

VALIDATION COPY

Massage Therapy Mississippi Curriculum Framework

Program CIP:
51.3501 – Massage Therapy/Therapeutic Massage
April 2015



Published by:
Mississippi Community College Board
Division of Workforce, Career, and Technical Education
3825 Ridgewood Road
Jackson, MS 39211
Phone: 601-432-6155
Email: curriculum@mccb.edu

INSTRUCTOR WRITING TEAM MEMBERS

Teresa Patterson, Southwest Mississippi Community College

Cydnee Russell, Southwest Mississippi Community College

ADMINISTRATOR WRITING TEAM MEMBERS

Sherry Franklin, Dean of Career/Technical Education, Hinds Community College, Rankin

WORK BASED COORDINATOR WRITING TEAM MEMBERS

Otha Williams, Work Based Learning Coordinator, Coahoma Community College

BUSINESS AND INDUSTRY WRITING TEAM MEMBERS

Melinda Smith, General Manager, Massage Envy, Maywood Mart

Carl Reid, General Manager, Massage Envy, Flowood

Chris Taylor, District Manager, Massage Envy, Flowood, Shreveport, Monroe, and Madison

Eletha Walker, Lead Massage Therapist, Massage Envy, Flowood

Michael McCarty, General Manager, Massage Envy, Maywood Mart

OFFICE OF CURRICULUM AND INSTRUCTION TEAM MEMBERS

Angela Bryan, Director of Curriculum and Instruction, Mississippi Community College Board

Rachel M. De Vaughan, Ph.D., Curriculum Specialist, Mississippi Community College Board

Elmira Ratliff, Ph.D., Curriculum Specialist, Mississippi Community College Board

VALIDATION COPY

The Office of Curriculum and Instruction (OCI) was founded in 2013 under the Division of Workforce, Career, and Technical Education at the Mississippi Community College Board (MCCB). The office is funded through a partnership with The Mississippi Department of Education (MDE), who serves as Mississippi's fiscal agent for state and federal Career and Technical Education (CTE) Funds. The OCI is tasked with developing statewide CTE curriculum, programming, and professional development designed to meet the local and statewide economic demand.

Copyright[®] 2015 by Mississippi Community College Board
For information, please contact curriculum@mccb.edu.

CONTENTS

RESEARCH ABSTRACT	5
RECENT REVISION HISTORY:	5
ADOPTION OF NATIONAL CERTIFICATION STANDARDS	6
INDUSTRY JOB PROJECTION DATA	7
ARTICULATION	8
TECHNICAL SKILLS ASSESSMENT	8
ONLINE AND BLENDED LEARNING OPPORTUNITIES.....	8
INSTRUCTIONAL STRATEGIES.....	8
ASSESSMENT STRATEGIES	8
PROGRAM DESCRIPTION	9
SUGGESTED COURSE SEQUENCE	10
MASSAGE THERAPY COURSES	13
MGT 1111 CPR and First Aid	13
MGT 1214 Introduction to Massage Therapy.....	14
MGT 1224 Massage Therapy I.....	18
MGT 1233 Massage Therapy I Lab	21
MGT 1244 Massage Therapy II.....	23
MGT 1253 Massage Therapy II Lab.....	25
MGT 1263 Massage Therapy Clinical Lab II	27
MGT 1272 Specialized Modalities I	28
MGT 1281 Massage Therapy Clinical Lab I	29
MGT 1333 Kinesiology.....	30
MGT 1343 Pathology and Medical Terminology	31
MGT 1611 Board Preparation	32
MGT 2223 Massage Therapy III.....	33
MGT 2233 Massage Therapy IV	34
MGT 2272 Specialized Modalities II.....	35
RECOMMENDED TOOLS AND EQUIPMENT	36
CURRICULUM DEFINITIONS AND TERMS	38

RESEARCH ABSTRACT

The curriculum framework in this document reflects these changes in the workplace and a number of other factors that impact local vocational–technical programs. Federal and state legislation calls for articulation between high school and community college programs, integration of academic and vocational skills, and the development of sequential courses of study that provide students with the optimum educational path for achieving successful employment. National skills standards, developed by industry groups and sponsored by the U.S. Department of Education and Labor, provide vocational educators with the expectations of employers across the United States. All of these factors are reflected in the framework found in this document.

This last curriculum validation and approved revision of this curriculum took place in 2008. In the spring of 2015, the Office of Curriculum and Instruction (OCI) met with several different business and industries in Central MS and Southern MS. An industry questionnaire was used to gather feedback concerning the trends and needs, both current and future, of their field. Industry members stated the curriculum was strong, but wanted to encourage students who complete the program to continue becoming certified in additional construction areas. Currently, there are some areas where students are being hired as part-time employees waiting on something full-time to open in the diesel equipment technology field. The Office of Curriculum and Instruction also met with advisory committee members who reiterated what industry had stated. There is a 31.91% increase in occupational demand at the regional level expected and a 45.59% increase at the state level. Program faculty, administrators, and industry members were consulted regarding industry workforce needs and trends.

RECENT REVISION HISTORY:

2008-Research & Curriculum Unit, Mississippi State University

2015-Office of Curriculum & Instruction, Mississippi Community College Board

ADOPTION OF NATIONAL CERTIFICATION STANDARDS

In early 2005 a move to reenergize a former “Alliance” of massage regulators began and in May 2005 Associated Bodywork and Massage Professionals (ABMP) convened a meeting of regulators and educators to address issues common to their members. Attended by representatives from seven regulated states along with educators from around the country, this group recognized the need for an organization to formally bring the regulatory community together.

The concerns of most significance were the need for the provision of a valid and reliable licensing exam and the desire to bring commonality in licensing requirements to assist with reciprocity and professional mobility.

This commitment was realized when the group moved to form an interim organization for the purpose of bringing the concept forward. The “Federation of State Massage Therapy Boards” (FSMTB) name was selected and an interim board consisting of all the regulators in attendance was established. This group was then charged with conducting research into other like organizations, reaching out to the community for feedback, drafting bylaws and planning a meeting to formally establish the organization.

Between May and September of 2005 the Interim Board fulfilled its mandate by visiting with several organizations both in person and by phone. The information and resources gained from these meetings supported the development of bylaws and assisted the interim board in developing a clearer understanding of what entities like the FSMTB bring to their respective professions.

In September 2005, the FSMTB held its formalizing meeting in Albuquerque, New Mexico prior to the annual AMTA convention. The meeting was attended by 22 states plus the District of Columbia. During this landmark event, bylaws were unanimously adopted and the first formal board was elected. In addition, conversations were held to better understand the needs and desires of the regulatory community.

Three key issues continued to rise to the surface:

- the need for consistent scopes of practice and entry level standards across the country
- the need for a valid and reliable licensing exam that would be accepted by all jurisdictions
- the need for a common database with licensing and disciplinary information and the ability to store critical documents

Since the September 2005 meeting, the Board of Directors and committee members have been working diligently to establish a foundation upon which to build the organization and beginning the work necessary to carry out the desires of the states.

