**Massage Therapy and Bodywork**

**750 Hour Program Overview**

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MTBP – 101

Contents Description Clock Hours

UNIT 1 Anatomy and Physiology I & Kinesiology 170

\*UNIT 2 Massage Therapy Theory and Application,

Therapeutic Relationship, & Tools of the Trade 250

\*Includes 100 hour clinical practice and 10 hours of Ethics

UNIT 3 Massage Therapist Education 45

UNIT 4 Clinical Massage Application 100

UNIT 5 Other Massage Therapy & Bodywork Applications 60

UNIT 6 Business Application 20

UNIT 7 Pathology, Biomechanics, Anatomy/Physiology Review 100

UNIT 8 State Licensure Information 5

**Massage Therapy Certification 750**

**Raritan Valley Community College**

**Course Outline**

**Massage Therapy and Bodywork 750-hour Certification Program**

1. **Basic Course Information**
2. Course Number and Title: MTBP 101 Massage Therapy and Bodywork
3. New Workforce Career Program
4. Date of Proposal: Spring 2015
5. Sponsoring Departments: Workforce Development
6. Clock Hours: 750
7. Weekly Contact Hours: 20
8. Prerequisite: HS graduate, 18 years old
9. Textbook/Materials Fees:
10. Contact Information for Program Coordinator: Marlene Hudson

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908-526-1200 x8463

**II. Catalog Description**

The Raritan Valley Community College 750-hour Massage Therapy certification program is designed to provide the basic knowledge, tools, ethics and behaviors you need to successfully practice as a massage therapist in any number of health care, corporate, and sports settings. The course training includes: Swedish Massage Techniques and Application, Business Preparation and Ethics, Anatomy and Physiology of the body, Pathology, Western Theory and History, Neuromuscular/Trigger Point Treatment, Wellness and First Aid training, Deep Tissue Massage, Clinical and Sports Massage and the License Application Process.

Classes are conducted at a RVCC furnished classroom with the necessary equipment and tools - including massage tables and chairs, bolsters, hydrotherapy items, lotions and oils, anatomical charts and skeleton visual aids, sheets and face cradle covers, educational tools, mood setting aesthetics (music, aromatherapy oils, non-flammable lighting, etc.), appropriate textbooks and instructional material that will help them practice, apply, and reinforce the information and techniques learned in each lesson.

The 100-hour, hands-on clinical component of the program gives students real-world experience of working with the public in a controlled and supervised environment. In addition, this experience will expose students to appropriate interaction with the general public, hone their massage therapy techniques, and develop business skills

Upon graduation, the Raritan Valley Workforce Development team can help eligible students identify entry-level massage therapy job opportunities in their area. The program will help graduating students create a winning resumé and prepare them for job interviews.

**III. Statement of Course Need**

Massage Therapy is a rapidly expanding profession, increasing demand from employers seeking qualified Massage Therapists.

The Massage Therapy Certification Course provides the basic skills necessary to prepare students for entry into the massage therapy and related bodywork career field.

**IV. Place of Course in College Curriculum**

* This course meets the demands of the massage therapy industry. It supports national and state recognized credentials.
* Students who complete this program and earn their licensure/certification and who are

interested in the opportunity to earn an Associate of Science in Health Science will be able to

use the completed 600 hours to meet the 9 free elective credits of Health Science specialization though credit hour equivalency.

* This course covers the requirements of the National and State Level Massage Therapy Certification Boards. Topics include:
* Swedish Massage Techniques and Application
* Business and Ethics
* Anatomy, Physiology and Kinesiology of the body
* Pathology and Biomechanics
* Massage Therapist Education
* Clinical Massage Application
* Other Massage and Bodywork Applications - Hydrotherapy, Sports, Pre-natal, Spa Setting, Eastern Philosophy, Deep Tissue
* Licensure Application Procedure

**V. Educational Goals and Outcomes**

1. Educational Goals

This class introduces and provides a broad overview to students of massage therapy and bodywork techniques including the following topics:

* Anatomy, Physiology, and Kinesiology - Medical Terminology, Body Systems
* Massage Therapy Application - Techniques, Modalities, Tools of the Trade
* Massage Therapist Education - First Aid, Safety, Hygiene, Personal Health, Research
* Other Applications - Spa, Hydrotherapy, Reflexology, Seated Massage, Sports Massage, and Energy Based Bodywork
* Business Application - Creating a Business Plan, Resume writing, Interviews, Marketing/Advertising, Financial and Bookkeeping Considerations
* Pathology - Diseases and Conditions, Indications/Contraindications
* Biomechanics
* Medical Massage
* State Licensure Application Process

