

**Syllabus-Licensed Massage Therapy Program  
C-TEC of Licking County  
150 Price Road  
Newark, Ohio 43055**



**Subject Code: 70498  
Course Number: HC13700  
CIP Code: 51.3501  
SOC Code: 31-9011**

**Program Contact info:**

Paige McCorkle, LMT, Program Coordinator; A&P Instructor  
 C-TEC 150 Price Road Newark, Ohio 43055  
[pmccorkle@c-tec.edu](mailto:pmccorkle@c-tec.edu)  
 740-364-2289 (office)

**Class Meeting Times:**

- Day Class: Monday-Wednesday-Thursday, 9:00am-3:30pm
- Night Class: Monday-Wednesday-Thursday, 5:30pm-9:30pm

**Class Location:**

- Classroom 4009

**Minimum Hours:**

- 835 Hours

**Course Prerequisites:**

- WorkKeys pretesting, copy of High School Diploma or GED, maroon scrubs, 2 sets of sheets-any size

**Requirements:**

- TB Two Step prior to clinic. BCI/FBI required at the time of State Medical Board License Application

**Required Texts and Resources:**

<b><u>Title</u></b>	<b><u>ISBN</u></b>	<b><u>Vendor</u></b>
Trail Guide to the Body Text & Workbook 5 <sup>th</sup> Edition	9780996835916	Books of Discovery
Massage Therapy Principles and Practice 5 <sup>th</sup> Edition	9780323239714	Elsevier
Medical Terminology A Short Course 8 <sup>th</sup> Edition	9781455758302	Elsevier
The Educated Heart 4 <sup>th</sup> Edition	9781496347312	Lippencott, Williams & Wilkins
Neuromuscular Therapy Manual	9781582558004	Lippencott, Williams & Wilkins
A Massage Therapist's Guide to Pathology 6 <sup>th</sup> Edition	9781496310828	Lippencott, Williams & Wilkins

## **Websites for Gathering Information and Research:**

- <http://evolve.elsevier.com/Salvo/MassageTherapy>
- [www.massagetherpayfoundation.org](http://www.massagetherpayfoundation.org)
- <http://www.booksofdiscovery.com>
- [www.massageprofessionals.com](http://www.massageprofessionals.com)
- <http://thePoint.lww.com>
- [www.ABMP.com](http://www.ABMP.com)

## **Course Description:**

This 835 hour program prepares students to treat disorders of the human body by using massage techniques which include: Gliding, Kneading, Friction, Compression, Tapotement, Vibration, Stretching, Joint Movement, Hydrotherapy, Applications of Heat and Cold, and Topical Preparations. Core components of the program include Massage Therapy (emphasis on Swedish Massage), anatomy and physiology, medical terminology, ethics, and business practices. Upon successful completion of the program and passage of the Massage and Bodywork Licensing Exam (MBLEX) and receipt of their license to practice massage therapy from the State Medical Board of Ohio, students will be prepared for entry level positions as massage therapists.

## **Class Descriptions:**

### **Anatomy & Physiology I: 24 Hours**

**Course Description:** Students will learn the form and function of the human body, and be introduced to and gain an understanding of the physiological processes at the cellular, tissue, organ, and system levels. Anatomy I will detail study of the structures and relationships among structures of the human body, and physiology will deal with the metabolic functions of the various structures and their interdependency upon one another. Review, examination, and structural identification of the skeletal system will take place. Students will also study the physiological and psychological effects of massage on clients and soft tissue. Students will apply their knowledge hands on.

### **Anatomy & Physiology II: 24 Hours**

**Course Description:** Anatomy II will study the structures and relationships among structures of the human body, and physiology will deal with the metabolic functions of the various structures and their interdependency upon one another. Review, examination, and structural identification of the integumentary, digestive and urinary systems will take place. Students will apply their knowledge hands on.

### **Anatomy & Physiology III: 24 Hours**

**Course Description:** Anatomy III will detail study of the structures and relationships among structures of the human body, and physiology will deal with the metabolic functions of the various structures and their interdependency upon one another. Review, examination, and structural identification of the cardiovascular, lymphatic, and respiratory systems will take place. Students will apply their knowledge hands on.

### **Anatomy & Physiology IV: 42 Hours**

**Course Description:** Anatomy IV will detail study of the structures and relationships among structures of the human body, and physiology will deal with the metabolic functions of the various structures and their interdependency upon one another. Review, examination, and structural identification of the nervous, and endocrine systems will take place. Students will also study the effects of energy work massage on clients and soft tissue. Students will apply their knowledge hands on.