For more information on the Federation of State Massage Therapy Boards National Massage and Bodywork Licensing Examination Content Outline go to:

<https://fsmtb.org/>

Mississippi State Board of Massage Therapy

The State Legislature granted Statutory Authority for the Licensing of Professional Massage Therapist in 2001. Section 73-67-1 et seq., of the Mississippi code of 1972, Annotated provides for the regulation of the practice of massage as well as the use of the title “Licensed Massage Therapist” (LMT) for those who offer massage services to the public for fees. In 2004, authority to regulate Massage Therapy Schools, programs and instructors was granted. Effective July 1, 2008, the authority for the use of the title “Licensed Massage Therapist” was granted.

Source: *Miss Code Ann.* § 73-67-1 (Rev. 2008)

The Mississippi State Board of Massage therapy does not discriminate against any applicant, candidate, or licensee because of race, color, creed, sex, religion, national origin, age, physical handicap, disability, or political affiliation.
Source: *Miss Code Ann.* § 43-33-723 (2001); § 25-9-103 (2001)

INDUSTRY JOB PROJECTION DATA

Massage therapist occupations require an education level of a postsecondary career and technical certificate. There is a 31.91% increase in occupational demand at the regional level and a 45.59% increase at the state level. Median annual income for massage therapists is \$24,481.60 at the state level. A summary of occupational data from the State Workforce Investment Board Data Center is displayed below:

Table 1: Education Level

Program Occupations	Education Level
Massage therapists	Postsecondary Career and Technical Award

Table 2: Occupational Overview

	Region	State	United States
2010 Occupational Jobs	235	340	59,890
2020 Occupational Jobs	310	495	82,954
Total Change	75	155	23,064
Total % Change	31.91%	45.59%	38.51%
2010 Median Hourly Earnings	\$11.77	\$11.77	\$16.78
2010 Median Annual Earnings	\$24,481.60	\$24,481.60	\$34,902.40
Annual Openings	7	15	2,306

Table 3: Occupational Breakdown

Description	2010 Jobs	2020 Jobs	Annual Openings	2010 Hourly Earnings	2010 Annual Earnings 2,080 Work Hours
Massage therapists	235	310	7	\$11.77	\$24,481.60
TOTAL	235	310	7	\$11.77	\$24,481.60

Table 4: Occupational Change

Description	Regional Change	Regional % Change	State % Change	National % Change
Massage therapists	75	31.91%	45.59%	38.51%

ARTICULATION

There are currently no Massage Therapy programs offered at Secondary level. Dual credit and partnerships are encouraged at the local level.

TECHNICAL SKILLS ASSESSMENT

Students will be assessed using the Massage and Bodywork Licensing Examination (MBLEx).

- MBLEx exam cost is \$195.00 (price subject to change).

Students will then be able to apply for state licensure.

- \$50.00 application fee
- \$200.00 for 2-year license

Students will also have to take the state law test and pass a background check before they can apply for a MS license. Refer to the MCCB site for the latest approved alternate assessments.

ONLINE AND BLENDED LEARNING OPPORTUNITIES

Course content includes lecture and laboratory semester credit hours. Faculty members are encouraged to present lecture related content to students in an online or blended learning environment. Training related to online and blended learning will be available to faculty members through the MS Community College Board.

INSTRUCTIONAL STRATEGIES

The Federation of State Massage Therapy Boards' National Massage and Bodywork Licensing Examination Content Outline, along with the Mississippi State Board of Massage Therapy rules and regulations were adopted and provide instructional strategies to faculty members implementing the curriculum.

ASSESSMENT STRATEGIES

The Federation of State Massage Therapy Boards' National Certification Board for Therapeutic Massage and Bodywork standards were used, along with the Mississippi State Board of Massage Therapy rules and regulations to provide assessment strategies to faculty members implementing the curriculum. Additionally, performance tasks were included in course content when appropriate.

PROGRAM DESCRIPTION

The Massage Therapy program is offered as a one-year certificate program or a two-year Associates of Applied Science program designed to prepare students for careers as professional massage therapists. The curriculum prepares students to develop knowledge and skills for practicing massage therapy. Core courses emphasize massage therapy principles, ethics, business application, pathology, anatomy and physiology, technique modalities, and kinesiology. Students completing this program should be able to find jobs in employment settings such as spas, clinics, fitness centers, wellness centers, corporations, sports organizations, doctors' offices, and private practices.

This program is set up to prepare the student to take the Massage and Bodywork Licensing Examination in order to be a Licensed Massage Therapist within the state of Mississippi. Passing a Mississippi State Board of Massage Therapy (MSBMT) approved exam is a requirement for a Massage Therapy license. This program will also prepare students who wish to practice outside of the state of Mississippi. In addition to preparing for the exam, students will also be expected to:

- Attendance is crucial due to the nature of practical learning
- Practice massage sessions are required outside of class
- You will be expected to conduct these sessions professionally, using appropriate release forms, health history forms, and feedback forms as required.
- Students will need to understand that massage therapy requires standing next to a massage table during the majority of the session.
- Students will need to understand that this job requires the lifting and moving of equipment, such as the massage table.
- Students will be responsible for looking for client files and re-filing them accordingly.
- Students will be responsible for setting up and breaking down tables.

Industry standards referenced are from the Federation of State Massage Therapy Boards National Certification Examination for Therapeutic Massage and Bodywork Content Outline.

VALIDATION COPY

SUGGESTED COURSE SEQUENCE

Accelerated Transition Pathway

Course Number	Course Name	Semester Credit Hours	SCH Breakdown		Total Contact Hours	Contact Hour Breakdown		Certification Information
			Lecture	Lab		Lecture	Lab	Certification Name
MGT 1111	CPR and First Aid Standards	1	1		15	15		
MGT 1214	Introduction to Massage Therapy	4	4		60	60		
	Electives	6						
	TOTAL	11	5		75	75		

Certificate Required Courses

Course Number	Course Name	Semester Credit Hours	SCH Breakdown		Total Contact Hours	Contact Hour Breakdown		Certification Information
			Lecture	Lab		Lecture	Lab	Certification Name
MGT 1111	CPR and First Aid	1	1		15	15		
MGT 1214	Introduction to Massage Therapy	4	4		60	60		
MGT 1224	Massage Therapy I	4	4		60	60		
MGT 1233	Massage Therapy Lab I	3		6	90		90	
MGT 1281	Massage Therapy Clinical Lab I	1		2	30		30	
MGT 1244	Massage Therapy II	4	4		60	60		
MGT 1253	Massage Therapy II Lab	3		6	90		90	
MGT 1263	Massage Therapy Clinical Lab II	3		6	90		90	
MGT 1272	Specialized Modalities	2	2		30	30		
MGT 1343	Pathology and Medical Terminology	3	3		45	45		
MGT 1333	Kinesiology	3	3		45	45		
BIO 1513	Anatomy and Physiology	3	3		45	45		
MGT 1611	Board Preparation	1	1		15	15		
BIO 1523	Anatomy and Physiology	3	3		45	45		
	Any other instructor approved technical elective per local community college.							M-BLEX exam
	TOTAL	38	28	20	720	420	300	

VALIDATION COPY

General Education Core Courses

To receive the Associate of Applied Science Degree, a student must complete all of the required coursework found in the Career Certificate option, Technical Certificate option and a minimum of 15 semester hours of General Education Core. The courses in the General Education Core may be spaced out over the entire length of the program so that students complete some academic and Career Technical courses each semester or provided primarily within the last semester. Each community college will specify the actual courses that are required to meet the General Education Core Requirements for the Associate of Applied Science Degree at their college. The Southern Association of Colleges and Schools (SACS) Commission on Colleges Standard 2.7.3 from the Principles of Accreditation: Foundations for Quality Enhancement¹ describes the general education core.

