

PSL /VB Beauty Academy
New Student Orientation Packet
Massage Therapy

Florida Laws, Rules and Ethics (MFL 106)

LAWS AND RULES

- Objective: The student will review Chapter 48 (The Massage Practice Act), to clarify various points in the laws and rules that affect all Florida massage therapists, and to highlight changes and new developments within the profession.
- Learning Objectives: Students will understand the composition of the board of massage therapy, renewal requirements, massage establishment requirements, advertisements, marketing, promotion, and scope of practice issues.
- Hours Required: 10

ETHICS

- Objective: Ethics and professionalism of massage therapy will provide the student with an understanding of the different ideas and perceptions affecting the industry. The ethical structure and integrity necessary to perform massage therapy successfully will be explored in order to equip the student with the professional knowledge necessary to utilize his/her skills in a responsible and appropriate manner.
- Learning Objective: The student will demonstrate their skills with a high degree of sensitivity to the professionalism and ethics of massage therapy.
- Hours Required: 4
- Total hours of Laws, Rules, and Ethics: 14

Business Skills and Professional Development (MBB 107)

- Objective: To prepare the student with the business and professional knowledge enabling them to present themselves to an employer in such a manner as to successfully obtain a position. The student will learn how to prepare a professional resume'. Also, various job search applications will be reviewed during this segment of training.
- Learning Objective: The student will be able to demonstrate their skills with a high degree of sensitivity to the professionalism of massage therapy. Students will prepare and present a resume in a mock classroom interview.
- Hours Required: 15

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Clinical Practicum:

- Objective: Clinical practice allows student the opportunity to practice learned techniques in a supervised environment. Student will make and confirm appointments, interview clients, maintain clinic, waiting room, and restrooms, and, interview clients to determine the most effective protocol to use in each case. Students will also participate at events outside of school grounds under instructor supervision.
- Performance Objective: The student will be able to perform a massage therapy session with the client in a one hour time frame using the basic Swedish techniques. They will also understand the terminology and reasons behind each of the movements used in the session. The student will also assess a client's condition to determine the type of technique(s) to be used in a variety of circumstances.
- Minimum Hours Required: 125 One Hour Practical Massages
- Total Hours of Basic Massage Theory and Clinical Practicum: 381

Theory and Practice of Hydrotherapy (MHY 103)

- Objective: The student will learn how and when to apply heat and cold applications to the body with the use of water in its three forms, the applications of spa treatments, and the fundamentals of employment in a spa establishment.
- Performance Objectives: Students will use hot compresses and ice, perform salt scrubs, paraffin dips, blend salts, aromatherapies and lotions. Students will also describe expected qualifications of individuals who seek employment in the spa industry.
- Hours Required: 15

Prevention of Medical Errors (MME 105)

- Objective: The student will learn how medical errors contribute to high health care costs and why it is important to design a future massage practice that is conducive to the safety of both the client and the therapist.
- Learning Objectives: Students will identify the Institute of Medicine safety recommendations, describe ways to simplify key work procedures and avoidance of over-reliance of memory and vigilance.
- Hours Required: 2

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HIV/AIDS (MAA 104)

- Objective: HIV infected persons seek healing modalities that will enhance the physical, psychological and spiritual aspect of their being and touch is the forefront of these modalities. This course will greatly assist the student in providing the skills of greater awareness and sensitivity for people who are HIV infected.
- Learning Objectives: The student will be able to define HIV infection, its routes of transmission, and its symptoms. Students will also identify massage and bodywork protocols that are either indications or contraindications for people who are infected with HIV.
- Hours Required: 3

Basic Massage Theory and Clinical Practicum (MMC 102)

Basic Massage Theory:

- Objective: To provide the necessary knowledge and skills required to understand the history of massage, the effects, indications and contraindication of massage, proper choice of equipment and products, infection control and safety practices, consultation and documentation, classifications of massage, practitioner preparation, procedures for massage, therapeutic procedures, special populations, and massage in medicine, other therapeutic techniques.
- Learning Objectives: The student will understand the significant time line in the evolution of massage, define the physiological and psychological effects of massage and identify contraindications, list equipment and supplies as a therapist, describe effectiveness and need to maintain a sanitary environment, explain client intake protocol and treatment plan options, demonstrate mastery of basic massage movements, demonstrate importance of proper body mechanics and self care, describe the four parts of massage procedure and importance of evaluation, understand needs and accommodations for special populations, explain the role in integrative medicine, demonstrate chair massage, shiatsu, and reflexology techniques.
- Performance Objectives: The student will have the ability to practice on other students in the classroom in preparation for student clinical practical experience with the general public. The student will also be proficient in filling out appropriate forms that accompany the sessions, and will practice ethical and boundary skills.
- Hours Required: 256

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Course Goals:

Anatomy and Physiology (MHA 100)

- Objective: The student will be provided with a well-rounded knowledge and understanding of the human body as well as related terminology, focus on the pathological conditions encountered by the massage therapist and issues related to indications and contraindications, and, have a thorough understanding of bones, muscles and joints as they are involved in the science of movement. This knowledge is essential for the massage practitioner to perform skillfully and successfully.
- Learning Objectives: The student will be able to demonstrate knowledge of basic human anatomy and physiology, name the anatomical planes, regions and cavities of the body, name the eleven body systems and explain the structure and functions of those various body systems using medical terms. The student will also be able to demonstrate knowledge of the bones, muscles, and joints of the body, including the origin, insertion, action and nerve innervation of muscles; and, discuss indications and contraindications in regards to pathological conditions commonly encountered by massage therapists.
- Performance Objectives: The student will be able to effectively palpate and identify various muscles when directed, and to effectively palpate and identify joint structures and bony landmarks. The student will also be able to identify pathological conditions and adjust hands-on protocol to accommodate various conditions related specifically to integumentary and musculoskeletal systems.
- Hours Required: 234

Allied Modalities (MAM 101)

- Objective: The student will be provided with information on various modalities including clinical massage techniques, lymphatic massage, and athletic/sports massage.
- Learning Objective: The student will be able to describe and demonstrate techniques and appropriate uses of neuromuscular therapy, trigger-point, muscle energy technique, myofascial, craniosacral therapy, lymphatic massage, and the application of techniques used in pre, inter, post and rehabilitative athletic massage.
- Hours Required: 86

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Course Outline: Massage Therapy

Instructors:

PSL B019071-01

Kenneth Schott, LMT, BS ed, MA16260

Tabitha Van Rooyen, LMT, MA54854

VB B019071-02

Laurie Leach, LMT, MA56539

FP 09071-00

Massage Therapy not offered at this campus

Textbooks:

Theory and Practice of Therapeutic Massage; Beck (Text)

Theory and Practice of Therapeutic Massage; Beck (Workbook)

Trailguide to the Human Body, Andrew Biel (Text)

Course Description:

This course is designed to provide comprehensive and practical training in the history and theory of massage therapy and the techniques involved. Anatomy, Physiology, Pathology, Kinesiology, will support this curriculum. Hydrotherapy will be included as well as other allied modalities. Sensitivity training, HIV awareness and Medical Error prevention classes are also included. All training complies with Chapter 480 of the Florida Statutes. Students must receive and grade of 75% or better on all tests.

Course Format:

Classes are taught on a five day per week schedule, for a total number of 750 clock hours. Classes are taught by lecture, demonstration, audio-visual aids, and live "hands-on" participation. Some of the teaching methods used are question/answer, note taking, discussion, project assignments, and hands-on participation and instruction.