



**TEXAS DEPARTMENT OF LICENSING AND REGULATION**  
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**Massage Therapy**

**Basic Curriculum Outline**

**500 Hour Course**

## Instructor Approach

1. Lecture, discussion, use of charts, graphs, board work, overhead film illustrations, video tapes, DVDs, and/or other media will be used to enhance the learning process.
2. Use of visual aids is essential.
3. Give any pertinent handout material.
4. Review and summarize information outlined in class.
5. Assign homework and reading material for next class.
6. Instructor will answer student questions and provide clarification as needed.
7. Instructor will demonstrate on a living model the entire sequence of massage, the specific movements of massage, and the range of motion movements used in Swedish massage.
8. Instructor will assist each student in developing the ability to perform each massage movement.
9. Instructor will assist each student in a practical experience of the class material.

# Unit I Anatomy & Physiology

50 hours dedicated to the study of anatomy  
25 hours dedicated to the study of physiology

Section 1 Terms and Organization of the Body

Section 2 Cells

Section 3 Tissues

Section 4 Skeletal System

Section 5 Muscular System

Section 6 Nervous System

Section 7 Cardiovascular System

Section 8 Lymphatic System

Section 9 Endocrine System

Section 10 Respiratory System

Section 11 Digestive System

Section 12 Urinary System

Section 13 Reproductive System

Section 14 Special Senses

**1. COMPETENCY: DEFINE TERMS FOR THE ORGANIZATION OF THE BODY**

- a. Define terms used in the organization of the body.
- b. Pronounce terms correctly.
- c. Define why suffixes and prefixes indicate the meaning of words.

**2. COMPETENCY: UNDERSTAND WHY A BASIC KNOWLEDGE OF CHEMISTRY IS IMPORTANT.**

**3. COMPETENCY: IDENTIFY BASIC BODY ORGANIZATION**

- a. Identify the levels or organization of the body, and how this applies to massage therapy.
- b. Locate in descriptive terms any part of the body.
- c. List the systems organized within the body.

**4. COMPETENCY: DESCRIBE THE CELLS OF THE BODY.**

- a. Explain how cells vary from one another.
- b. List the general characteristics of a composite cell.
- c. Explain how the structure of a cell membrane is related to its function.
- d. Describe each kind of cytoplasmic organelle and explain its function.
- e. Describe the cell nucleus and its parts.
- f. Identify specific cells by:
  - i. Location
  - ii. Structure
  - iii. Function
- g. Explain how substances move through cell membranes by physical and physiological processes.
  - i. Diffusion
  - ii. Facilitated diffusion
  - iii. Osmosis
  - iv. Filtration
  - v. Active transport
  - vi. Pinocytosis
  - vii. Phagocytosis
- h. Explain cell metabolism
  - i. Explain the difference between anabolic metabolism and catabolic metabolism.
  - ii. Explain how enzymes control metabolic processes.
    1. Enzymes and their actions
    2. Co-factors and co-enzymes
    3. Factors that alter enzymes
  - iii. Describe the energy of metabolic reactions.
    1. Release of chemical energy
    2. Anaerobic respiration
    3. Aerobic respiration
    4. ATP molecules

**5. COMPETENCY: IDENTIFY TISSUES OF THE BODY.**

- a. Epithelial Tissue

- i. Describe the general characteristics and functions of epithelial tissue.
  - ii. Name the major types of epithelium and identify an organ in which each is found.
    - 1. Simple squamous
    - 2. Simple cuboidal
    - 3. Simple columnar
    - 4. Pseudo stratified
    - 5. Stratified squamous
    - 6. Transitional
    - 7. Glandular
- b. Connective tissue
  - i. Describe the general characteristics of connective tissue.
  - ii. List the major types of connective tissue that occur within the body.
    - 1. Loose connective
    - 2. Adipose
    - 3. Fibrous connective
    - 4. Elastic connective
    - 5. Reticular connective
    - 6. Cartilage
    - 7. Bone
    - 8. Other connective tissue
- c. Muscular Tissue
  - i. Skeletal
  - ii. Smooth
  - iii. Cardiac
- d. Nerve Tissue

**6. COMPETENCY: NAME THE STRUCTURES OF THE INTEGUMENTARY SYSTEM AND DISCUSS THEIR FUNCTIONS.**

- a. Describe the structure of the various layers of the skin.
- b. List the general functions of each of these layers
- c. Describe the accessory organs associated with the skin.
- d. Describe how the body functions in regulating body temperature.
- e. Describe the inflammation response
- f. Explain the importance of the inflammation response.