Section 2.7.3 In each undergraduate degree program, the institution requires the successful completion of a general education component at the collegiate level that (1) is substantial component of each undergraduate degree, (2) ensures breadth of knowledge, and (3) is based on a coherent rationale. For degree completion in associate programs, the component constitutes a minimum of 15 semester hours or the equivalent. These credit hours are to be drawn from and include at least one course from the following areas: humanities/fine arts, social/behavioral sciences, and natural science/mathematics. The courses do not narrowly focus on those skills, techniques, and procedures specific to a particular occupation or profession.

Academic Courses for Massage Therapy

Course Number	Course Name	Semester Credit Hours	SCH Breakdown		Total Credit Hours	Contact Hour Breakdown		Certification Information
			Lecture	Lab		Lecture	Lab	Certification Name
	Humanities/Fine Arts	3						
BIO 1513	Principles of Anatomy and Physiology I	3	3					
BIO 1523	Principles of Anatomy and Physiology II	3	3					
	Social/Behavioral Sciences	3						
	Instructor approved academic courses	3						
TOTAL		15						

¹

Southern Association of Colleges and Schools Commission on Colleges. (2012). *The principles of accreditation: Foundations for quality enhancement*. Retrieved from <http://www.sacscoc.org/pdf/2012PrinciplesOfAccreditation.pdf>

VALIDATION COPY

Technical Electives

Course Number	Course Name	Semester Credit Hours	SCH Breakdown			Total Contact Hours	Contact Hour Breakdown			Certification Information
			Lecture	Lab	Clinical/ Internship		Lecture	Lab	Clinical/ Internship	Certification Name
MGT 2223	Massage Therapy III	3	3			45	45			
MGT 2233	Massage Therapy IV	3	3			45	45			
MGT 2272	Specialized Modalities II	2	2			30	30			
MMT 1113	Principles of Marketing	3	3							
MMT 2513	Entrepreneurship	3	3							
WBL 191(1-3) WBL 192(1-3) WBL 193(1-3) WBL 291(1-3) WBL 292(1-3) WBL 293(1-3)	Work-Based Learning	1-6			3-18	45-270			45-270	
	Other Instructor Approved Elective(s)									

MASSAGE THERAPY COURSES

Course Number and Name: MGT 1111 CPR and First Aid

Description: This course develops the knowledge and skills necessary to provide emergency care for the injured or ill until appropriate professionals take over.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
1	1		15

National Assessment:

Prerequisite: None

Student Learning Outcomes:

1. List the Emergency Action Steps.
2. Administer appropriate techniques for an adult, child, and infant.
 - a. Administer rescue breathing.
 - b. Administer first aid to a conscious and unconscious person.
 - c. Administer cardiopulmonary resuscitation (CPR).
3. Administer first aid in a variety of situations.
 - a. Administer first aid for burns, eyes and nose injuries, bites, and stings.
 - b. Administer first aid for injuries to muscles, bones, and joints.
 - c. Administer first aid for diabetic emergencies, strokes, seizures, and heat or cold exposure.
 - d. Control bleeding, and administer first aid for shock.
 - e. Respond to poisoning emergencies.
4. Identify the signals of a heart attack, and administer the appropriate first aid.
5. Identify ways to prevent injury and/or illnesses.
6. Develop an interest in and knowledge of prevention of accidents.
7. Qualify for appropriate American Heart Association certifications.

Mississippi State Board of Massage Therapy (MSBMT) Standards

- 3b. Eight (8) hours in cardiopulmonary resuscitation (CPR) and first aid

VALIDATION COPY

Course Number and Name: **MGT 1214** **Introduction to Massage Therapy**

Description: This course teaches the student theories and principles of therapeutic massage and includes the effects, benefits, indications and contraindications, history of massage therapy, Mississippi laws and regulations pertaining to massage therapist, educational and licensing requirements, professional ethics, equipment and products, client evaluations, draping techniques, massage environment, massage therapy in a health-care system, sanitary and safety practices, therapist body mechanics, conditioning, strengthening, flexibility, human relationship skills, and basic business and marketing skills.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
4	4		60

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Explore the history of massage.
 - a. Describe the use of massage in Ancient River Valley Civilizations, Ancient Greece, and Ancient Rome.
 - b. Discuss massage practices in the Middle Ages and the Renaissance.
 - c. Examine massage practices in the 18th-20th centuries.
 - d. Investigate contemporary massage therapy.

2. Investigate ethics and professionalism.
 - a. Explore characteristics of the profession including education, scope of practice, code of ethics, and standards of practice.
 - b. Describe scope of practice including legal regulations, education, competency, limits of practice, accountability, and ethics for the profession.
 - c. Examine practices of professionalism including conduct, business practices, client relationships, and professional relationships.

3. Examine factors related to communication, documentation, and treatment plans.
 - a. Explore effective communication and interviewing skills including reflective listening and nonverbal communication.
 - b. Evaluate documentation and treatment plans including reasons for documenting and documentation forms used.
 - c. Analyze subjective information such as client history, interview, functional stress assessment, and cumulative effects of stress.
 - d. Analyze objective information such as activity and analysis information, prioritizing functional limitations, and setting treatment goals.
 - e. Discuss plan information.
 - f. Describe methods used for developing SOAP notes and SOAP note variations.
 - g. Explore the planning process including the initial session and subsequent sessions.
 - h. Discuss aspects related to future treatment while considering healing time, the duration of future sessions, frequency of future sessions, length of treatment, techniques and areas to include or avoid, and reevaluation.
 - i. Examine self-care recommendations including considerations for self-care, hydrotherapy, stretches, rest, nutrition, body awareness, and ergonomics.
 - j. Investigate the need for referral to other health-care professionals and follow-up communication.

