" by The Encyclopedia Britannica</p>		1.5
Pathology	<p>"Clinical Pathology for the Professional Body Worker" (RH): Pathology. (Substance Abuse, Eating Disorders And Personality Disorders. Marijuana, Hallucinogens, Opiates, Amphetamines, Cocaine, Alcohol, Anorexia Nervosa, Bulemia, Antisocial Personality, Avoidant Personality, Borderline Personality, Compulsive Personality, Dependant Personality, Histrionic Personality, Narcissistic Personality, Paranoid Personality, Passive-Aggressive Personality, Schizoid Personality) pgs 105-108</p>		.5
Nutrition	<p>"Prescription for Natural Cure" (RH): Nutrition. (Remedies and Therapies continued. Chelation Therapy, Oral Chelation Therapy, Intravenous Chelation Therapy, Chinese Medicine, Colon Cleansing, Color Therapy, Crystal and Gemstone Therapy, DHEA Therapy) pgs. 289 - 312</p>		.5
Professionalism	<p>Psychology of Touch/ Ethics of Touch 2 (CG Day 1 Morning - 4 hours): We judge ourselves by our best intentions, our noblest acts and our most virtuous habits. But others tend to judge us by our last worst act. So in making tough decisions, don't be distracted by rationalizations. In this second session we will be discussing how people rationalize their behaviors before doing them. This class will look into great detail at how to make ethical decisions. The AMTA code of ethics will be discussed.</p>	4	
Theory and Practice	<p>The Asthma Technique (RH): (how to stop an asthma attack)</p> <p>The Pleurisy Technique (RH): (acupressure points for pleurisy)</p> <p>The Sinus Release Technique (RH): (how to open sinuses and get them to drain)</p> <p>Introduction to "Balance Techniques" (RH): (how to balance the ribcage)</p> <p>Hiatal Hernia Technique (RH): (how to put down the Hiatal hernia)</p> <p>Balance for Nutriments Technique (RH): (how to determine what nutriments are indicated, how many & how often by Dr. Harry Pfeiffer)</p> <p>Practical: (RH): Full Body Swedish Massage with the emphasis on proper draping & body mechanics</p>	4	5.5

Retest #2 = \$125.00 each test taken

Retest Monday Dec.12: Written Exam 8:00 AM Practical Exam 2:00 PM

Week 19: December 13-16

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	“Theory & Practice of Therapeutic Massage” (RH): Anatomy & Physiology. (The Effects, Benefits, Indications, and Contraindications of Massage. Massage has direct psychological and physiological benefits. Physically, massage increases metabolism, hastens healing, relaxes and refreshes the muscles and improves the function of the Lymphatic System. Psychologically, massage relieves fatigue, reduces tension and anxiety, calms the nervous system and promotes a sense of well-being). Massage endangerment sites. pgs 269-289		.5
Pathology	“Clinical Pathology for the Professional Body Worker” (RH): Pathology. (Endocrine Diseases. Hyperpituitarism, Hyperthyroidism, Hypothyroidism, Goiter, Thyroid Tumors, Hypoadrenalism, Stress Disorders, Diabetes Mellitus, Hypoglycemia) pgs 109-115		.5
Nutrition	“Prescription for Natural Cure” (RH): Nutrition. (Remedies and Therapies continued. Enemas, Catnip Tea Enema, Coffee or Wheatgrass Retention Enema, Lemon Juice Cleansing Enema, Proflora Whey Enema, Exercise, Fasting, Glandular Therapy) pgs. 312 - 332		.5
Theory and Practice	Video: “The Healing Powers OF Chelation” by Dr. Morton Walker (A video about chelation therapy being used to clean your blood vessels) Chelation Therapy (handout by Dr. David Darbro) Videos: “Manual Lymph Drainage” by Michael Foldi, M.D., “Manual Lymph Drainage” by Hildegard Wittlinger (the Vodder method) Pannecious Technique (this is a Vodder Lymph Drainage Massage Technique that eliminates stretch marks) Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics (RH):	8	6.5