**7. COMPETENCY: NAME THE STRUCTURES OF THE SKELETAL SYSTEM AND DISCUSS THEIR FUNCTIONS.**

- a. Classify bones according to their shapes and name an example from each group
- b. Describe the general structure of a bone and list the functions of its parts.
  - i. Classifications
  - ii. Parts of a long bone
  - iii. Microscopic structure
    - 1. compact
    - 2. spongy
- c. Describe bone growth and development.
- d. Describe the effects of sunlight, nutrition, hormonal secretions, and exercise on bone development.
- e. Discuss the major functions of bones.
  - i. Support and protection
  - ii. Formation of blood cells
  - iii. Storage of inorganic salts

- iv. Bone marrow
- f. Identify the organization of the skeleton
  - i. Distinguish between the axial and appendicular skeletons and name the parts of each.
  - ii. Know the number of bones
  - iii. Understand the divisions of the skeleton
  - iv. Locate and identify various bones and the major features of each
    - 1. skull
    - 2. vertebral column
    - 3. thoracic cage
    - 4. pectoral girdle
    - 5. upper limb
    - 6. pelvic girdle
    - 7. lower limb

**8. COMPETENCY: UNDERSTAND THE STRUCTURES OF JOINTS, THEIR LOCATIONS AND DISCUSS THEIR FUNCTIONS.**

- a. List the three joint categories and the type of joints in each
- b. List the three types of cartilage and where they can be found
- c. Discuss the physiological components of cartilage
- d. List the joints of the upper and lower extremities

**9. COMPETENCY: DESCRIBE THE PHOSIOLOGY OF THE MUSCULAR SYSTEM.**

- a. Describe how connective tissue is included in the structure of a skeletal muscle.
- b. Name the parts of a skeletal muscle fiber and describe the function of each part.
- c. Explain the events that occur during muscle fiber contraction.
- d. Explain how energy is supplied during the muscle fiber contraction mechanism, how oxygen debt develops, and how a muscle may become fatigued.
- e. Distinguish between fast twitch and slow twitch muscle fibers.
- f. Describe how skeletal muscles are affected by exercise.
  - i. Hypertrophy
  - ii. Atrophy
- g. Distinguish between a twitch and a sustained contraction and explain how various types of muscular contractions are used to produce body movements and maintain posture.
- h. Distinguish between the structure of a multiunit smooth muscle and a visceral smooth muscle.
- i. Compare the muscle fiber contraction mechanism
  - i. Skeletal
  - ii. Smooth
  - iii. Cardiac

**10. COMPETENCY: IDENTIFY AND DESCRIBE THE LOCATION OF THE MAJOR SKELETAL MUSCLES OF EACH BODY REGION.**

- a. Muscles that move the head
- b. Muscles that move the pectoral girdle
- c. Muscles that move the upper arm
- d. Muscles that move the forearm
- e. Muscles that move the wrist, hand, and fingers
- f. Muscles that move the abdominal wall
- g. Muscles that are located on the back
- h. Muscles that move the thigh
- i. Muscles that move the lower leg
- j. Muscles that move the ankle, foot, and toes

**11. COMPETENCY: IDENTIFY THE MAJOR FUNCTIONS OF THE NERVOUS SYSTEM.**

- a. Explain the general functions of the nervous system.
- b. Explain the general function of nerve tissue.
- c. Describe the general structure of a neuron.
- d. Name four types of neuroglial cells and describe the functions of each.
- e. Explain how a membrane becomes polarized.
- f. Describe the events that lead to the conduction of a nerve impulse.
- g. Explain how a nerve impulse is transmitted from one neuron to another.
- h. Distinguish between excitatory and inhibitory postsynaptic potentials.
- i. Explain how neurons are classified.
- j. Describe a reflex arc.
- k. Describe reflex behavior.