VALIDATION COPY

- k. Discuss methods for presenting the treatment plan including treatment recommendations and referral recommendations.
4. Investigate various types of assessment.
 - a. Examine general assessments such as wellness versus therapeutic massage assessments, fascia, compensation patterns, and assessment documentation.
 - b. Explore postural assessment including ideal posture, anterior postural assessment, posterior postural assessment, lateral postural assessment, postural deviations, and feet.
 - c. Describe gait assessment.
 - d. Analyze range of motion assessment including active range of motion and passive range of motion.
 - e. Discuss assessment of the appearance of tissues.
 - f. Explore types of palpation assessment including assessment of skin temperature, textures and movement of soft tissues, and rhythms.
 - g. Describe functional assessments.
 - h. Investigate post-treatment assessment.
5. Explore various types of modalities.
 - a. Investigate techniques for Swedish, deep tissue, neuromuscular, circulatory enhancement, energy, Asian/Eastern, structural and postural integration, and movement.
 - b. Examine special techniques.
6. Differentiate considerations for special populations.
 - a. Investigate considerations for fully clothed clients such as corporate massage and corporate accounts.
 - b. Explore considerations for athletes including pre-event massage, post-event massage, restorative massage, and recovery and rehabilitation.
 - c. Analyze consideration for pregnant women during the first trimester, second trimester, and third trimester as well as considerations for prenatal and postpartum massages.
 - d. Examine considerations for infants.
 - e. Explore considerations for geriatric clients.
 - f. Analyze considerations for chronically ill patients including hospice massage.
 - g. Investigate considerations for disabled clients including clients with visual and hearing impairment, physical disabilities, and psychological issues.
7. Investigate self-care for the massage therapist.
 - a. Analyze the role of balance.
 - b. Explore the importance of physical, psychological, social, and spiritual self-care.
8. Examine types of equipment and environmental considerations.
 - a. Describe various equipment specifications.
 - b. Investigate various types of equipment including tables, massage chairs, massage mats, and accessory equipment (bolsters, face cradles, table extensions, and massage tools).
 - c. Examine types of lubricants such as oils, lotions, creams, gels, and powders as well as lubricant storage and application of lubricants.
 - d. Describe aspects of draping.
 - e. Analyze environmental considerations including location and the treatment room atmosphere.
 - f. Evaluate factors related to hygiene, sanitation, and safety including disease, preventing transmission of pathogens, and safety.
9. Analyze characteristics of entrepreneurial opportunities.
 - a. Identify major advantages and disadvantages associated with going into business independently.

VALIDATION COPY

10. Develop a comprehensive plan for creating potential business.
 - a. Design a basic business card.
 - b. Identify how to select and use an appointment book.
 - c. Create a professional address and telephone list.
 - d. Identify how to use the telephone effectively when dealing with clients.
 - e. Identify how to deliver a professional introduction.
 - f. Develop a summary marketing plan.

MSBMT Standards

- 1b. Twenty (20) hours in history, benefits, indications and contraindications
- 1d. The remaining seventy (70) hours may expand on any or all of the previous three (3) subject areas including electric hand held massagers, and/or be related to practical massage.
- 3c. Ten (10) hours in charting and documentation

Federation of State Massage Therapy Boards (FSMTB) Standards

CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING

- A. Organization of a massage/bodywork session
- B. Client consultation and evaluation
 - Verbal intake
 - Health history form
- C. Written data collection
- D. Visual assessment
 - General
 - Postural
- E. Palpation assessment
- F. Range of motion assessment
- G. Clinical reasoning
 - Ability to rule out contraindications
 - Client treatment goal setting
 - Evaluation of response to previous treatment
 - Formulation of treatment strategy

OVERVIEW OF MASSAGE & BODYWORK MODALITIES/ CULTURE/ HISTORY

- A. History of massage & bodywork
- B. Overview of the different skill sets used in contemporary massage/bodywork environments
- C. Overview of massage/bodywork modalities

ETHICS, BOUNDARIES, LAWS, REGULATIONS

- A. Ethical behavior
- B. Professional boundaries
- C. Code of ethics violations
- D. The therapeutic relationship
- E. Dual relationships
- F. Sexual misconduct
- G. Massage/bodywork-related laws and regulations
- H. Scope of practice
- I. Professional communication
- J. Confidentiality
- K. Principles

GUIDELINES FOR PROFESSIONAL PRACTICE

- A. Proper and safe use of equipment and supplies
- B. Therapist hygiene
- C. Sanitation and cleanliness

VALIDATION COPY

- D. Safety practices
 - Facilities
 - Therapist personal safety
 - Client safety
- E. Therapist care
 - Body mechanics
 - Protective gear (masks, gowns, gloves, etc)
 - Self-care
 - Injury prevention
- F. Draping
 - Safe and appropriate
 - Communication
- H. Healthcare and business terminology

VALIDATION COPY

Course Number and Name: **MGT 1224 Massage Therapy I**

Description: This course examines basic skills in massage therapy for various modalities. Each modality will move into the next progressive phase enhancing the student’s knowledge.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
4	4		60

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Explore the history and theory for various modalities.
 - a. Describe the theory and history of Swedish therapy.
 - b. Investigate the history and theory of reflexology.
 - c. Be able to identify contraindications when working with the pre-natal mother in techniques specific to her.
 - d. Examine the theory of pre-event and post-event sports massage.
 - e. Identify muscles and their origin, insertion, and action.
 - f. Be able to perform chair massage and display knowledge of proper body mechanics and marketing skills.

2. Examine skills in massage therapy for various modalities.
 - a. Explore basic skills in massage therapy, including application of the five basic strokes (effleurage, petrissage, friction, tapotement, and vibration) in the context of full body relaxation massage using proper body mechanics, injury prevention, table management, and draping methods.
 - b. Investigate basic skills in reflexology, including application of the technique.
 - c. Examine basic skills in working with the pre-natal mother including proper draping techniques, contraindications for massage and bodywork, and positioning requirements while using proper body mechanics and techniques for the side-lying position.
 - d. Learn the skills necessary to provide pre-event and post-event sports massage including stretching techniques specific for the athlete such as table care, body mechanics, and injury prevention at sporting events.
 - e. Enhance palpatory skills by learning the names, origins, and insertions of the major muscles of the body with hands-on experience.
 - f. Analyze skills for working with the seated client using a massage chair and a regular chair considering proper body mechanics, adjustments available for the massage chair, hygienic precautions, and marketing advantages.

MSBMT Standards

- 1c. One hundred (100) hours in massage demonstration and supervised practice, which must include, but is not limited to, client evaluation, stroking, kneading, stretching, friction, percussion, vibration, range of motion, hand held tools and devices designated as t-bars or knobblies, and draping and turning; and
- 1d. The remaining seventy (70) hours may expand on any or all of the previous three (3) subject areas including electric hand held massagers, and/or be related to practical massage.
- 3e. Twenty (20) hours in referral methods within the health care system;
- 3f. The remaining one hundred thirty (130) hours may expand on any or all of the previous five (5) subject areas, including The Americans with Disabilities Act, and/or be devoted to any approach to massage

VALIDATION COPY

therapy and wellness, such as trigger points, management, communication, safety, oriental or Eastern massage techniques and specialized populations.