### **Business & Law: 30 hours**

**Course Description:** Students will learn good business practices along with state, local and federal laws that therapists are required to abide by including discrimination, and mandatory reporting requirements. Material covered will include tools of the trade and how to care for these tools, the fundamentals for business success, basic bookkeeping, taxes, business and financial planning, marketing, goal setting, success strategies, networking, technology, communications, and liability insurance and requirements. Good business communications is discussed including oral, written and non-verbal methods. All students will be asked to write a Vision and Mission Statement and to prepare and turn in their own Business Plan.

### **Ethics: 30 hours**

**Course Description:** Students will learn about professional relationships, boundaries (such as personal, sexual, financial), power imbalances, transference and counter-transference, chemical dependency, maintaining a professional image, and dual relationships. The students will be presented with real life scenarios to analyze appropriate actions and outcomes. Sexual risk management and boundaries are discussed in depth and students learn how to properly respond to ethical dilemmas.

### **Kinesiology I: 42 Hours**

**Course Description:** Students will explore the science of human movement, and learn to identify the individual bones and corresponding muscles of the arm, forearm, hand, and shoulder. Students will gain a knowledge of their actions as massage therapists, and how those actions affect corresponding muscles. Students will apply their knowledge hands on.

### **Kinesiology II: 42 Hours**

**Course Description:** Students will explore the science of human movement, learn to identify the individual bones and corresponding muscles of the spine, thorax, head, neck and face. Students will gain a knowledge of their actions as massage therapists, and how those actions affect corresponding muscles. Students will apply their knowledge hands on.

### **Kinesiology III: 60 Hours**

**Course Description:** Students will explore the science of human movement, and learn to identify the individual bones and corresponding muscles of the pelvis, thigh, leg and foot. Students will gain a knowledge of their actions as massage therapists, and how those actions affect corresponding muscles. Students will apply their knowledge hands on.

### **Massage Theory I-Massage & the Spa: 42 Hours**

**Course Description:** Students will gain an introduction to massage history and learn about pioneers in the field of massage therapy, and how their research and theories contributes to the field today. Students will also learn the standard precautions for infection control and prevention. Students will gain an introductory knowledge of basic spa principles and techniques. Students will apply their knowledge hands on.

### **Massage Theory II-Techniques & Body Mechanics: 48 Hours**

**Course Description:** Students will learn massage therapy techniques necessary to give an appropriate and acceptable Swedish massage including gliding/effleurage, kneading/petrissage, compression, percussion/tapotement, friction, joint movement and vibration along with quality of massage application such as rhythm, pressure, rate of movement, and direction of movement. Chair massage will be introduced and studied and students will learn to give chair massage routine using acceptable techniques. Students will learn hands-on with demonstration and application that allows for practice and development.

### **Massage Theory III-Neuromuscular Therapy: 42 Hours**

**Course Description:** Students will continue to practice appropriate body mechanics, stances and positioning so as to minimize the physical impacts of massage on their body and promote career longevity. Students will continue to refine their massage therapy techniques, and will begin compose a fluid and appropriate Swedish massage using techniques including gliding/effleurage, kneading/petrissage, compression, percussion/tapotement, friction, joint movement and vibration. Chair massage will continue to be practiced and students will learn to give a fluid and appropriate chair massage routine using

acceptable techniques. Students will learn palpation techniques on specific muscle areas of the body. Students will learn hands-on with demonstration and application that allows for practice and development.

#### Massage Theory IV-Neuromuscular Therapy: 42 Hours

**Course Description:** Students will continue to practice appropriate body mechanics, and refine their massage therapy techniques and chair massage. Students will learn palpation techniques on specific muscle areas of the body. Students will learn hands-on with demonstration and application that allows for practice and development.

#### Massage Theory V-Introduction to Advanced Techniques: 42 Hours

**Course Description:** Students will be introduced to a variety of advanced techniques including clinical and sports massage, reflexology, postural assessment, deep tissue work, hot stone massage and other modalities. Students will gain an introductory knowledge of these modalities. Students will learn hands-on with demonstration and application.

#### Massage Theory VI-MBLEx Review Class: 30 Hours

**Course Description:** Students will pull from their gained knowledge over the entire course in this review class. Students will apply their knowledge in review through class activities including practice tests, discussion, hands on learning and auditory/visual processes.

#### Massage Theory VII-Community Hours: 19 Hours

**Course Description:** 19 hours of hands on activity will be required outside the classroom. These activities will vary but could include chair massage events, giving or receiving a scheduled massage, or other activities yet to be determined. All activities will be overseen by a licensed massage therapist.