**12. COMPETENCY: IDENTIFY THE MAJOR DIVISIONS OF THE NERVOUS SYSTEM.**

- a. Describe the coverings of the brain and spinal cord.
- b. Describe the structure of the spinal cord and its major functions.
- c. Name the parts of the brain and describe the functions of each
- d. List the major parts of the peripheral nervous system.
- e. Describe the structure of the peripheral nervous system.
- f. Describe the general characteristics of the autonomic nervous system.
- g. Distinguish between the sympathetic and the parasympathetic divisions of the autonomic nervous system.

**13. COMPETENCY: NAME THE ORGANS OF THE CARDIOVASCULAR SYSTEM AND DISCUSS THEIR FUNCTIONS.**

- a. Name and describe the location of the cardiovascular structures, including blood vessels and parts of the heart.
- b. Discuss the function of each cardiovascular structure, including the parts of the heart.
- c. Compare the structures and functions of the types of blood.
  - i. Cells
  - ii. Plasma
- d. Explain how blood pressure is created and controlled.
- e. Describe the general characteristics of blood and discuss its major functions.
- f. Review the major steps in blood coagulation.

**14. COMPETENCY: NAME THE STRUCTURES OF THE LYMPHATIC SYSTEM AND DISCUSS THEIR FUNCTIONS.**

- a. Describe the general functions of the lymphatic system.
- b. Describe a lymph node and its major function.
- c. Identify the locations of lymph node collections
- d. Discuss the functions of the thymus and spleen.
- e. Describe lymph is formed and explain the function of lymph.
- f. Explain how lymphatic circulation is maintained and the consequences of lymphatic obstruction.
  - i. Lymphatic pathways
  - ii. Lymphatic drainage

**15. COMPETENCY: NAME THE STRUCTURES OF THE ENDOCRINE SYSTEM AND DISCUSS THEIR FUNCTIONS.**

- a. Distinguish between endocrine and exocrine glands.
- b. Describe how hormones can be classified according to their chemical structures.
- c. Discuss how hormone secretions are regulated by feedback mechanisms.
- d. Name and describe the location of the major endocrine glands of the body, and list the hormones they secrete.
  - i. Pituitary gland
  - ii. Thyroid gland
  - iii. Parathyroid gland
  - iv. Adrenal gland
  - v. Pancreas
  - vi. Other glands
    - 1. Pineal
    - 2. Thymus
    - 3. Reproductive
    - 4. Digestive
- e. Distinguish between physical and psychological stress.
- f. Describe the general stress response /S. A. I. D. principle

**16. COMPETENCY: NAME THE STRUCTURES OF THE RESPIRATORY SYSTEM AND DISCUSS THEIR FUNCTIONS.**

- a. List the general functions of the respiratory system.
- b. Name and describe the location of the organs of the respiratory system.
- c. Describe the functions of each organ of the respiratory system.
- d. Explain how inspiration and expiration are accomplished.
  - i. Muscles of inspiration
  - ii. Muscles of expiration
- e. Discuss how various factors affect the respiratory center of the brain.
- f. Explain how exercise affects the breathing rate.
- g. Explain how oxygen and carbon dioxide are transported in the blood.
- h. Explain how oxygen is used by cells.

**17. COMPETENCY: NAME THE STRUCTURES OF THE DIGESTIVE SYSTEM AND DISCUSS THEIR FUNCTIONS.**

- a. Name and describe the location of the organs of the digestive system and their major parts.
- b. Describe the general functions of each digestive organ
- c. Describe the function of the liver in digestion.
- d. Describe how food is broken down by each segment of the digestive system

**18. COMPETENCY: EXPLAIN HOW FOOD IS METABOLIZED BY THE DIGESTIVE SYSTEM.**

- a. Describe how carbohydrates are utilized by the cells.
- b. Describe how lipids are utilized by cells.