FSMTB Standards

BENEFITS AND PHYSIOLOGICAL EFFECTS OF TECHNIQUES THAT MANIPULATE SOFT TISSUE

- A. Identification of the physiological effects of soft tissue manipulation
- B. Psychological aspects and benefits of touch
- C. Benefits of soft tissue manipulation for specific client populations
- D. Soft tissue techniques
 - Types of strokes
 - Sequence of application
- E. Hot/cold applications

CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING

- A. Organization of a massage/bodywork session
- B. Client consultation and evaluation
 - Verbal intake
 - Health history form
- C. Written data collection
- D. Visual assessment
 - General
 - Postural
- E. Palpation assessment
- F. Range of motion assessment
- G. Clinical reasoning
 - Ability to rule out contraindications
 - Client treatment goal setting
 - Evaluation of response to previous treatment
 - Formulation of treatment strategy

OVERVIEW OF MASSAGE & BODYWORK MODALITIES/ CULTURE/ HISTORY

- A. History of massage & bodywork
- B. Overview of the different skill sets used in contemporary massage/bodywork environments
- C. Overview of massage/bodywork modalities

ETHICS, BOUNDARIES, LAWS, REGULATIONS

- A. Ethical behavior
- B. Professional boundaries
- C. Code of ethics violations
- D. The therapeutic relationship
- E. Dual relationships
- F. Sexual misconduct
- G. Massage/bodywork-related laws and regulations
- H. Scope of practice
- I. Professional communication
- J. Confidentiality
- K. Principles

GUIDELINES FOR PROFESSIONAL PRACTICE

- A. Proper and safe use of equipment and supplies
- B. Therapist hygiene
- C. Sanitation and cleanliness
- D. Safety practices
 - Facilities

VALIDATION COPY

- Therapist personal safety
- Client safety
- E. Therapist care
 - Body mechanics
 - Protective gear (masks, gowns, gloves, etc)
 - Self-care
 - Injury prevention
- F. Draping
 - Safe and appropriate
 - Communication

VALIDATION COPY

Course Number and Name: **MGT 1233 Massage Therapy I Lab**

Description: This course develops basic skills in massage therapy for various modalities in a laboratory setting. Each modality will move into the next progressive phase enhancing the student’s knowledge.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3		6	90

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Perform a range of skills learned in massage therapy for various modalities.
 - a. Provide a one-hour full body massage using the basic strokes and palpation skills of Classical Swedish massage.
 - b. Provide a one-hour full body massage geared toward pre-natal clients.
 - c. Provide a one-hour reflexology session.
 - d. Demonstrate skills needed to provide pre-event or post-event sports massage.
 - e. Perform chair massage sessions.
 - f. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques.

2. Investigate issues in massage therapy.
 - a. Describe and understand the theories and history of massage and their context.
 - b. Understand the benefits, cautions, and general contraindications of massage.

3. Write session notes following the basic SOAP note format.

4. Identify origins and insertions of muscles in the body using palpatory skills.
 - a. Name all major muscle groups.
 - b. Name individual muscles in each of the major muscle groups.
 - c. Identify origin, insertion, and action of major muscle groups.

5. Practice selected skills in a clinical setting.
 - a. Provide a clinical setting using the basic guidelines of each modality.
 - (1) Be able to provide a client session of Swedish Massage using the guidelines provided in Massage Therapy I.
 - (2) Be able to provide a client session of reflexology using the guidelines provided in Massage Therapy I.
 - (3) Be able to provide a client session of prenatal using the guidelines provided in Massage Therapy I.
 - (4) Be able to provide a client session of sports massage using the guidelines provided in Massage Therapy I.
 - b. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques in a clinical setting.
 - (1) Use proper body mechanics, bolstering, and draping within the clinical setting.
 - (2) Utilize self-care habits to work effectively with clients.
 - c. Understand the benefits, cautions, and general contraindications of massage and bodywork in a clinical setting.
 - (1) Write session notes following the basic SOAP note format.
 - (2) Use appropriate abbreviations, and utilize the recommended SOAP format for all session notes.

VALIDATION COPY

6. Demonstrate how to interact with the general public, using appropriate assessment and marketing techniques in order to build rapport with clients.
 - a. Demonstrate how to build rapport with the client using effective marketing techniques to engage the client.
 - b. Demonstrate how to be a team member with other student massage therapists.

MSBMT Standards

- 1c. One hundred (100) hours in massage demonstration and supervised practice, which must include, but is not limited to, client evaluation, stroking, kneading, stretching, friction, percussion, vibration, range of motion, hand held tools and devices designated as t-bars or knobblies, and draping and turning; and
- 1d. The remaining seventy (70) hours may expand on any or all of the previous three (3) subject areas including electric hand held massagers, and/or be related to practical massage.
- 3e. Twenty (20) hours in referral methods within the health care system;
- 3f. The remaining one hundred thirty (130) hours may expand on any or all of the previous five (5) subject areas, including The Americans with Disabilities Act, and/or be devoted to any approach to massage therapy and wellness, such as trigger points, management, communication, safety, oriental or Eastern massage techniques and specialized populations.

FSMTB Standards

BENEFITS AND PHYSIOLOGICAL EFFECTS OF TECHNIQUES THAT MANIPULATE SOFT TISSUE

- A. Identification of the physiological effects of soft tissue manipulation
- B. Psychological aspects and benefits of touch
- C. Benefits of soft tissue manipulation for specific client populations
- D. Soft tissue techniques
 - Types of strokes
 - Sequence of application
- E. Hot/cold applications

CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING

- A. Organization of a massage/bodywork session
- B. Client consultation and evaluation
 - Verbal intake
 - Health history form
- C. Written data collection
- D. Visual assessment
 - General
 - Postural
- E. Palpation assessment
- F. Range of motion assessment
- G. Clinical reasoning
 - Ability to rule out contraindications
 - Client treatment goal setting
 - Evaluation of response to previous treatment
 - Formulation of treatment strategy

OVERVIEW OF MASSAGE & BODYWORK MODALITIES/ CULTURE/ HISTORY

- A. History of massage & bodywork
- B. Overview of the different skill sets used in contemporary massage/bodywork environments
- C. Overview of massage/bodywork modalities

VALIDATION COPY

Course Number and Name: MGT 1244 Massage Therapy II

Description: Students will develop basic skills in massage therapy. Each modality will move into the next progressive phase enhancing the student’s knowledge.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
4	4		60

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Examine the history of traditional Chinese medicine and Japanese Shiatsu.
 - a. Learn the differences between Chinese and Japanese Bodywork styles and their historical relevance.
2. Examine skills in Massage Therapy and Bodywork of various modalities.
 - a. Explore basic skills of Deep Tissue work including the use of loose fist compression, the use of elbows, and various techniques to go deeper into muscle groups using proper body mechanics.
 - b. Examine basic skills of neuromuscular therapy and how to use specific techniques to release acute and chronic conditions in specific muscles.
 - c. Explore basic traditional Chinese medicine theory and its relevance to Bodywork.
 - d. Learn the skills necessary to provide a basic Shiatsu session using both the bodywork table and the mat with proper body mechanics.
 - e. Continue to explore palpatory skills by learning origins, insertions, and actions of muscles and learning the pathways of the 12 Primary Meridians and two of the Extraordinary Vessels.
 - f. Explore the use of hydrotherapy applications on the human body.

