

Massage Therapy Certificate Program

Offered at FW, HSW, MCA and DAL Campus

This program is not regulated by the Texas Workforce Commission Career Schools and College

Objective: This program is designed to prepare students for entry-level employment as a massage practitioner in a chiropractor's office, doctor's office, private businesses such as beauty salons, day spas or private country clubs and sport medicine as well as becoming self-employed. Classroom and clinical hands-on training as well as professional development equip the student with the foundation needed to be a professional Massage Therapist. Graduates will demonstrate skills in body mechanics, massage manipulations and techniques.

Program Requirements: Each participant, must be a minimum of 18 years old, must possess a high school diploma or GED, and be able to read and write English. Participants must have good coordination and health, be neat, professional, and must pass the Scholastic Level Exam with a minimum score of 15. Students must complete all 600 hours of classroom training before attending the 80 hours of clinical internship. Students are required to make-up all missed class hours prior to attending internship. The complete course of instruction, including internship must be completed at the school.

Program Length: The length of the morning program is 30 class weeks. The maximum time frame for completion of the day class is 45 class weeks. The length of time normally required for completing the afternoon or evening program is, 43 class weeks with the maximum time frame for completion of 65 class weeks.

Policies Specific to Massage Therapy Programs in the State of Texas are Administered by the Texas Department of Licensing and Regulation.

TEXAS MASSAGE THERAPIST LICENSURE ELIGIBILITY RESTRICTIONS

A person is ineligible for licensure under the following conditions;

- (A) if the person has been convicted of, entered a plea of nolo contendere or guilty to, or received deferred adjudication to crimes or offenses involving prostitution or another sexual offense;
- (B) until the fifth anniversary of the date of a conviction for a misdemeanor involving moral turpitude or a felony; or
- (C) until the fifth anniversary of the date of a conviction of a violation of the Act.

Students who are concerned that their prior criminal history might make them ineligible for licensure may fill out a Criminal History Evaluation form and Questionnaire and pay a fee of \$25 to the Texas Department of Licensing and Regulation (TDLR). The TDLR will then evaluate the prior criminal history and provide the student with a written response regarding their eligibility for licensure.

Additional information can be found on the TDLR website at <https://www.tdlr.texas.gov/crimHistoryEval.htm>

PROGRAM COSTS

A registration fee of \$50 which is calculated as part of the total program cost is due at the time of enrollment. **All tuition payments must be made before completion of a program**, unless other arrangements have been made via the enrollment agreement or finance plan. Each student will receive an enrollment agreement, which will outline the payment schedule. The College has the right to charge a student/graduate a \$25.00 late fee in the event his/her monthly payment(s) should become delinquent more than 4 business days. Students must be current on monthly payments to begin internship. Students who are not current on monthly payments by the completion of classroom training may be delayed in beginning their internship. Transcripts and certificates of completion are not issued to graduates until all monies due the College have been paid in full. In the event that a student does not meet the terms of the enrollment agreement or finance plan, the College will negotiate an alternative payment plan. If the student does not meet the terms of the alternative plan, the student's account will be turned over to a collection agency or sold to a bank.

The following are the costs for the program:

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|---------------------------------------|----------------------------|--------------------|
| <u>Massage Therapy Program</u> | Registration Fee: | \$50.00 |
| | Books/Printed Materials: | Included |
| | Lab Fee: | Included |
| | Tuition: | <u>\$10,750.00</u> |
| | Total Program Cost: | \$10,800.00 |

Ancillary items not covered in Total Program Cost

Additional Massage Therapy Scrub Set \$17.00 (Fort Worth Campus)

Sheet Sets (3 sets required) approximately \$10.00 / set

Repeat Course charge, if necessary, \$100.00 first /\$250.00 each additional

Other fees covered in Total Program Cost

Certification Exam*

The Federation of State Massage Therapy Boards (MBLEx) \$195.00

Texas Massage Therapy Jurisprudence Exam for Massage Therapist. \$35

Texas Department of State Health Services Massage Therapist Application Fee: \$117.00

TEXTBOOKS/SUPPLIES

Required:

Massage Therapy Principles and Practices, 5th Edition, Author: Susan G. Salvo
(Textbook, Workbook, Student CD ROM and Exam Review book)

Trail Guide to the Body, 5th Edition, Andrew Biel, with student workbook

Mosby's Pathology for Massage Therapists, 3rd Edition, Susan G. Salvo

Reference Books:

Theory & Practice of Therapeutic Massage 5th Edition Package, Mark F. Beck, Thomson/Delmar Learning 2010
Grays Anatomy 38th Edition, Henry L. Gray, Elsevier Science,
Milady's Theory and Practice of Massage Therapy 3rd Edition, Mark F. Beck, Milady's Publishing,
A Massage Therapist's Guide to Pathology, 3rd Edition, Ruth Werner, Lippincott Williams & Wilkins
New Foundations in Therapeutic Massage and Bodywork, Jan L. Saeger, McGraw Hill
Massage Therapy Review, Passing the NCETMB and NCETM, Laura Abbott, McGraw Hill
Family & Friends CPR, Cardiopulmonary Resuscitation, American Heart Association
Texas Occupations Code Title 3 Chapter 455, Massage Therapy & Title 25, Code Chapter 141
Manual of Structural Kinesiology, 16th Edition, R. T. Floyd, McGraw Hill
Business Mastery 3, 3rd Edition, Cheie Shonen-Moe, Sohnen-Moe Associates, Inc.

Students will incur an additional expense for linens. It is the responsibility of each student to provide 1 set of clean linens daily during the Massage Technique laboratory portions of the program. Estimated cost is approximately \$10 per set.

CLASSROOM ATTENDANCE

Because of the nature and scope of the training, the College does not differentiate between an excused and non-excused absence in computing the maximum number of allowable absences. A student will be terminated when he/she is absent more than ten (10) consecutive school days or misses more than 15% of the total program hours (102 hours) or 15% of a portion of the program if the student did not enroll into the entire program, whichever comes first.

Massage Therapy students are required to complete 680 program hours. Students that are absent *must* make-up all missed hours before receiving a certificate of completion from the College. Massage Therapy students have one and one-half times the normal program length (as published in this catalog), expressed in clock hours and calendar time, to complete the 680 hours. If a student does not complete the 680 hours in the maximum time frame, that student will be terminated from the College.

It is the responsibility of the student to obtain missed class work or assignments from his/her instructor. Students should call the school as soon as possible in order to notify the instructor they will be absent or late.

Attendance will be monitored daily and totaled at the end of each grading period. Students who miss in excess of 15% of the total scheduled program hours or ten (10) consecutive school days will be terminated by the College.

MAKE-UP HOURS

The Massage Therapy program requires that classroom absence time be made up before a student is allowed to begin internship. Students needing to make up time at the end of a module are expected to complete the make-up hours by the end of the following module. Students who do not complete all make-up time prior to internship within the time frame allowed will be terminated from the College.

Make-up Hour Policy

1. Make-up hours completed *do not* erase previous classroom absences for purposes of calculating maximum allowable absences.
2. Make-up hours are based on full quarter hour (15 minute) increments. Minutes will be rounded down to the nearest 15-minute increment (15, 30, 45, or 60) and will be recorded in the time record as 0.25, 0.50, 0.75 and 1.0 hr., respectively.
3. The hours available for make-up time will be posted in the classroom. Additional make-up time may be scheduled through the department Director.
4. Make-up hours will only be counted when there is an instructor present.

INTERNSHIP ATTENDANCE

Prerequisite: Successful completion of the initial 600 hours of Massage Therapy training

Massage therapy students will complete 80 clock hours of clinical training in an on premise clinic, with 60 hours dedicated to performing massages. Students must complete all program hours within one and one-half times the program length while adhering to the Intern Policy and Procedure.

INTERNSHIP REQUIREMENTS

Students must adhere to the internship policy and procedure manual.