- c. Describe how amino acids are utilized by cells.
- d. Distinguish between a vitamin and a mineral.

ANATOMY AND PHYSIOLOGY-URINARY SYSTEM

UNIT 1-SECTION 12

**19. COMPETENCY: NAME THE STRUCTURES OF THE URINARY SYSTEM AND DISCUSS THEIR FUNCTIONS.**

- a. List the organs of the urinary system and list their general functions.
- b. Describe the location of the kidneys and the structure of a kidney.
- c. Explain what is meant by water and electrolyte balance and discuss the importance of this balance.
- d. Explain what is meant by acid-base balance.

ANATOMY AND PHYSIOLOGY-REPRODUCTIVE SYSTEM

UNIT 1-SECTION 13

**20. COMPETENCY: NAME THE STRUCTURES OF THE REPRODUCTIVE SYSTEM AND DISCUSS THEIR FUNCTIONS.**

- a. State the general functions of the reproductive system.
- b. Describe the maturation process of the male and female reproductive systems.
- c. Identify the structures male organs and describe their functions.
- d. Identify the structures female organs and describe their functions.

ANATOMY AND PHYSIOLOGY-SPECIAL SENSES

UNIT 1-SECTION 14

**21. COMPETENCY: NAME THE STRUCTURES OF SPECIAL SENSES AND DISCUSS THEIR FUNCTIONS.**

- a. Name five senses and explain the function of each.
- b. Describe the receptors associated with the senses of touch and pressure, temperature, and pain.
- c. Explain how a sensation is produced.
- d. Describe how the feeling of pain is produced.
- e. Explain the importance of the proprioceptors in muscles and tendons.
- f. Explain the relationship between the senses of smell and taste.
- g. Name the parts of the ear and state the function of each.
- h. Name the parts of the eye and state the function of each.
- i. Distinguish between static and dynamic equilibrium.

## Unit II Massage Therapy Technique

200 hours taught by a licensed massage therapy instructor and dedicated to the study of massage therapy techniques and theory and the practice of manipulation of soft tissue, with at least 125 hours dedicated to the study of Swedish massage therapy techniques

Section 1 History

Section 2 Products

Section 3 Client Preparation and Draping

Section 4 Effects and Benefits

Section 5 Contraindications

Section 6 Overview

- 1. COMPETENCY: DESCRIBE THE HISTORICAL SIGNIFICANCE OF MASSAGE AS THE OLDEST METHOD FOR RELIEVING PAIN & DISCOMFORT**
  - a. Instinctive
  - b. Recorded history
    - i. Greece, Rome, Egypt
    - ii. Dark Ages
    - iii. Renaissance (France, Sweden)
    - iv. Peter Ling (Development of Swedish Massage)
    - v. Europe
    - vi. America
- 2. COMPETENCY: OUTLINE THE RECORDED HISTORY OF MASSAGE FROM ANCIENT TIME TO ITS CURRENT STATUS IN THE WORLD TODAY**
- 3. COMPETENCY: DESCRIBE THE POSITION THAT THERAPEUTIC MASSAGE HAS IN THIS COUNTRY TODAY**

MESSAGE THERAPY TECHNIQUE-PRODUCTS

UNIT II-SECTION 2

- 1. COMPETENCY: DESCRIBE VARIOUS MASSAGE THERAPY TOOLS & PRODUCTS USED IN THE INDUSTRY TODAY AND THEIR VARIOUS USES & BENEFITS**
  - a. Tables
  - b. Chairs
  - c. Massage mediums
    - i. Oils
    - ii. Lotions
  - d. Tools
    - i. Manual
    - ii. Electrical