MSBMT Standards

- 1c. One hundred (100) hours in massage demonstration and supervised practice, which must include, but is not limited to, client evaluation, stroking, kneading, stretching, friction, percussion, vibration, range of motion, hand held tools and devices designated as t-bars or knobblies, and draping and turning; and
- 1d. The remaining seventy (70) hours may expand on any or all of the previous three (3) subject areas including electric hand held massagers, and/or be related to practical massage.
- 3a. Seven (7) hours in Eastern, European and Western theory/methods;
- 3e. Twenty (20) hours in referral methods within the health care system;
- 3f. The remaining one hundred thirty (130) hours may expand on any or all of the previous five (5) subject areas, including The Americans with Disabilities Act, and/or be devoted to any approach to massage therapy and wellness, such as trigger points, management, communication, safety, oriental or Eastern massage techniques and specialized populations.

FSMTB Standards

BENEFITS AND PHYSIOLOGICAL EFFECTS OF TECHNIQUES THAT MANIPULATE SOFT TISSUE

- A. Identification of the physiological effects of soft tissue manipulation
- B. Psychological aspects and benefits of touch
- C. Benefits of soft tissue manipulation for specific client populations
- D. Soft tissue techniques
 - Types of strokes
 - Sequence of application
- E. Hot/cold applications

CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING

VALIDATION COPY

- A. Organization of a massage/bodywork session
- B. Client consultation and evaluation
 - Verbal intake
 - Health history form
- C. Written data collection
- D. Visual assessment
 - General
 - Postural
- E. Palpation assessment
- F. Range of motion assessment
- G. Clinical reasoning
 - Ability to rule out contraindications
 - Client treatment goal setting
 - Evaluation of response to previous treatment
 - Formulation of treatment strategy

OVERVIEW OF MASSAGE & BODYWORK MODALITIES/ CULTURE/ HISTORY

- A. History of massage & bodywork
- B. Overview of the different skill sets used in contemporary massage/bodywork environments
- C. Overview of massage/bodywork modalities

ETHICS, BOUNDARIES, LAWS, REGULATIONS

- A. Ethical behavior
- B. Professional boundaries
- C. Code of ethics violations
- D. The therapeutic relationship
- E. Dual relationships
- F. Sexual misconduct
- G. Massage/bodywork-related laws and regulations
- H. Scope of practice
- I. Professional communication
- J. Confidentiality
- K. Principles

GUIDELINES FOR PROFESSIONAL PRACTICE

- A. Proper and safe use of equipment and supplies
- B. Therapist hygiene
- C. Sanitation and cleanliness
- D. Safety practices
 - Facilities
 - Therapist personal safety
 - Client safety
- E. Therapist care
 - Body mechanics
 - Protective gear (masks, gowns, gloves, etc)
 - Self-care
 - Injury prevention
- F. Draping
 - Safe and appropriate
 - Communication

VALIDATION COPY

Course Number and Name: **MGT 1253 Massage Therapy II Lab**

Description: Students will develop basic skills in massage therapy in a laboratory setting. Each modality will move into the next progressive phase enhancing the student’s knowledge.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3		6	90

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Demonstrate skills in Massage Therapy and Bodywork of various modalities.
 - a. Explore basic skills of Deep Tissue work including the use of loose fist compression, the use of elbows, and various techniques to go deeper into muscle groups using proper body mechanics.
 - b. Examine basic skills of neuromuscular therapy and how to use specific techniques to release acute and chronic conditions in specific muscles.
 - c. Explore basic traditional Chinese medicine theory and its relevance to Bodywork.
 - d. Learn the skills necessary to provide a basic Shiatsu session using both the bodywork table and the mat with proper body mechanics.
 - e. Continue to explore palpatory skills by learning origins, insertions, and actions of muscles and learning the pathways of the 12 Primary Meridians and two of the Extraordinary Vessels.
 - f. Explore the use of hydrotherapy applications on the human body.

2. Demonstrate the correct use of SOAP notes when working with clients.
 - a. Utilize proper SOAP abbreviations and applications.

3. Practice selected skills in a clinical setting.
 - a. Provide a session using the basic guidelines of each modality.
 - (1) Be able to provide a client session of Deep Tissue Massage using the guidelines provided in Massage Therapy II.
 - (2) Be able to provide a client session of Neuromuscular Session using the guidelines provided in Massage Therapy II.
 - (3) Be able to provide a client session of Shiatsu session using the guidelines provided in Massage Therapy II.
 - b. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques.
 - (1) Use proper body mechanics, bolstering, and draping within the clinical setting
 - (2) Utilize self-care habits to effectively work with clients and not become injured.
 - c. Understand the benefits, cautions, and general contraindications of massage and bodywork.
 - (1) Write session notes following the basic SOAP note format.
 - (2) Be able to use appropriate abbreviations and utilize the recommended SOAP format for all session notes.

MSBMT Standards

- 1c. One hundred (100) hours in massage demonstration and supervised practice, which must include, but is not limited to, client evaluation, stroking, kneading, stretching, friction, percussion, vibration, range of motion, hand held tools and devices designated as t-bars or knobblies, and draping and turning; and
- 1d. The remaining seventy (70) hours may expand on any or all of the previous three (3) subject areas including electric hand held massagers, and/or be related to practical massage.
- 3e. Twenty (20) hours in referral methods within the health care system;

VALIDATION COPY

- 3f. The remaining one hundred thirty (130) hours may expand on any or all of the previous five (5) subject areas, including The Americans with Disabilities Act, and/or be devoted to any approach to massage therapy and wellness, such as trigger points, management, communication, safety, oriental or Eastern massage techniques and specialized populations.
- 2f. The remaining one hundred (100) hours may expand on any or all of the previous six (6) subject areas and/or be related to the science of the human body.
- 3d. Twenty-five (25) hours in hydrotherapy and infrared heat;

FSMTB Standards

BENEFITS AND PHYSIOLOGICAL EFFECTS OF TECHNIQUES THAT MANIPULATE SOFT TISSUE

- A. Identification of the physiological effects of soft tissue manipulation
- B. Psychological aspects and benefits of touch
- C. Benefits of soft tissue manipulation for specific client populations
- D. Soft tissue techniques
 - Types of strokes
 - Sequence of application
- E. Hot/cold applications

CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING

- A. Organization of a massage/bodywork session
- B. Client consultation and evaluation
 - Verbal intake
 - Health history form
- C. Written data collection
- D. Visual assessment
 - General
 - Postural
- E. Palpation assessment
- F. Range of motion assessment
- G. Clinical reasoning
 - Ability to rule out contraindications
 - Client treatment goal setting
 - Evaluation of response to previous treatment
 - Formulation of treatment strategy

OVERVIEW OF MASSAGE & BODYWORK MODALITIES/ CULTURE/ HISTORY

- A. History of massage & bodywork
- B. Overview of the different skill sets used in contemporary massage/bodywork environments
- C. Overview of massage/bodywork modalities

VALIDATION COPY

Course Number and Name: **MGT 1263 Massage Therapy Clinical Lab II**

Description: This course applies the principles and theories of Introduction to Massage Therapy and Massage Therapy I and builds on the principles and theories taught in Massage Therapy II and is a continuation of Massage Therapy Clinical Lab I.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3		6	90

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Practice selected skills in a clinical setting.
 - a. Provide a session using the basic guidelines of each modality.
 - (1) Be able to provide a client session of Deep Tissue Massage using the guidelines provided in Massage Therapy II.
 - (2) Be able to provide a client session of Neuromuscular Session using the guidelines provided in Massage Therapy II.
 - b. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques.
 - (1) Use proper body mechanics, bolstering, and draping within the clinical setting
 - (2) Utilize self-care habits to effectively work with clients and not become injured.
 - c. Understand the benefits, cautions, and general contraindications of massage and bodywork.
 - (1) Write session notes following the basic SOAP note format.
 - (2) Be able to use appropriate abbreviations and utilize the recommended SOAP format for all session notes.
2. Interact with the general public and demonstrate assessment techniques, marketing techniques, and the ability to build rapport with their clients.
 - a. Demonstrate how to build rapport with the client, be attentive to the client, and demonstrate effective marketing techniques to engage the client.
 - b. Be able to be a team member with other student massage therapists and with faculty.