Students will receive:

* First Aid/CPR certification
* (Upon successful completion of the course and passing the State/National Licensing Exam) - Massage Therapy NJ License

**B. Learning Outcomes**

Upon successful completion of the Massage Therapy Certification program, graduates will be able to:

**UNIT 1: Anatomy, Physiology, and Kinesiology - 170 hrs.**

* define anatomy, physiology, homeostasis, and metabolism
* recognize the biological prefixes and suffixes as they related to understanding terminology
* pronounce terms correctly
* know the hierarchy of organization
* identify the parts of a cell and discuss their functions
* describe passive and active cell process
* discuss the four basic tissue types and give examples of each
* explain the three types of membranes
* state the 10 main body systems and discuss their basic functions
* indicate the planes of the body
* differentiate among the main body cavities and the organs contained within them
* name the directional terminology used in anatomy and physiology; use it to locate structures of the body
* identify body landmarks by name, location, and description

**UNIT 2: Massage Therapy Theory and Application, Therapeutic Relationship, &**

**` Tools of the Trade - 250 hrs.**

* Define the term massage
* Describe and perform the five basic Swedish massage strokes and their variations
* Understand the benefits of each massage stroke
* Perform stretches and joint mobilizations on articulated body segments
* Discuss how to massage endangerment site areas and special considerations for each
* Name major figures in the development of medicine and specifically in massage therapy
* Discuss the ancient views and uses of massage incorporating both eastern and western cultures
* Reconstruct the development of therapeutic massage incorporating the various massage styles
* Describe the position that therapeutic massage has in this country today
* Define the massage therapist’s scope of practice
* Understand the Educational requirements used to describe massage therapists as it applies to students in this program - State, National, Regional
* Understand standards of conduct from the Code of Ethics
* List 15 different items from the Standards of Practice
* Define self-disclosure and confidentiality; give examples of confidentiality exceptions
* Define the concepts of boundaries as they relate to your personal and professional life
* Understand ‘right of refusal’ as it relates to our professional and personal boundaries
* Discuss in detail and create boundary management skills and procedures for handling ‘fire drills’ and scenarios of client conflict: health and unhealthy conflict resolution strategies
* Recognize the various ‘language’ massage therapists speak
* Discuss and understand the consequences of inappropriate behavior and sexual misconduct
* Understand the terms ‘transference’ and ‘countertransference’
* Discuss Issues of Intimacy
* Discuss client abuse and client neglect
* Describe when it is appropriate to terminate the massage session in the event that a client violates your professional boundaries
* Identify and discuss massage table features
* Choose the correct massage table for practice - considerations
* Apply fabric care to the massage tabletop and table accessories
* Discuss massage accessories
* Discuss differences and considerations in massage media and considerations
* Design a massage room
* Discuss safety guidelines as they pertain to state and municipal codes
* Identify/research affordable massage supply retailers/wholesalers for potential purchases

**UNIT 3: Massage Therapist Education - 45 hrs.**

* State reasons why health and wellness are important elements when practicing massage therapy
* Contrast and Compare the seven elements of wellness
* List the current recommendations of physical activity
* Perform basic strengthening and stretching activities designed to help prepare the hands, arms, and shoulders of massage therapists
* Define nutrition, diet, and essential nutrients
* Contrast and compare macronutrients with micronutrients and list examples of each
* Understand the importance of dietary fiber and list several sources
* Design a personalized weekly dietary plan based on principles of proper nutrition
* Discuss the importance of stress reduction for both yourself and your client
* List at least three stress reducing activities
* Define research, discuss types of research, and explain why research is important to the massage profession
* Explain the scientific method, identify parts of a scientific article, and demonstrate research literacy skills
* Discuss ways research is funded and the importance of professional involvement
* Define body mechanics and discuss ways to reduce the risk of repetitive motion injuries
* Understand aspects of body mechanics and table mechanics
* Discuss adaptive body mechanics used when the client is lying on the floor
* Demonstrate effective uses of bolsters while the client is in various body position
* Contrast and compare types of disease
* State types of pathogens and examples of infections they can cause
* Discuss how disease can be transmitted and outline several host defenses against infection
* Contrast and compare local and absolute contraindication
* List suggestions for good personal hygiene and name the recommended guidelines for standard precautions
* Demonstrate the recommended hand hygiene procedures
* Discuss glove use in a massage practice, and determine when gloves might be necessary
* State what to do in medical emergency situations that the therapist may encounter in professional practice

