



# Massage Therapy I Syllabus

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**Course Description:** Massage Therapy I will introduce students to the field of massage therapy. Students will learn the history of massage, anatomy, physiology and safety practices. Students will be able to perform Swedish, chair and sports massages using proper body mechanics.

**Organization:** Students will learn from various resources including textbooks, hands-on demonstrations, field-trips, guest speakers, videos and working in the school's massage spa.

**Course Standards:** *(This is a complete list of standards for the full 2 year program. Some of these will not be completed until the second year.)*

- Demonstrate knowledge of anatomy and physiology.
- Utilize knowledge of pathology to ensure client safety.
- Demonstrate appropriate business/record-keeping techniques.
- Demonstrate appropriate safety practices.
- Apply ethical behavior.
- Demonstrate and perform classical/Swedish massage.
- Demonstrate understanding of hydrotherapy.
- Demonstrate basic knowledge of kinesiology.
- Apply concepts of polarity to massage therapy.
- Demonstrate knowledge of reflexology.
- Demonstrate basic trigger point therapy.
- Apply concepts of joint mobilization.
- Introduction to Eastern modalities.
- Demonstrate concepts of Sports Massage at intro level.
- Discuss application of special massage techniques to specific populations.
- How to build a career as a Massage Therapist.

**Textbooks:** *Massage Therapy Principles and Practice*; 3<sup>rd</sup> Edition; Salvo  
*Trail Guide to the Body*; 3<sup>rd</sup> Edition; Biel

**Grading:** Tests: 40%  
Class Participation: 20%  
Clinic/Spa Participation: 20%  
Other class work/assignments/quizzes: 20%

- Each student will be required to **secure 15 clients in the massage spa**, each semester, in order to continue in the program the following semester.
- **Each student will be required to sit for the skill exam, with an outside evaluator, at the end of each semester, and pass with a minimum of an 80%, in order to earn articulated massage therapy college credit through Central Arizona College.**

***Class Uniform:*** Students are required to wear scrubs and approved shoes to class daily. Female students will be provided with an approved swimsuit to be worn during class practicals. Male students are also required to wear swim or gym trunks during class practicals.

***Attendance:*** In order to earn the massage certification students will need to first successfully complete 4 semesters of classes, according to the CAVIT Student handbook as well as attend CAVIT for a minimum of 700 hours while not exceeding 720, which translate into only being able to miss 10 days in two years. If a student misses more than 10 days, they will have the opportunity to make up hours in many various, alternative ways. Students will also have the ability to store up hours in advance of an absence(s), per Mr. Barth's approval, by again utilizing approved, alternative means.

***Summer Session:*** CAVIT will be providing a one week summer session the week of June 8-12 2015 for all first year students who are interested in making up hours or "space-banking" hours for the next year. **IT IS NOT MADATORY TO ATTEND**, but the summer program will be an extension of the massage curriculum mainly including field trips to various spas and massage establishments as well as participate in the CAVIT massage clinics. The exact times of the summer program will be announced later in the school year.