#### Medical Terminology: 18 hours

**Course Description:** Students will cover medical terminology and learn basic anatomical terms including meanings of word roots, combining forms, prefixes and suffixes. Students learn basic word elements, word analysis, word building, spelling and pronunciation. Regions of the body, planes of movement, direction and position of body structures and movements of the body will also be discussed. Students will gain an understanding of the structure of the body. Students will build a working vocabulary of anatomical terms.

#### Pathology I: 24 Hours

**Course Description:** Students will learn about various diseases of the body, and know the signs and symptoms of these pathologies. Students will learn risk factors associated with these diseases along with whether or not the conditions are indicated or contra-indicated for massage. Students will focus on skeletal, nervous, muscular, cardiovascular and endocrine pathologies.

#### **Pathology II: 30 Hours**

**Course Description:** Students will learn about various diseases of the body, and know the signs and symptoms of these pathologies. Students will learn risk factors associated with these diseases along with whether or not the conditions are indicated or contra-indicated for massage. Students will focus on reproductive, integumentary, urinary, respiratory, digestive, and lymphatic pathologies. Students will also study special populations and how massage for these populations may be indicated or contraindicated.

#### **Student Clinic I-Introduction: 30 Hours**

**Course Description:** Students will gain information on day-to-day operations of running a massage business, such as scheduling, booking and re-booking appointments as they work in the student clinic which is open to the public. Students will learn how to complete client intake and assessment forms and document using SOAP notes. Students will be taught to operate this clinic under supervision from open to close.

#### **Student Clinic II-Mastering Technique: 72 Hours**

**Course Description:** Students will increase their knowledge of running day-to-day operations of a massage business, such as scheduling, booking and re-booking appointments as they work in the student clinic which is open to the public. All students will be required to perform an acceptable full body massage on a Licensed Massage Therapist.

#### **Student Clinic III-Advanced Clinic: 78 Hours**

**Course Description:** Students will become proficient at running day-to-day operations of a massage business, such as scheduling, booking and re-booking appointments as they work in the student clinic which is open to the public. Students will be introduced to more advanced skills such as clinical and sports massage, postural assessment and deep tissue work as they operate this clinic under supervision from open to close. All students will be required to perform an acceptable full body massage on a Licensed Massage Therapist.

#### **Course Objectives/Outcomes:**

The course objectives include:

- Preparing students for post-program success, both in the work force and in their educational pursuits.
- Providing a rich learning environment utilizing research-based methods of instruction, state-of-the-art technology, and current resources and materials.
- Providing a challenging, current curriculum based on industry/academic expectations.
- Upon successful completion of the program/course for Licensed Massage Therapist the students will be able to:
  - Explain and define the history of massage from its beginning in Antiquity to today.
  - Explain and define the Therapeutic Relationship, its Boundaries, Confidentiality and Power Differential.
  - Define, contrast and compare Transference and Countertransference.
  - Define Sexual Misconduct, understand Sexual Risk Management, when, why and how to Terminate a Session.
  - Identify and discuss Tools of the Trade: Tables, Chairs, Lubricant, etc.
  - Explain and define Research Literacy, the Scientific Method and why Research is important to the massage profession. And also be able to demonstrate Research Literacy Skill.
  - Explain and define the mechanical, physiologic and psychologic effects of Massage.
  - Explain and define Body Mechanics.
  - Explain and define Client Positioning and be able to massage a client supine, side-lying and prone.
  - Decide when and how to use Bolsters during massage.
  - Explain and define Draping and be able to demonstrate Proper Draping.
  - Perform a full body Swedish massage.
  - Perform Joint Movement, Passive, Active and their variations.
  - Explain and Define Joint Proprioceptors and apply this knowledge while doing joint movement and stretching.
  - Explain, define and apply Standard Precautions for infection control.
  - Explain and define Treatment Planning: Intake, Assessment, Documentation.
  - Apply Treatment Planning knowledge during massage student clinic.
  - Explain and define Hydrotherapy especially utilizing hot and cold temperatures on the external surfaces of the body.
  - Compare and contrast Clinical Massage with Swedish Massage.
  - Explain and define fascia and explain and define Myofascia Release.
  - Explain and define a Trigger Point and apply treatment.
  - Contrast and compare Acute, Subacute and Chronic Pain.
  - Explain and perform a Postural Analysis.
  - Explain Gait Assessment.
  - Define and demonstrate techniques used in Clinical Massage.
  - Explain and perform a Chair Massage. Contrast and Compare to a full body table massage.
  - Explain and define Energy-Based Bodywork Therapy.