**UNIT 4 - Clinical Massage Application - 100 hrs.**

* Define and state the value of documentation
* Outline the aspects of the Health Insurance Portability and Accountability Act that are significant in a massage therapy practice (HIPAA)
* Compare and contrast different documentation formats
* Compare and contrast subjective and objective information
* Develop and practice effective interview skills
* Understand how to best use open - and closed-ended questions
* Be familiar with obtaining and recording data relevant to client assessment of treatment planning
* Learn what activities and procedures you can legally perform within the scope of practice in your specific state
* Describe and give examples of information gathered using PPALM assessment domains
* Compare and contrast medical referral and medical clearance
* Understand what is required or suggested for *informed consent*
* Develop a health intake form
* Identify the stages of client care
* Meet the client and conduct massage consultation - suggested questions to consider asking client
* List typical causes of injury
* List stages of rehabilitation in sequential order
* Name factors that affect recovery time
* Define *trigger points* and describe how to identify them by their symptoms
* Identify several common pathologies and their treatment protocols

**UNIT 5 - Other Massage and Bodywork Applications - 60 hrs.**

* Recognize various situation when clients require adaptive massage methods and how modify
* Learn how to address clients with special modification needs in a sensitive and accommodating way
* Discuss emotional releases and describe ways they can be appropriately handled
* Identify indications for massage therapy for specific conditions and individuals
* Common techniques used in clinical massage application during treatment phase
* List three important issues of aftercare
* Explain how to avoid the most common mistake of clinical massage
* Demonstrate techniques for gauging pressure and pain
* Understand reasons why a massage chair would be used
* Describe proper body mechanics and safety considerations for the massage therapist who uses a massage chair
* Perform a basic seated massage routine
* Compare and contrast disability and handicap
* Define hydrotherapy and discuss its history
* Define spa; then compare and contrast types of spas
* Discuss how aromatherapy works and define essential oils and give several examples
* Discuss the theories of foot reflexology and identify the 10 zones and the horizontal landmarks on the feet
* Explain the treatment guidelines, contraindications, and precautions used in foot reflexology
* Perform a foot reflexology session
* Define Asian Bodywork Therapy
* Define Ayurveda
* Compare and contrast Asian and Western medicine
* Apply appropriate techniques of varying direction, degree, and intensity to meridians and acupoints during a full body session
* Describe the Five Elements Theory and major correspondences

**UNIT 6 - Business Applications - 20 hrs.**

* Identify the reasons why you want to become a massage therapist
* Identify your primary values
* Write a vision and a mission statement
* List several employment opportunities for massage therapists
* Discuss *professionalism* and *professional image* and the qualities of a Professional Massage Therapist
* Explain differences between an employee and an independent contractor
* Discuss different types of business entities and their advantages/disadvantages/and what you will need
* Outline pertinent licenses, permits, and registrations required to operate a professional practice
* Identify several marketing and advertising strategies and various promotional activities
* Design a business logo, letterhead, business card, brochures and promotional flyer
* Write three sample business advertisements
* Prepare a resume
* List business resources, and explain their importance
* Write a business contract or proposal
* Create a plan to avoid professional burnout
* Describe how you will grow and evolve in the field of massage therapy
* Delineate financial aspects of the business, such as how to determine fees, bartering, tips and gifts, start-up costs, and how to manage NSF transactions
* List ways to diversify income
* Discuss insurance reimbursement for professional services
* Describe aspects of accounting practices
* List financial reports and describe their purpose
* Identify taxes the professional massage therapist is responsible for paying and appropriate tax deductions
* Devise a plan for building a cash reserve and investing toward retirement using securities and accounts

