

PSL /VB Beauty Academy
New Student Orientation Packet
Massage Therapy

Course Outline: Massage Therapy

Instructors:

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Massage Therapy not offered at this campus

Textbooks:

Theory and Practice of Therapeutic Massage; Beck (E-Book)

Trail Guide 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, E-Book assignments, 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.

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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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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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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.

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Grading Scale

Students must receive no less than 75% on all tests. A test grade of 74% or below will be considered a test re-take. If a student receives a passing grade on the re-take, no matter what the grade is, the students grade will still be recorded as a 75%.

A = 90-100
B = 80-89
C = 70-79
D = 60-69
F = 59 or below

64B7-32.003 Minimum Requirements for Board Approved Massage Schools.

(1) In order to receive and maintain Board approval, an in-state school, and any satellite location of a previously approved in-state school, must:

(a) Submit a completed application on form DH-MQA 1266, Rev. 1/18, "Application for Massage Therapy School Approval." The form is incorporated herein by reference and may be obtained from the Board office at 4052 Bald Cypress Way, Bin C-06, Tallahassee, Florida 32399 or from the website located at <http://floridasmassagetherapy.gov/applications/app-mt-school.pdf> or <http://www.flrules.org/Gateway/reference.asp?No=Ref-09169>. To apply on-line, visit <http://flhealthsource.gov/mqa-services>.

(b) Meet the requirements of and be licensed by the Department of Education pursuant to chapter 1005, F.S., or be within the public school system of the State of Florida; and,

(c) Offer a course of study that includes, at a minimum, the 500 classroom hours listed below, completed at a rate of no more than 6 classroom hours per day and no more than 30 classroom hours per calendar week:

Area of Study	Classroom Hours
Anatomy and Physiology	150
Basic Massage Theory and History	100
Clinical Practicum	125
Allied Modalities	76
Business	15
Theory and Practice of Hydrotherapy	15
Florida Laws and Rules (Chapters 456 and 480, F.S., and Chapter 64B7, F.A.C.)	10
Professional Ethics	4
HIV/AIDS Education	3
Medical Errors	2

(d) Achieve a graduate passage rate not lower than 10 percentage points less than the average passage rate for graduates of comparable degree programs who are first-time examinees on a Board approved examination during a calendar year.

1. If an in-state Board approved massage school's graduate passage rates do not equal or exceed required passage rates for two consecutive calendar years, the school will be placed on probationary status pursuant to chapter 120, F.S. The Board may require the program director to present a plan for remediation at a regularly scheduled meeting.

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- Hours Required: 2

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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2. The Board will remove probationary status at a regularly scheduled meeting following release of the school's graduate passage rate by the Board approved testing vendor and once the school achieves a graduate passage rate for any one calendar year that equals or exceeds the required passage rate.

(2) An in-state Board approved school must notify the Board within 90 days of:

- (a) Changes in curriculum;
- (b) Changes in address;
- (c) Changes in name;
- (d) Changes in approved signer;
- (e) Changes in ownership.

(3) Approval of an in-state Board approved massage school shall be rescinded or other action taken if the school:

(a) Modifies its course of study to fall below minimum standards, or fails to require its students to complete its course of study in order to graduate;

(b) Submits on behalf of an applicant for licensure documents containing information the school, through its owner, manager, faculty, or other employees or agents, knows to be false;

(c) Violates any standard applicable to the school pursuant to licensure by the Department of Education;

(d) Violates any applicable rule herein;

(e) Does not achieve the required passage rate for any one calendar year during the two calendar years following placement on probationary status, pursuant to chapter 120, F.S.

(4) If an in-state Board approved massage school or any owner, manager, faculty, or other employee or agent is alleged to have violated any provision of chapter 480, F.S., and rule chapter 64B7-32, F.A.C., or part therein:

(a) The Board shall inform the school of any alleged violations in writing. The school shall respond in writing. The school may request an appearance before the Board at the next scheduled meeting to explain any mitigating factors;

(b) If the Board determines that a school is in noncompliance, it may impose one of the following:

- 1. Corrective action required which shall include the time period in which the school must comply; or
- 2. Rescission of Board approval.

(c) The Board shall inform the Florida Department of Education of the action taken.

(5) The Board shall review approval of an in-state school when a change in ownership occurs. If the Board determines that the school is in noncompliance with any provision of chapter 480, F.S., and rule chapter 64B7-32, F.A.C., or part therein, it may impose one of the following:

(a) Corrective action required which shall include the time period in which the school must demonstrate compliance;

(b) Rescission of Board approval.

Rulemaking Authority 480.033(9), 480.035(7) FS. Law Implemented 480.033(9), 480.041(1)(b) FS. History—New 3-25-86, Amended 8-15-89, 12-22-92, Formerly 21L-32.003, Amended 10-20-96, Formerly 61G11-32.003, Amended 8-16-98, 10-30-07, 4-25-10, 5-8-12, 3-21-18.

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HOUSE KEEPING

- Lobby:** Sweep, mop tile area and vacuum carpet. Clean entrance door inside Out . Wipe and clean all surface areas, straighten magazines and chairs And change water dispenser if needed.
- Kitchen:** Wash dishes and cups, put away clean coffee pot, clean fridge, sweep and Damp mop floor when necessary. Clean and empty fridge on Saturday.
- Bathrooms:** Replace toilet tissue, paper towels, wash out sinks and toilets, sweep and Mop floors.
- Laundry:** Check and clean dryer filter, wipe down washer and dryer. Everyone is Responsible for keeping up with the linens and towels.
- Classroom:** Vacuum floor, wipe down tables, organize chairs and equipment, empty Trash.

***REMOVE TRASH EVERY DAY AND ADD CLEAN LINERS**

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What exactly does a massage therapist do?

Massage Therapists treat clients by manipulating (massaging) the soft tissue of the body in order to relieve pain, heal injuries, improve cardiovascular and lymphatic circulation, relieve stress, increase relaxation, and improve overall wellness.

What are some of the settings that a massage therapist can be employed?

Many Therapist are self-employed and build a clientele doing out-calls (going to homes or offices), although they can also gain employment in spas, clinics, physicians' offices, hotels and resorts, cruise ships, and fitness centers.

What are the requirements to become a licensed massage therapist in the state of Florida?

In order to work in the state of Florida you must be licensed. In order to become licensed you must:

- Be 18 years of age, or have received a high school diploma or high school equivalency diploma.
- Complete a course of study at a board approve massage school
- Have received a passing grade on the National Exam issued by the State
- Submit an application and fees to the State along with background screening

How many hours of training does the State require in order to become a massage therapist?

The State requires a minimum of 500 hours although the PSLBA offers an extended program of 750 hours which includes Kinesiology (study of movement), Pathology (study of disease), and Chinese Medicine.

What is the National job outlook for massage therapists?

According to the Bureau of Labor Statistics, projections set for 2016-2026 indicate that there will be an 18% increase for Healthcare occupations, although within the Healthcare field itself, massage therapist is projected to grow 26% which is much faster than the average for all occupations.

What would you say is the National median pay for massage therapists?

Based again on Bureau of Labor Statistics, in 2017 the median pay was \$39,000/year.

What do massage therapists have to do in order to maintain their license?

All therapists shall renew their licenses on or before August 31 of every biennial year. This includes the completion of 24 hours in continuing education training and any fees required by the State.