- Explain and define a Meridian.
- Explain and define Professionalism and qualities of a Professional Massage Therapist.
- Describe and demonstrate proper telephone etiquette for business-related calls.
- Explain and define a Business Plan and marketing strategies.
- Contrast and compare Employer versus Employee, Independent Contractor versus Employee.
- Explain and define a Business Sole Proprietorship, Business Partnership, Corporation, and LLC
- Outline pertinent licenses, insurance, etc., for operating a business.
- List types of insurance and describe their purpose.
- Determine Financial aspects of a business, such as fees, tips, gifts, start-up costs.
- Describe aspects of Accounting practices, such as the use of checking accounts, petty cash accounts and payroll.
- Identify taxes the massage therapist is responsible for paying and appropriate tax deductions.
- Define healthcare related and medical terminology.
- Define tissue injury and repair.
- Define, explain and list the basic structures, function and pathologies of the human body systems including: Circulatory, Digestive, Endocrine, Integumentary, Lymphatic, Muscular, Skeletal, Reproductive, Respiratory, Urinary, Nervous

### **Grading:**

End of chapter quizzes are given on each chapter as the chapter is completed. All tests given are multiple choice or fill in the blank. There will be a comprehensive test at the end of each class covering all material covered in that class. A student must complete the course with at least 70% of the total points available for the course. Total points for the course are accumulated as follows:

Tests/Quizzes	50%
Homework/Assignments	20%
Participation/Professionalism	15%
Class Project/Massage Practical	15%

If a student is absent the day of an exam, it is the student's responsibility to make up the missed exam during the next class or a zero will be given for the exam that was missed. Students will have one opportunity to take the test. Retakes will not be permitted. If a student is absent during a class where an assignment is due the student will have the opportunity to turn in the assignment during the next class, or a zero will be given for the assignment that was missed.

### **Grading Scale**

93-100% - A  
 90-92% - A-  
 87-89% - B+  
 83-86% - B

80-82% - B-  
77-79% - C+  
73-76% - C  
70-72% - C-  
67-69% - D+  
63-66% - D  
60-62% - D-  
0-59% - F

### **Credentialing:**

- Massage and Bodywork Licensing Exam (MBLEX)
- License to Practice Massage Therapy from the State Medical Board of Ohio

### **Course Policies:**

- **Attendance:** Each program follows set guidelines set forth by the governing body of each program. According to Rule 4731-1-16 Ohio Administrative Code, a minimum of 750 clock hours are required for licensure through the State of Ohio Medical Board. Our massage therapy program consists of approximately 835 clock hours. Note that coming late or leaving early is counted as missed hours. Students can miss a maximum of 85 hours in TOTAL in our massage therapy program. Beyond this in order to graduate, a student must make up hours in another scheduled class to graduate, or get special permission to schedule make up hours which must be pre-approved by the instructor and scheduled in advance. The student is responsible for all reading assignments and all in-class work. Should a student be absent, all reading assignments and all in-class information and assignments are still their responsibility.
- **Cell phones** – Cell phones are not permitted to be used inside the classroom during class time. Students are expected to turn their phones off or on vibrate and can check them at breaks.
- **Disruptive Behavior** – Disruptive behavior of any type is NOT permitted and may result in dismissal from the program. Sleeping during class, tardiness to class, foul or rude language, bullying, refusing to participate in a class exercise or assignment, excessive talking during class, interrupting the instructor, or other students, and disrespectful behavior are examples of disruptive behavior.
- **Diversity** - It is the responsibility of the instructor and the students to foster and maintain a harmonious, non-threatening and non-discriminating environment in the classroom. C-tec does not discriminate on basis of race, color, national origin, sex, sexual orientation, transgender identity, disability, age, religion, military status, ancestry, genetic information, or any other legally protected category. All individuals are to be respected as equal and contributing partners of society. Discrimination will not be tolerated.
- **Fingernails** – Fingernails must be kept clean and short. No artificial nails permitted.

- **Name Tags:** All students will be provided with identifying name tags, and are expected to wear the name tag every class day throughout the program.
- **Plagiarism** – Submitting plagiarized work for an academic requirement is considered academic misconduct. Plagiarism is the representation of another’s work or ideas as one’s own; it includes the unacknowledged word-for-word use and/or paraphrasing of another person’s work, and/or inappropriate unacknowledged use of another person’s ideas.
- **Shoes** – All shoes must be closed toe, clean and in good repair.
- **Smoking** – Smoking is permitted in designated areas only.
- **Uniforms** – Students must be in uniform at all times during class hours and clinic. All clothing should be clean and in good repair. Uniforms consists of maroon scrubs.