MESSAGE THERAPY TECHNIQUE- CLIENT PREPARATION & DRAPING UNIT II-SECTION 3

- 1. COMPETENCY: DEMONSTRATE PROPER PREPARATION OF THE MASSAGE TABLE AND THE VARIOUS FORMS OF DRAPING USED DURING A MASSAGE THERAPY SESSION**
  - a. Instruct client in the proper preparation for receiving a massage in typical settings
  - b. Properly drape client, maintaining modesty while accessing the various parts of the body to be worked on during the massage therapy session
  - c. Properly assist client with draping while client is turning during the massage therapy session
  - d. Modify draping as needed to maintain client comfort and modesty

MESSAGE THERAPY TECHNIQUE- EFFECTS & BENEFITS

UNIT II-SECTION 4

- 1. COMPETENCY: EXPLAIN THE GENERAL EFFECTS AND BENEFITS OF MASSAGE THERAPY**
  - a. General Effects of Massage
  - b. Benefits to each system

- i. muscular
- ii. nervous
- iii. circulatory
- iv. endocrine

**2. COMPETENCY: EXPLAIN THE PHYSIOLOGICAL EFFECTS OF MASSAGE THERAPY ON VARIOUS SYSTEMS OF THE BODY:**

- a. Muscular
- b. Nervous
- c. Circulatory
- d. Endocrine

**3. COMPETENCY: EXPLAIN HOW MASSAGE THERAPY COULD ASSIST IN RELIEVING THE FOLLOWING GENERAL CONDITIONS:**

- a. Tension
- b. Fatigue – mental & physical
- c. Pain in specific areas
  - i. Lumbar
  - ii. Cervical
  - iii. Thoracic
  - iv. Shoulder
  - v. Upper extremities
  - vi. Lower extremities
  - vii. Other body areas
- d. Muscle spasms
- e. Strains & sprains
- f. Joint pain in various joints
  - i. TMJ
  - ii. Shoulder
  - iii. Knee
  - iv. Hip
  - v. Spinal
  - vi. Other key synovial joints
- g. Myofascial pain
- h. Digestion
- i. Headache
- j. Eye strain
- k. Metabolic
- l. Blood pressure

MESSAGE THERAPY TECHNIQUE- CONTRAINDICATIONS

UNIT II-SECTION 5

**1. COMPETENCY: EXPLAIN THE DEFINITION OF CONTRAINDICATION.**

**2. COMPETENCY: RECOGNIZE VARIOUS MAJOR CONTRAINDICATIONS FOR MASSAGE**

- a. Major, local and general contraindications, including:
  - i. Abnormal body temperature
  - ii. Acute infectious disease
  - iii. Intoxication
  - iv. Skin problems
- b. Systemic contraindications
  - i. Skeletal

- ii. Muscular
- iii. Nervous
- iv. Circulatory
- v. Lymphatic

**3. COMPETENCY: IDENTIFY CONDITIONS WHICH REQUIRE MEDICAL REFERRAL OR PHYSICIAN APPROVAL PRIOR TO THE MASSAGE THERAPY SESSION**

- a. Physical
- b. Mental

**4. COMPETENCY: IDENTIFY CONDITIONS WHICH REQUIRE SPECIAL CARE OR ATTENTION**

- a. Age
- b. Special needs
- c. Disabilities

MESSAGE THERAPY TECHNIQUE- OVERVIEW

UNIT II-SECTION 6

**1. COMPETENCY: IDENTIFY VARIOUS MASSAGE MOVEMENTS**

- a. Light movements
- b. Heavy movements
- c. Gentle movements
- d. Vigorous movements
- e. Direction of movements

**2. COMPETENCY: IDENTIFY THE PARTS OF THE BODY WHERE THE MOVEMENTS ARE USED**

- a. Light movements
- b. Heavy movements
- c. Gentle movements
- d. Vigorous movements
- e. Direction of movements

**3. COMPETENCY: DEFINE SWEDISH MASSAGE TECHNIQUE**

**4. COMPETENCY: DESCRIBE THE MAJOR CATEGORIES OF MOVEMENTS**

- a. Touch
- b. Effleurage
- c. Petrissage
- d. Friction
- e. Tapotement
- f. Vibration
- g. Swedish gymnastics

