

# Massage

Full-Time Schedule

**22 weeks**

Wednesday through Friday:

8:30 am | 4:00 pm

Saturday

9:00 am | 4:00 pm

Part-Time Schedule

**30 weeks**

Tuesday through Friday:

4:30 pm | 9:30 pm



Learn how to create wellness through the power of touch in our 600-hour program. A balanced study of anatomy, physiology, pathology, aromaology,<sup>™</sup> and body movement techniques adds depth to the massage techniques you'll use to revitalize your clients. After completing course requirements, and becoming a certified massage therapist, you'll have the skills you need to find employment in a spa, health club or chiropractic clinic.

### **Alpha**

Discover the fundamentals of the art of Swedish massage, reflexology and aromaology, along with the latest in total wellness and body care. Study the sciences of anatomy and pathology and learn the ancient philosophy of Ayurveda. From classroom learning to hands-on workshops, you'll gain practical knowledge and experience. You also learn the proper safety and sanitation requirements.

### **Beta**

Increase your knowledge of anatomy, physiology, pathology, deep tissue massage and other techniques as you gain practical experience. You will work in a clinical setting under the supervision of instructors, obtaining extensive hands-on experience. You will also learn to prepare for the workplace by developing your own plan of action for employment.

### **Gamma**

Refine your skills as you expand your understanding of the human body. Exploration of case studies rounds out your education as you prepare for your new career as a massage therapist. Your progress is evaluated through projects, practical skills and tests. The final examination tests your knowledge of practical skills, theory, anatomy and physiology. Each service you perform is evaluated for your final grade. Upon successful completion of all phases, you'll receive a certificate—and begin your career in this growing industry.

### **Course Hours**

Theory/Classroom: 472 hours

Practical: 128 hours

Total: 600 hours

Curriculum Overview

## Massage

An Institute of Beauty and Wellness education is rigorous and thorough. Throughout the Massage program, you'll cover the following topics in varying levels of depth and detail, giving you an exceptional foundation for your professional career.





### **Anatomy & Physiology**

anatomical terms  
cell, tissue and organs  
muscular system  
skeletal system  
kinesiology  
nervous system  
endocrine system  
blood  
circulatory system  
immune system  
respiratory system  
digestive system

### **Pathology**

client health  
history forms  
contraindications  
indications  
skin condition  
musculoskeletal conditions  
nervous system conditions  
respiratory conditions  
case studies

### **Plant Aromatology™**

history of aromatology  
sensory journey and personal blends  
olfaction  
methods of extraction  
essential oils  
singular notes  
aveda key elements™

### **Hydrotherapy**

effects of hydrotherapy  
indications  
contraindications

### **Massage Theory**

history  
principles of massage  
body mechanics  
modalities  
equipment  
professionalism  
ethics  
boundaries  
proper draping techniques  
mind body connection  
sense of touch  
breathing  
ayurveda

### **Massage Techniques**

focus:  
swedish  
deep tissue  
introduction:  
reflexology  
trigger points  
sport massage  
pregnancy massage  
stone massage  
acupressure

### **Clinic Practice**

refinement of massage techniques  
clinic set-up  
sanitation  
time management  
retail  
customer service

### **Business of Being™**

cover letter and resume writing  
interview techniques  
employee benefits and wages  
job requirements  
responsibilities of employment  
goal-setting/personal development  
team building  
communication/effective listening  
time management  
client retention  
retail strategies  
marketing  
incentives  
state and federal tax  
nutrition  
yoga & pilates classes