Christmas and New Years weeks, no school these weeks December 17-January 2

Week 20: January 3-6

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	“Theory & Practice of Therapeutic Massage” (RH): Anatomy & Physiology. (Equipment and Products. This chapter introduces the student to the equipment, products and location of their business. They become aware of the equipment needed, the temperature required, lighting, use of music, bolsters and pillows, linens, lubricants, and other needs required to set up a massage clinic.) pgs 291-303 Video: “Work of the Kidneys” by The Encyclopedia Britannica	2.5	
Pathology	“Clinical Pathology for the Professional Body Worker” (RH): Pathology. (Cardiovascular Diseases. Atherosclerosis, Arteriosclerosis, Arteritis, Raynaud’s Disease, Aneurysm, Hypertension, Orthostatic Hypotension, Shock) pgs 116-120	.5	
Nutrition	“Prescription for Natural Cure” (RH): Nutrition. (Remedies and Therapies continued. Maintaining a Healthy Glandular System, Growth Hormone Therapy, Hair Analysis, Homeopathy, Hydrotherapy, Hyperbaric Oxygen Therapy, Juicing, Light Therapy) pgs. 332 - 350	.5	

Theory and Practice	Role Playing I (RH): (developing a scenario and a probable routine for therapists to follow to address the problems) More Balancing for Nutriments Technique (how to determine what nutriments are indicated, how many & how often by Dr. Harry Pfeiffer) Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics	4.5	8
---------------------	--	-----	---

Week 21: January 10-13

Domain	Topics	Hours	
		Day 1	Day 2
Anatomy and Physiology	“Theory & Practice of Therapeutic Massage” (RH day1 afternoon & all day 2): Anatomy & Physiology. (Sanitary and Safety Practices. This teaches the student to maintain sanitary conditions through proper use of universal precautions and various disinfectants through a summary of precautions they should be aware of as massage therapists.) pgs 305-317		1
Pathology	“Clinical Pathology for the Professional Body Worker” (RH): Pathology. (Cardiovascular Diseases continued. Diseases Of The Veins. Varicose Veins, Varicose Ulcers, Venous Thrombosis, Embolism) pgs 121-124		.5
Nutrition	“Prescription for Natural Cure” (RH): Nutrition. (Remedies and Therapies continued. Music and Sound Therapy, Pain Control, Acupressure, Acupuncture, Auricular Therapy, Biofeedback, Breathing Exercises, Chiropractic, Guided Imagery, Heat and Cold Therapy, Herbs, Hypnotherapy, Magnet Therapy, Massage) pgs. 350 - 373		.5
Professionalism	Psychology of Touch/Abuse (CG Day 1 Morning - 4 hours): This course will address how abuse: physical, emotional and sexual affects people. It will discuss how prevalent sexual abuse is in America. It will discuss how abuse of any kind changes a person’s perception and how an abused person typically responds to touch. Especially focusing on how abuse and massage are related.	4	
Theory and Practice	Role Playing II (RH): (developing a scenario and a probable routine for therapists to follow to address the problems) Videos: “Position Release” by Dr. June deStefano, D.O., “Orthobiotomy” by Dr. Arthur Lincoln Pauls, D.O., “Miracle of Life” by NOVA and PBS with Lennart Nilsson photographer Balsham Technique (by Dr. Robert Balsham D.O. of Canada) Balance Techniques (a technique of balancing body structures by Ruthann Hobbs) Turning the Baby Technique (a energy technique that encourages a baby in the wrong position to move head down by biochemist Stuart Wheelwright) Improving Dilation Technique (a reflex technique that relaxes the mouth of the uterus and improves dilation by Dr. William McLain) Practical: Full Body Swedish Massage with the emphasis on proper draping & body mechanics	4	6

Primary Instructor:
Ruthann Hobbs

Secondary Instructors:

Jackie Himelick (JH): Labor Support and Infant Massage
Jackie Himelick (JH): Aromatherapy
Emily Ottinger (EO): Practical Review
Charley Gerber (CG): Professionalism – Psychology of Touch, Ethics
Amber Loy-Boston (ALB): Musculoskeletal Anatomy
Marjorie Lea (ML): CPR
Emily Ottinger (EO): Self Defense

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 School Secretary 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: Tuesdays – Fridays 8am-3:30pm. 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.