MASSAGE THERAPY PROGRAM

| COURSE | Lecture Hours | Lab Hours | Intern Hours | Total Hours | Semester Credits |
|--|----------------------|------------------|---------------------|--------------------|-------------------------|
| Module I | | | | | |
| MST 601 Anatomy & Physiology I | 72 | 0 | 0 | 72 | 4.5 |
| MST 607 Pathology | 48 | 0 | 0 | 48 | 3.0 |
| Module II | | | | | |
| MST 602 Anatomy & Physiology II | 18 | 0 | 0 | 18 | 1.0 |
| MST 608 Kinesiology | 48 | 30 | 0 | 78 | 4.0 |
| MST 605 Human Health & Hygiene | 18 | 6 | 0 | 24 | 1.0 |
| Module III | | | | | |
| MST 621 Massage Therapy Technique I | 18 | 24 | 0 | 42 | 2.0 |
| MST 612 Pregnancy Massage Technique | 6 | 12 | 0 | 18 | 0.5 |
| MST 613 Aroma Therapy | 6 | 12 | 0 | 18 | 0.5 |
| MST 611 Spa Techniques | 10 | 12 | 0 | 22 | 1.0 |
| MST 617 Swedish Deep Tissue Massage | 8 | 12 | 0 | 20 | 0.5 |
| Module IV | | | | | |
| MST 622 Massage Therapy Technique II | 18 | 21 | 0 | 39 | 1.5 |
| MST 604 Business Practices & Professional Ethics | 30 | 15 | 0 | 45 | 2.5 |
| MST 614 Trigger Points Technique | 6 | 12 | 0 | 18 | 0.5 |
| MST 615 Chair Massage Therapy | 6 | 12 | 0 | 18 | 0.5 |
| Module V | | | | | |
| MST 623 Massage Therapy Technique III | 18 | 26 | 0 | 44 | 2.0 |
| MST 606 Hydrotherapy | 10 | 10 | 0 | 20 | 0.5 |
| MST 616 Hot Stone Massage | 6 | 12 | 0 | 18 | 0.5 |
| MST 618 Eastern Cultures | 6 | 12 | 0 | 18 | 0.5 |
| MST 619 Sports Massage Technique | 6 | 14 | 0 | 20 | 0.5 |
| Module VI | | | | | |
| MSTI 600 Massage Therapy Internship | 0 | 0 | 80 | 80 | 1.5 |
| TOTAL HOURS | 358 | 242 | 80 | 680 | 28.5 |

Total Program Hours = 680 Hours

COURSE DESCRIPTIONS

Course descriptions include the course number, title, and synopsis, a listing of lecture, laboratory, internship hours, total clock hours and academic credits. For example, the listing “15/30/0/45/2.0” indicates that the course consists of 15 hours of lecture, 30 hours of laboratory, 0 internship hours, 45 total clock hours and 2.0 credits.

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| MST 601 Anatomy & Physiology I* | 72/0/0/72/4.5 |
| Students will learn the anatomy and physiology of the human body: terminology, cell properties, processes and function, tissue types, body plane directions, and the anatomical structures and functions of the following main body systems: Integumentary, Nervous, Skeletal, Endocrine, Circulatory, Respiratory, Digestive, Urinary and Reproductive systems. <i>Prerequisites: None</i> | |
| MST 602 Anatomy & Physiology II** | 18/0/0/18/1.0 |
| Students will learn the anatomy and physiology of the human muscular system; muscle names and locations; muscle eccentric/concentric contradictions/relaxation; muscle fiber arrangements; slow-twitch/fast-twitch theory; stretch receptors and how it relates to practice of Massage Therapy. <i>Prerequisites: None</i> | |
| MST 607 Pathology | 48/0/0/48/3.0 |
| Students learn the study of diseases and how they relate to massage therapy. <i>Prerequisites: None</i> | |
| MST 608 Kinesiology | 48/30/0/78/4.0 |
| Students learn the study of body movement of the musculoskeletal system and the biomechanics and ergonomics of massage therapy. Students will study the origin, insertion and actions of the muscles and palpatory skills needed to work on each muscle. <i>Prerequisites: None</i> | |
| MST 605 Human Health & Hygiene | 18/6/0/24/1.0 |
| Students will learn all aspects of health and hygiene for the massage therapist; universal precautions, hand washing, contamination, cross-contamination, sanitization procedures, care and cleaning of equipment, linen sanitization and care oil and cream storage. Students will learn basic first aid and CPR using American Heart Association protocol. <i>Prerequisites: None</i> | |
| MST 621 Massage Therapy Technique I | 18/24/0/42/2.00 |
| Students study Swedish massage technique and theory, practice the manipulation of soft tissue utilizing effleurage (stroking), petrissage (kneading), tapotement (percussion), compression, vibration, friction, nerve stroke, and Swedish gymnastics and learn to give a full body massage. Students will learn table mechanics, body mechanics and draping technique. <i>Prerequisites: Modules I and II</i> | |
| MST 622 Massage Therapy Technique II | 18/21/0/39/1.5 |
| Students study Swedish massage technique and theory, practice the manipulation of soft tissue utilizing effleurage (stroking), petrissage (kneading), tapotement (percussion), compression, vibration, friction, nerve stroke, and Swedish gymnastics and learn to give a full body massage. Students will learn table mechanics, body mechanics and draping technique. <i>Prerequisites: Modules I and II</i> | |
| MST 623 Massage Therapy Technique III | 18/26/0/44/2.0 |
| Students study Swedish massage technique and theory, practice the manipulation of soft tissue utilizing effleurage (stroking), petrissage (kneading), tapotement (percussion), compression, vibration, friction, nerve stroke, and Swedish gymnastics and learn to give a full body massage. Students will learn table mechanics, body mechanics and draping technique. <i>Prerequisites: Modules I and II</i> | |
| MST 604 Business Practices & Professional Ethics*** | 30/15/0/45/2.5 |
| Students study laws and rules, business practices, and professional ethics standards. <i>Prerequisites: None</i> | |
| MST 611 Spa Techniques | 10/12/0/22/1.0 |
| Student learn history and terms, applications, mechanisms, indications and contraindications, temperatures, incomplete and unfavorable reactions, physical modalities, equipment body Wrap and Scrub. <i>Prerequisites: Modules I and II</i> | |