Massage Therapy Class Outline

<b>Lesson</b>	<b>Material Covered</b>
1	Introductions/Housekeeping
2	History of Massage
3	Medical Terminology: Basic word structures
4	Tools of the Trade
5	Medical Terminology: Organization of the body
6	Medical Terminology: Suffixes
7	Body Mechanics, Positioning, Draping
8	Body Mechanics, Positioning, Draping Cont'd/Ethics: Boundaries & Prof. Relationships
9	Medical Terminology: Prefixes
10	Ethics: Power Imbalances, Words, Sexual Boundaries
11	Medical Specialists and Review
12	Intro to Kinesiology
13	Ethics: Sexual Boundaries Cont'd, Financial Boundaries
14	Ethics: Dual Relationships, Internet Boundaries, Support with Boundaries
15	Kinesiology: Body regions, planes, movements
16	Ethics: Bringing it all together & Wrap Up
17	Kinesiology: Shoulder & Arm
18	Kinesiology: Shoulder & Arm
19	Treatment Planning, Intake, & Documentation
20	Shoulder & Upper Thorax
21	Kinesiology: Shoulder & Arm
22	Shoulder & Upper Thorax
23	Kinesiology: Shoulder & Arm
24	Kinesiology: Forearm & Hand
25	Massage Techniques
26	Massage Techniques
27	Kinesiology: Forearm & Hand
28	Arm & Hand
29	Kinesiology: Forearm & Hand

30	Arm & Hand
31	Kinesiology: Forearm & Hand
32	Kinesiology: Spine & Thorax
33	Infection Control & Emergencies
34	Infection Control & Emergencies
35	Kinesiology: Spine & Thorax
36	Self Care
37	Kinesiology: Spine & Thorax
38	Kinesiology: Spine & Thorax
39	Spine
40	Low Back & Abdomen
41	Kinesiology: Head, Neck & Face
42	Low Back & Abdomen
43	Kinesiology: Head, Neck & Face
44	Kinesiology: Head, Neck & Face
45	Head, Neck & Face
46	Head, Neck & Face
47	Kinesiology: Head, Neck & Face
48	The Pelvis
49	Kinesiology: Pelvis & Thigh
50	Kinesiology: Pelvis & Thigh
51	The Pelvis
52	The Thigh
53	Kinesiology: Pelvis & Thigh
54	The Thigh
55	Kinesiology: Pelvis & Thigh
56	Kinesiology: Pelvis & Thigh
57	Clinical & Sports Massage
58	Kinesiology: Leg & Foot
59	Clinical & Sports Massage
60	Seated Massage
61	Kinesiology: Leg & Foot

62	Kinesiology: Leg & Foot
63	Leg, Ankle, Foot
64	Leg, Ankle, Foot
65	Kinesiology: Leg & Foot
66	Student Clinic: Prep for Soft Opening
67	Kinesiology: Leg & Foot
68	Kinesiology: Leg & Foot
69	Student Clinic: Prep for Soft Opening
70	Student Clinic: Prep for Soft Opening
71	Kinesiology: Leg & Foot
72	Student Clinic Soft Opening
73	Intro to the Human Body
74	Skeletal System
75	Student Clinic Soft Opening
76	Skeletal System
77	Student Clinic
78	Hydrotherapy & Spa Applications
79	Muscular System
80	Student Clinic
81	Muscular System
82	Integumentary System
83	Student Clinic
84	Hydrotherapy & Spa Applications
85	Nervous System
86	Student Clinic
87	Nervous System
88	Nervous System
89	Student Clinic
90	Endocrine System
91	Student Clinic
92	Energy-Based Work
93	Endocrine System

94	Student Clinic
95	Cardiovascular System
96	Cardiovascular System
97	Student Clinic
98	Energy-Based Work
99	Lyphatic System
100	Student Clinic
101	Lyphatic System
102	Respiratory System
103	Student Clinic
104	Business & Law
105	Respiratory System
106	Student Clinic
107	Digestive System
108	Digestive System
109	Student Clinic
110	Business & Law
111	Urinary System
112	Student Clinic
113	Urinary System
114	Massaging Special Populations
115	Student Clinic
116	Business & Law
117	Massaging Special Populations
118	Student Clinic
119	Research in Massage
120	Research in Massage
121	Student Clinic
122	Business & Law
123	Student Clinic
124	Student Clinic
125	MBLEx Review

126	Student Clinic
127	Student Clinic
128	MBLEx Review
129	Student Clinic
130	Student Clinic
131	MBLEx Review
132	Student Clinic
133	Student Clinic
134	MBLEx Review
135	Student Clinic
136	MBLEx Review
137	Student Clinic
138	MBLEx Review
139	Student Clinic
140	Graduation