**UNIT 7 - Pathology, Biomechanics, Anatomy/Physiology Review- 100 hrs.**

* Review key terms listed in each chapter
* Explain the importance of understanding the relationships among the structures and functions of the body as a whole
* Define homeostasis and adaptive capacity
* List sources of disturbances in homeostasis and describe the body’s response to homeostatic disturbance
* Relate the concepts of homeostasis to traditional Chinese medicine and Ayurveda
* Define and relate feedback loops to homeostatic self-regulation mechanism and how it helps in the process of healing
* List and define biologic rhythms and their influence on health
* Define disease terminology
* Identify major risk factors for disease development and how massage can help to reduce or alleviate stress symptoms as pertains to each system and chapter discussed
* Define pain and list the types of pain and describe methods used for pain management
* Define stress and the factors contributing to the stress response and describe ways to manage stress
* Identify importance of terminology essential for the practice of therapeutic massage
* Use a charting method that incorporates a clinical reasoning/problem-solving model
* Describe the pathology of the skeletal system and the related indications/contraindications for massage
* Describe the hypersecretion and hyposecretion pathologic conditions of the endocrine system, and list the associated indications/contraindications for massage
* Describe pathologic conditions of the peripheral nervous system and the related indications/contraindications for massage
* Discuss pathological conditions of the nervous system and their indications/contraindications for massage
* Relate the reflex mechanisms of the peripheral nervous system to massage application
* Describe the pathology of the skeletal system and the related indications/contraindications for massage
* Demonstrate the principles of joint motion
* Identify and palpate individual joints of the pelvis and hip, knee, ankle and foot, spine, and thorax
* Identify and palpate individual joints of the skull, shoulder, elbow, wrist and hand
* Identify pathologic conditions of joints, and describe general treatment protocols used for intervention
* Explain and demonstrate the three types of muscle actions
* Identify the attachments, actions, synergist, antagonist, and common trigger points of individual muscles
* Identify common pathology related to muscles and explain indications/contraindications for massage
* List principles of a massage intervention plan based on efficient biomechanical movement
* Assess biomechanical function using individual joint assessment
* Assess biomechanical functions for regions of the body
* Identify and describe the three main biomechanical dysfunctional patterns and the associated indications/contraindications for massage
* Identify the four areas most effectively addressed by assessment and suggested treatments for kinetic chain function and dysfunction
* Explain the physiology of touch
* Identify pathologies of the integumentary system and describe indications/contraindications for massage
* Identify pathologies of the cardiovascular system and describe indications/contraindications for massage
* Identify pathologies of the lymphatic system and describe indications/contraindications for massage
* Explain how the mind/body connection affects immunity
* Identify pathologies of the immune system and describe indications/contraindications for massage
* Describe pathologic conditions of the respiratory system and associated indications/contraindications for massage
* Describe pathologic conditions of the digestive system and the associated indications/contraindications for massage
* Describe pathologic conditions of the urinary system and the associated indications/contraindications for massage
* Describe pathologic conditions of the the reproductive system and the associated indications/contraindications for massage

**UNIT 8 - State Licensure Application Process - 5 hrs.**

* How to obtain a Massage Therapy License (LMT)

**VI. Modes of Teaching and Learning**

* Instructor will demonstrate on a living model the entire sequence of massage, the specific movements of massage, and the range of motion movements used in Swedish massage and other forms of bodywork
* Instructor will assist each student in developing the ability to perform each massage movement
* Instructor will assist each student in a practical experience of the class material
* Lecture, discussion, use of charts, graphs, board work, overhead film illustrations, video tapes, DVDs, and/or other visual aid media
* Pertinent handout material
* Review and summarize information outlined in class
* Assign homework and reading material for next class
* Instructor will answer student questions and provide clarification as needed

**VII. Papers, Exams, and other Assessment Instruments**

* Hands-on performance evaluation
* Written examinations
* Successful completion of projects and assignments
* Passing the Licensing exam

**VIII. Grade Determinants**

* Hands-on performances
* Written examinations, completion of projects and assignments
* Class participation
* Attendance

**IX. Text and Materials**

Suggested texts:

* Anatomy, Physiology, Kinesiology, Biomechanics, and Pathology **-** *Massage Therapy Principles and Practice 5th edition* by Susan G. Salvo
* *A Massage Therapist’s Guide to Pathology* 6th edition by Ruth Werner
* Medical Massage Application and further Anatomy, Physiology, Biomechanics, and Pathology - *Mosby's Essential Sciences for Therapeutic Massage: Anatomy, Physiology, Biomechanics, and Pathology, 4th edition* by Sandy Fritz

**X. Resources**

* Travell and Simons' Trigger Point Flip Charts
* Miscellaneous wall charts for anatomy and physiology reference
* Anatomy in Clay
* Anatomical standing skeleton
* 3-D Anatomy
* Computer integrated software and supplemental informational material
* Reference text: ***Sports & Exercise Massage* 2nd editon by Sandy Fritz**