**5. COMPETENCY: PERFORM EFFLEURAGE VARIATIONS TO THE BODY FOR VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS**

- a. Superficial
- b. Deep
- c. Centripetal
- d. Centrifugal

**6. COMPETENCY: PERFORM PETRISSAGE VARIATIONS TO THE BODY FOR VARIOUS**

## **PHYSIOLOGICAL EFFECTS AND BENEFITS**

- a. Kneading
  - i. Manual
  - ii. Mechanical
  - iii. Electrical
- b. Fulling

### **7. COMPETENCY: PERFORM FRICTION VARIATIONS TO THE BODY FOR VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS**

- a. Circular
  - i. Superficial
  - ii. Deep
- b. Chucking
- c. Compression
- d. Cross fiber
  - i. Superficial
  - ii. Deep
- e. Parallel fiber/Stripping
- f. Rolling
- g. Wringing

### **8. COMPETENCY: PERFORM TAPOTEMENT/PERCUSSION VARIATIONS TO THE BODY FOR VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS**

- a. Beating
- b. Cupping
- c. Hacking
- d. Slapping
- e. Tapping

### **9. COMPETENCY: PERFORM VIBRATION VARIATIONS TO THE BODY FOR VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS**

- a. Jostling
- b. Trembling
  - i. Manual
  - ii. Mechanical
- c. Shaking

### **10. COMPETENCY: PERFORM JOINT MOVEMENT VARIATIONS TO VARIOUS SYNOVIAL JOINTS OF THE BODY FOR VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS**

- a. Passive
- b. Active
- c. Active assistive
- d. Active resistive

### **11. COMPETENCY: DESCRIBE THE VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS OF EFFLEURAGE**

- a. Superficial
- b. Deep
- c. Centripetal
- d. Centrifugal

**12. COMPETENCY: DESCRIBE THE VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS OF PETRISSAGE**

- a. Kneading
  - i. Manual
  - ii. Mechanical
  - iii. Electrical
- b. Fulling

**13. COMPETENCY: DESCRIBE THE VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS OF FRICTION**

- a. Circular
  - i. Superficial
  - ii. Deep
- b. Chucking
- c. Compression
- d. Cross fiber
  - i. Superficial
  - ii. Deep
- e. Parallel fiber
- f. Rolling
- g. Wringing

**14. COMPETENCY: DESCRIBE THE VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS OF TAPOTEMENT**

- a. Beating
- b. Cupping
- c. Hacking
- d. Slapping
- e. Tapping

**15. COMPETENCY: DESCRIBE THE VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS OF VIBRATION**

- a. Jostling
- b. Trembling
  - i. Manual
  - ii. Mechanical
- c. Shaking

**16. COMPETENCY: DESCRIBE THE VARIOUS PHYSIOLOGICAL EFFECTS AND BENEFITS OF JOINT MOVEMENTS**

- a. Passive
- b. Active
- c. Active assistive
- d. Active resistive

**17. COMPETENCY: DEMONSTRATE A MASTERY OF THE ART OF MASSAGE THERAPY BY UTILIZING THE APPROPRIATE ELEMENTS OF MASSAGE THERAPY IN A MASSAGE THERAPY SESSION**

- a. Goal of massage therapy session

- b. Client needs, preferences, and expectations
- c. Rhythm
- d. Pressure
- e. Pace
- f. Duration
- g. Technique selection
- h. Client feedback

**18. COMPETENCY: PROVIDE MASSAGE THERAPY TO VARIOUS AREAS OF THE BODY**

- a. Trunk
- b. Head
- c. Neck
- d. Face
- e. Upper extremities
- f. Hands
- g. Hips
- h. Lower extremities
- i. Feet.