MSBMT Standards

4. One hundred (100) hours in supervised student clinic and must include at least fifty (50) practical hands-on one-hour massage therapy sessions, to be evaluated on documents filed and kept on record at the school for a minimum of six (6) months. These evaluations are to be completed by the clients of the massage therapy sessions and shall include the client’s name, address, reason for session, indications and contraindications, date and signature of client, student and supervising instructor. All sessions must be documented in SOAP (Subjective/Objective/Assessment/Plan) note format with date and signature of student and supervising instructor. Each completed session shall constitute two (2) hours of student clinic, to include the one hour of actual session and one hour of class time for instruction and evaluation of the session. All 100 hours shall be acquired in the school student clinic. All hands-on sessions must be supervised by an instructor, board licensed in the area being supervised. While students are prevented from accepting any form of compensation for these sessions, and a notice to this effect shall be clearly posted in the clinic reception area, the school may maintain a tip jar for those clients desiring to tip. Any such proceeds shall be used for the benefit of the class as a whole or may be donated to a charitable organization.

VALIDATION COPY

Course Number and Name: **MGT 1272 Specialized Modalities I**

Description: Students will be introduced to several different traditions of massage and bodywork.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
2	2		30

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Perform various specialized modalities.
 - a. Demonstrate an understanding and application of hydrotherapy.
2. Perform proper body mechanics and bolstering appropriate to each specialized modality.
 - a. Demonstrate proper body mechanics when performing each specialized modality.
 - b. Demonstrate bolstering techniques for each specialized modality.
3. Understand the benefits, cautions, and general contraindications of massage and bodywork.
4. Write session notes following the basic SOAP note format.

VALIDATION COPY

Course Number and Name: **MGT 1281 Massage Therapy Clinical Lab I**

Description: This course applies the principles and theories of Introduction to Massage Therapy and Massage Therapy.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
1		2	30

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Practice selected skills in a clinical setting.
 - a. Provide a clinical setting using the basic guidelines of each modality.
 - (1) Be able to provide a client session of Swedish Massage using the guidelines provided in Massage Therapy I.
 - (2) Be able to provide a client session of reflexology using the guidelines provided in Massage Therapy I.
 - (3) Be able to provide a client session of prenatal using the guidelines provided in Massage Therapy I.
 - b. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques in a clinical setting.
 - (1) Use proper body mechanics, bolstering, and draping within the clinical setting.
 - (2) Utilize self-care habits to work effectively with clients.
 - c. Understand the benefits, cautions, and general contraindications of massage and bodywork in a clinical setting.
 - (1) Write session notes following the basic SOAP note format.
 - (2) Use appropriate abbreviations, and utilize the recommended SOAP format for all session notes.
2. Demonstrate how to interact with the general public, using appropriate assessment and marketing techniques in order to build rapport with clients.
 - a. Demonstrate how to build rapport with the client using effective marketing techniques to engage the client.
 - b. Demonstrate how to be a team member with other student massage therapists.

MSBMT Standards

4. One hundred (100) hours in supervised student clinic and must include at least fifty (50) practical hands-on one-hour massage therapy sessions, to be evaluated on documents filed and kept on record at the school for a minimum of six (6) months. These evaluations are to be completed by the clients of the massage therapy sessions and shall include the client’s name, address, reason for session, indications and contraindications, date and signature of client, student and supervising instructor. All sessions must be documented in SOAP (Subjective/Objective/Assessment/Plan) note format with date and signature of student and supervising instructor. Each completed session shall constitute two (2) hours of student clinic, to include the one hour of actual session and one hour of class time for instruction and evaluation of the session. All 100 hours shall be acquired in the school student clinic. All hands-on sessions must be supervised by an instructor, board licensed in the area being supervised. While students are prevented from accepting any form of compensation for these sessions, and a notice to this effect shall be clearly posted in the clinic reception area, the school may maintain a tip jar for those clients desiring to tip. Any such proceeds shall be used for the benefit of the class as a whole or may be donated to a charitable organization.

VALIDATION COPY

Course Number and Name: MGT 1333 Kinesiology

Description: This course studies the mechanical aspects of human motion.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3	3		45

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Relate anatomical knowledge to the biophysical aspects of human motion.
 - a. Identify the surface anatomy of the muscular, skeletal, and neurovascular systems' structures in the limbs, trunk, and superficial head and neck.
 - b. Identify the attachments, actions, and movements produced by individual muscles and muscle systems.
2. Relate specific physical parameters to human motion (e.g., force, velocity, acceleration, momentum, torque).
 - a. Identify the principles of kinematics and motion analysis as they apply to human movement.
 - b. Identify the functions and limitations of the musculoskeletal and neuromuscular systems.
 - c. Understand the types of human movement and their causes.
 - d. Identify the source(s) of movement dysfunction that may originate from muscular, nervous, and/or bony tissues.
 - e. Identify gait deviations, and discuss potential source(s) of the deviations.
3. Relate the biophysical aspects and physical parameters of human body movement to everyday activities of the human body.
 - a. Make assessments of movement capabilities based on qualitative anatomical analysis.
 - b. Critically evaluate and discuss relevant literature pertaining to movement and movement dysfunction of the upper and lower extremities.

MSBMT Standards

- 2c. Twenty (20) hours in myology/kinesiology;

FSMTB Standards

KINESIOLOGY

- A. Components and characteristics of muscles
- B. Concepts of muscle contractions
- C. Proprioceptors
- D. Locations, attachments (origins, insertions), actions and fiber directions of muscles
- E. Joint structure and function
- F. Range of motion
 - Active
 - Passive
 - Resistant

VALIDATION COPY

Course Number and Name: **MGT 1343 Pathology and Medical Terminology**

Description: This course is designed to teach the student functional assessment of therapeutic massage in relation to pathology. The student learns pathology of multiple systems and determines its impact on the delivery of massage therapy services in his or her own practice. Discussion of the massage therapy scope of practice and its relationship to other allied health professions is included. Understanding methods of communication with other professionals and clients, exploring holistic self-care practices, and developing a systematic evaluation and documentation scheme are also covered.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3	3		45

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Discuss the role of massage therapy and adaptations in technique for clients with special conditions or pathologies in relation to the human organizational systems.
2. Develop a vocabulary with which to communicate this knowledge to others.
3. Describe how pathology as a clinical specialty is essential to the proper practice of massage therapists.
4. Understand the importance of indications and contraindication massage with someone displaying pathological problems.