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| MST 612 Pregnancy Massage Technique | 6/12/0/18/0.5 |
| Students study various alternative Pregnancy modalities massage that compliments the overall Swedish massage experience. <i>Prerequisites: Modules I and II</i> | |
| MST 613 Aromatherapy | 6/12/0/18/0.5 |
| Student study various alternative massage modalities that complement the overall Swedish massage experience combined Aromatherapy. <i>Prerequisites: Modules I and II</i> | |
| MST 614 Trigger Points Technique | 6/12/0/18/0.5 |
| Students study Trigger Point that complement the overall Swedish massage experience. <i>Prerequisites: Modules I and II</i> | |
| MST 615 Chair Massage Therapy | 6/12/0/18/0.5 |
| Students study various alternative massage modalities that complement the overall Swedish massage experience. <i>Prerequisites: Modules I and II</i> | |
| MST 606 Hydrotherapy | 10/10/0/20/0.5 |
| Students learn history and terms, applications, mechanisms, indications and contraindications, temperatures, incomplete and unfavorable reactions, physical modalities, equipment and cryotherapy. <i>Prerequisites: Modules I and II</i> | |
| MST 616 Hot Stone Massage | 6/12/0/18/0.5 |
| Students learn history and terms, applications, mechanisms, indications and contraindications, temperatures, incomplete and unfavorable reactions, physical modalities, equipment and cryotherapy of Hot Stone Massage. <i>Prerequisites: Modules I and II</i> | |
| MST 617 Swedish Deep Tissue Massage | 8/12/0/20/0.5 |
| Students will learn Deep Tissue modalities that complement the overall Swedish Massage experience. Deep Tissue Massage focuses on realigning deeper layers of muscles and/or connective tissues. The technique used is slower with deeper pressure in certain areas of the body. This modality allows the student to concentrate on specific areas of tension and pain. <i>Prerequisites: Modules I and II</i> | |
| MST 618 Eastern Cultures | 6/12/0/18/0.5 |
| Students study various Eastern techniques with roots in Asian cultures. Eastern track teaches the meridians which are pathways that help to balance the body energy. Shiatsu translates as "finger pressure", and uses the techniques of compression, rocking, stretching and percussion that complement the overall Swedish massage experience. <i>Prerequisites: Modules I and II</i> | |
| MST 619 Sports Massage | 6/14/0/20/0.5 |
| Student study Sports Massage that is a special form of massage and is typically used before, during, and after athletic events that complement the overall Swedish massage experience. <i>Prerequisites: Modules I and II</i> | |
| MSTI 600 Massage Therapy Internship | 0/0/80/80/1.5 |
| Students will apply academic and clinical skills to diverse group of subjects to include 80 hours of internship. <i>60 hours is dedicated to performing massages, 20 hours of internship will be dedicated to business practices. Prerequisites: Successful completion of all courses in Modules I, II, III, IV and V.</i> | |

* The Anatomy & Physiology I & II courses are comprised of 58 hours dedicated to the study of Anatomy and 32 Hours dedicated to the study of Physiology. (MST 601- Anatomy 46 hrs., Physiology 26 hrs.) (MST 602- Anatomy 12 hrs., Physiology 6 hrs.)

*** Students may obtain a copy of the Massage Therapy Rules and Act at the Texas Department of Licensing and Regulation website, <https://www.tdlr.texas.gov/mas/masrules.htm>