

Aid clients in recovery and pain, Work with athletes, Perform various types of massages
Consult with clients, Promote health and well-being, Work in a full-service spa

Program Requirements	Location and Hours										
<ul style="list-style-type: none"> CAVIT district resident Current sophomore or junior Copy of unofficial transcript (due by July 24) Copy of birth certificate (due by July 24) Proof of immunization (due by July 24) Copy of social security card (due by July 24) Proof of residency (due by July 24) CAVIT provides scrub set and textbook. Student to provide white, leather-like athletic shoes. 	<p>CAVIT Central Campus 1789 W. Coolidge Avenue Coolidge, AZ 85128</p> <p>School Year Classes begin July 27, 2015</p> <p>Monday - Friday</p> <p>First Year Schedule 1st Session: CGUHSD, Online-7:00-9:00am 2nd Session: CHS, FHS, Imagine-9:30-11:30am 3rd Session: MHS, PBHS, SCVUHS, Sequoia, STFHS, Villa-12:30-2:30pm</p> <p>Two years/720-hour program</p>										
Credits Issued	Industry Certifications										
<p>CAVIT - 1 elective credit awarded per semester</p> <p>Central Arizona College - 20 dual enrollment health careers college credits (listed below) awarded during second year of program*</p> <p>EMS 100-CPR for Professionals HCC 100-Introduction to Healthcare HCC 111-Interpersonal Skills HCC 112-Law and Ethics HCC 116-Medical Terminology HPM 180-Therapeutic Massage I HP 181-Therapeutic Massage II HPM 282-Therapeutic Massage IV</p> <p>*Students must meet the college's reading requirement in advance of the second year in order to receive college credit.</p>	<p>American Heart Association CPR/AED</p> <p>Arizona State Board of Massage Therapy Licensure</p> <p>Legal residency required for state massage therapy licensure.</p> <p>*Massage therapy licensure is subject to students successfully passing CAVIT's two-year program and meeting state board requirements.</p> <p>Application fee is paid by CAVIT for students meeting licensure requirements.</p>										
Grade Accountability	Career Pathways										
<p>CAVIT - 1 elective credit awarded per semester</p> <p style="text-align: center;">Grading Scale</p> <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: left;">Grade</th> <th style="text-align: left;">Percent</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>90%-100%</td> </tr> <tr> <td>B</td> <td>80%-89%</td> </tr> <tr> <td>C</td> <td>70%-79%</td> </tr> <tr> <td>F</td> <td>69%-0%</td> </tr> </tbody> </table> <p>*Students must earn 80% or higher each semester in order to progress and complete the program.</p>	Grade	Percent	A	90%-100%	B	80%-89%	C	70%-79%	F	69%-0%	<p>Massage therapist, chiropractic assistant, physical therapist*, sports trainer*, salon manager*, salon owner*</p> <p>Entry level salary range \$11.36-\$16.78 per hour**</p> <p><i>*with additional education in this pathway</i> <i>**Bureau of Labor Statistics, Employment & Wages</i></p>
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Program Highlights

- Experience the joy of helping people feel better through therapeutic touch
- Manage a full service spa offering chair, hot stone, prenatal, sports and Swedish massages, and body scrub treatments
- Assess soft tissue injury to develop a massage program for clients in the fitness, health care and sports fields

Student Success Indicators

- History of good attendance and discipline
- Strong interest in career pathway
- Strong technical reading skills

The textbook for this course is written at the college reading level. Because of its technical vocabulary and sentence structure, students may need to develop new reading strategies to ensure successful comprehension.

Students are Graded on the Following:

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| <ul style="list-style-type: none"> • Knowledge of all body systems and associated medical terminology • Knowledge of disorders of body systems and organs (rheumatoid, degenerative, autoimmune, infectious, functional) • Knowledge of and following rules of documentation of therapeutic records • Maintaining professional network of health professionals and professional organizations • Provision of cardiopulmonary resuscitation and first aid • Knowledge of therapeutic boundaries: confidentiality, nudity/draping techniques, privacy, termination of treatment • Knowledge of how to comply with ethical business practices • Demonstrating and utilizing comfortable body mechanics for massage therapist • Maintaining appropriate environment for massage: room and layout, temperature, lighting, music, client comfort, minimal distractions • Demonstrating the basic strokes of Swedish massage: effleurage, petrissage, tapotment, vibration, compression, friction • Demonstrating effective and appropriate palpation techniques | <ul style="list-style-type: none"> • Identifying muscle and joint interaction • Identifying reflex zones on feet and hands • Location of trigger points • Definition of R.I.C.E. (Rest, Ice, Compression, and Elevation) • Identifying pre/post event massage • Demonstrating the use of hot/cold treatments • Demonstrating various stretching techniques: passive, assistive, active • Verbalizing nuances of massage techniques on clients of all age groups • Identifying massage techniques to be used on pregnant clients • Demonstrating massage techniques on physically challenged clients • Demonstrating seated massage techniques • Verbalizing purpose and uses of animal massage • Knowledge of basic business practices: computer software, bookkeeping, documentation/patient records • Knowledge of ways advertising/marketing, insurance, licenses and permits, government policies |
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