MSBMT Standards

- 2d. Twenty (20) hours in neurology;
- 2e. Twenty (20) hours in pathology, including medical terminology; and
- 3e. Twenty (20) hours in referral methods within the health care system;

FSMTB Standards

PATHOLOGY, CONTRAINDICATIONS, AREAS OF CAUTION, SPECIAL POPULATIONS

- A. Overview of Pathologies
- B. Contraindications
 - Site specific
 - Pathology related
 - Special populations
 - Tools
 - Special applications
- C. Areas of caution
- D. Special populations
- E. Classes of medications

VALIDATION COPY

Course Number and Name: **MGT 1611 Board Preparation**

Description: A basic course to provide students with skills review for board certification.
*If student is already a Licensed Massage Therapist, another academic course may be taken.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
1	1		15

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Students will review all course content to better prepare for the MBLEx National Assessment.

2. Gain an understanding of Mississippi state laws concerning Massage Therapists.
 - a. Understand the laws through testing.

VALIDATION COPY

Course Number and Name: MGT 2223 Massage Therapy III

Description: This course will provide students with additional knowledge and information in the area of techniques.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3	3		45

National Assessment: None

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Enhance palpatory skills to learn pathways of 12 Primary Meridians and 2 Extraordinary Meridians
2. Examine techniques used to analyze client's postural distortions.
3. Investigate techniques used to analyze client's gait distortions.
4. Explore techniques used to correct gait and posture.
5. Examine basic techniques used to provide a Shiatsu Session.
6. Explore basics of Geriatric Massage
7. Enhance Sports Massage techniques.

VALIDATION COPY

Course Number and Name: MGT 2233 Massage Therapy IV

Description: This course will provide students with additional knowledge and information in the area of techniques.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3	3		45

National Assessment: None

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Explore basic skills of Craniosacral work.
2. Explore basic skills of Myofascial therapy.
3. Explore basic skills of Lymphatic drainage.
4. Explore basic Asian bodywork techniques.

VALIDATION COPY

Course Number and Name: **MGT 2272 Specialized Modalities II**

Description: This course will provide students more in-depth knowledge of additional traditions of massage and bodywork.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
2	2		30

National Assessment: None

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Demonstrate an understanding of the use of Hydrotherapy techniques that are used in a spa setting.

RECOMMENDED TOOLS AND EQUIPMENT

CAPITALIZED ITEMS

1. Hydrocollator (1 per program)
2. Massage chairs (1 per 2 students)
3. Massage tables (1 per 2 students)
4. Skeleton (1 per program)

NON-CAPITALIZED ITEMS

1. Blinds for windows (Required by state law)
2. Bolsters (1 per massage table)
3. CDs (10 to 20 per program)
4. Charts (1 of each of the following)
 - a. Bones
 - b. Lymphatics
 - c. Meridians
 - d. Muscles
 - e. Nerves
 - f. Reflexology
 - g. Trigger Points
5. Clocks (1 per workspace)
6. Small cups (1 case per program)
7. Disposable face cradle covers (500 per program)
8. First aid kit (1 per program)
9. Futons with covers (1 per 2 students)
10. Hand towels (5 to 6 per student)
11. Hooks for privacy curtains (1 for each work space)
12. Hot packs or covers (1 per massage table)
13. Hot towel cabi (2 per program)
14. Large oval roasters (2 per program)
15. Lotion bottle (1 per instructor)
16. Lotion holder (1 per instructor)
17. Massage lotion (1 gallon per program)
18. Paraffin wax - blocks
19. Paraffin wax warmer (1 per 10 students)
20. Privacy curtains or tracs (1 per workspace)
21. Purell (1 case per program)
22. Stereo system (1 per program)
23. Stones (for hot stone) (200 per program)
24. Stools for massage tables (1 per 2 students)
25. Tissue (1 case per program)
26. Water dispenser (1 per program)

RECOMMENDED INSTRUCTIONAL AIDS

It is recommended that instructors have access to the following items:

1. Copy machine
2. Desktop computer
3. DVD/VCR player
4. File cabinet

VALIDATION COPY

5. Laptop computer
6. LCD projector
7. Overhead projector with cart
8. Paper shredder
9. TV with stand

Additional equipment may be needed as certification requirements change.

CURRICULUM DEFINITIONS AND TERMS

- Course Name – A common name that will be used by all community colleges in reporting students
- Course Abbreviation – A common abbreviation that will be used by all community and junior colleges in reporting students
- Classification – Courses may be classified as the following:
 - Career Certificate Required Course – A required course for all students completing a career certificate.
 - Technical Certificate Required Course – A required course for all students completing a technical certificate.
 - Technical Elective – Elective courses that are available for colleges to offer to students.
- Description – A short narrative that includes the major purpose(s) of the course
- Prerequisites – A listing of any courses that must be taken prior to or on enrollment in the course
- Corequisites – A listing of courses that may be taken while enrolled in the course
- Student Learning Outcomes – A listing of the student outcomes (major concepts and performances) that will enable students to demonstrate mastery of these competencies

The following guidelines were used in developing the program(s) in this document and should be considered in compiling and revising course syllabi and daily lesson plans at the local level:

- The content of the courses in this document reflects approximately 75% of the time allocated to each course. The remaining 25% of each course should be developed at the local district level and may reflect the following:
 - Additional competencies and objectives within the course related to topics not found in the state framework, including activities related to specific needs of industries in the community college district
 - Activities that develop a higher level of mastery on the existing competencies and suggested objectives
 - Activities and instruction related to new technologies and concepts that were not prevalent at the time the current framework was developed or revised
 - Activities that include integration of academic and career–technical skills and course work, school-to-work transition activities, and articulation of secondary and postsecondary career–technical programs
 - Individualized learning activities, including work-site learning activities, to better prepare individuals in the courses for their chosen occupational areas
- Sequencing of the course within a program is left to the discretion of the local college. Naturally, foundation courses related to topics such as safety, tool and equipment usage, and other fundamental skills should be taught first. Other courses related to specific skill areas and related academics, however, may be sequenced to take advantage of seasonal and climatic conditions, resources located outside of the school, and other factors. Programs that offer an Associate of Applied Science Degree must include all of the required Career Certificate courses, Technical Certificate courses **AND** a minimum of 15 semester hours of General Education Core Courses. The courses in the General Education Core may be spaced out over the entire length of the program so that students complete some academic and Career Technical courses each semester. Each community college specifies the actual courses that are required to meet the General Education Core Requirements for the Associate of Applied Science Degree at their college.
- In order to provide flexibility within the districts, individual courses within a framework may be customized by doing the following:

VALIDATION COPY

- Adding new student learning outcomes to complement the existing competencies and suggested objectives in the program framework
- Revising or extending the student learning outcomes
- Adjusting the semester credit hours of a course to be up 1 hour or down 1 hour (after informing the Mississippi Community College Board [MCCB] of the change)