

Massage Therapy Class Descriptions:

Physical Stress Management (PE53)

2 units/24 hours: Stress theory, assessment, and natural techniques to relieve stress related physical problems. Each student will evaluate their personal stress and then develop and implement their personal stress reduction program.

Introduction to Massage (PE 54)

4 units/72 hours: Review of basic Anatomy and Physiology, draping, Kinesiology, Pathology, passive ROM, muscular imbalances & medical terminology. Students learn about Scope of Practice, Ethics, safe practice techniques and how and when to utilize proper body mechanics and eclectic array of massage techniques. A great class to refresh your hands on skills or review for the National Certification Exam.

Intermediate Massage (PE 54A)

3 units/60 hours: More Anatomy, Physiology, and Pathology plus work on your palpation and assessment skills. Study myofascial release techniques, Self-care strategies, Strain Counter Strain, SOAP note charting and Therapeutic massage treatment program development. Students learn techniques to treat the different fascial layers.

Advanced Massage (PE 54C)

4 units/72 hours:

Studies include Clinical Syndromes and Functional Pathologies, lymphatic system massage, various pain patterns, Travell trigger point release, working the deeper tissues, biomechanical relationships, appropriate primary care referral, and the physiological aspects of tissue damage and repair. A great opportunity to refresh your knowledge of Anatomy during two visits to a University Cadaver lab.

Clinical Practicum in Massage Therapy (PE 54D) 3 units/84 hours:

Clinical practice in massage therapy: methods, procedures, ethics and experience. Students run a 12 week Clinical Practice where they interview clients and use their critical thinking skills to develop therapeutic treatments. SOAP note charting, and business practice, which includes: scheduling appointments, maintaining financial & client records and developing and maintaining ethical client/therapist relationships. In addition the students research and create a Business Development notebook, which gives them the tools to use in their future massage practice.

Sports Massage (PE 54B)

3 units/60 hours:

Sports Massage techniques for common sports/orthopedic injuries, and the study of muscles/ kinesiology of sport motions as they relate to injuries.

Postural/muscle flexibility assessment, and specific techniques to reduce pain and spasm, and improve flexibility. Also instruction in trigger points, contract/relax stretching and restorative massage techniques. Excellent skills that can be integrated into any massage style, not just for athletes.

Table Shiatsu (PE 54E) 4 units/72 hours:

Learn Shiatsu techniques that can be performed on your table and incorporated into your regular massage routines. Students will learn focus, meditation, centering, meridian stretching and proper breathing mechanics through the practice of Chi Gong. Students will learn total body shiatsu treatment sequence along with traditional eastern medical terminology and theory.

Chair Massage (PE 54F) 3 units/60 hours: An introduction to the practice of chair massage. An exploration of a variety of Chair massage techniques and modalities used throughout the world. Traditional Eastern medical terminology and theory behind chair massage will be covered. Students will be given practical experiences, and critiques will be used to evaluate proper methods, procedures, body mechanics and stroke application.