**19. COMPETENCY: PROVIDE A ONE HOUR FULL BODY RELAXATION MASSAGE**

**20. COMPETENCY: PROVIDE A 15 MINUTE CHAIR MASSAGE**

**21. COMPETENCY: PROVIDE A MASSAGE THERAPY SESSION TO ADDRESS INDIVIDUAL CLIENT NEEDS IN THE MASSAGE THERAPY SESSION**

- a. Preferences
- b. Outcome
- c. Expectation



# Unit III Health & Hygiene

20 hours are dedicated to the study of health, hygiene, first aid, universal precautions, and cardiopulmonary resuscitation (CPR)

Section 1 Stress Management

Section 2 Human Relationships

Section 3 Universal Precautions

Section 4 Sanitary Conditions

Section 5 Personal Hygiene

Section 6 Therapeutic Exercise

Section 7 First Aid and CPR

**1. COMPETENCY: UNDERSTAND STRESS MANAGEMENT FOR THE MASSAGE PRACTITIONER**

- a. Be able to describe planning his/her relaxation time with his/her needs considered.
  - i. Exercise
  - ii. Entertainment
  - iii. Vacations
  - iv. Days Off
  - v. Mental Health Day
  - vi. Plan
- b. Describe Burn-Out.
  - i. Periodically access his/her burn-out status.
  - ii. Develop a burn-out avoidance strategy.
    1. Recognition
    2. Prevention
    3. Remedy
    4. Check List
    5. Overbooking
    6. Odd Hours
    7. No Boundaries
- c. Understand setting boundaries of time, energy and availability.

**2. COMPETENCY: UNDERSTAND HUMAN RELATIONSHIPS**

- a. Explain why specific personal attributes will affect his/her effectiveness.
  - i. Personal Attributes
    1. Tact
    2. Cheerfulness
    3. Patience
    4. Honesty
    5. Intuition
    6. Maturity
    7. Self-esteem
    8. Sense of Humor
    9. Self-motivation
- b. Explain the reasons why the massage practitioner should develop professional attitudes.
  - ii. Professional Stance
    1. Empathy vs. Sympathy
    2. Being a Helper
    3. Limiting Service
    4. Confidentiality
    5. Setting Boundaries
    6. Referrals

**3. COMPETENCY: UNDERSTAND UNIVERSAL PRECAUTIONS**

- a. Be able to define universal precautions and associated terminology.
- b. Demonstrate the use of universal precautions throughout course work and internship.
  - i. Hand washing
  - ii. Gloving

- iii. Disposal of Waste
- iv. Clean up after massage applications
  - 1. Body treatments
  - 2. Facial massage treatments
  - 3. Foot massage treatments
  - 4. Chair massage
  - 5. Stone massage
- v. Laundry
- c. Be able to explain appropriate protocol for exposure to bodily fluids or particles.
- d. Be able to explain protecting oneself and others against respiratory infections.

HEALTH AND HYGIENE-SANITARY CONDITIONS

UNIT III-SECTION 4

**4. COMPETENCY: UNDERSTAND SANITARY CONDITIONS**

- a. Explain the need for laws that enforce the strict practice of sanitation.
- b. Explain how various disinfectants, antiseptics, and other products are used most effectively.
- c. Explain how to sanitize and sterilize implements and other items used in massage procedures.
  - i. Equipment
    - 1. Moist Heat
    - 2. Dry Heat
    - 3. Ultraviolet-ray
    - 4. Electrical sanitizers
  - ii. Disinfectant
    - 1. Ethyl or Grain Alcohol
    - 2. Ammonium Compounds
    - 3. Lysol
    - 4. Germtrol
    - 5. Bleach
    - 6. Formalin
- d. Outline a regular time plan for housekeeping duties, laundry, etc.
  - i. Floors
  - ii. Tables
  - iii. Linens
  - iv. Flat Surfaces
  - v. Wash room
  - vi. Closed Trash Containers
  - vii. Dust
  - viii. Ventilation
  - ix. Other Surfaces

HEALTH AND HYGIENE-PERSONAL HYGIENE

UNIT III-SECTION 5

**5. COMPETENCY: UNDERSTAND PERSONAL HYGIENE AND PERSONAL CARE**

- a. Demonstrate maintaining a clean professional demeanor.
  - i. Personal
  - ii. Clothing
  - iii. Jewelry
  - iv. Hair
  - v. Nails
  - vi. Gum
- b. Practice all sanitary rules of Hand Washing.
  - i. Before each treatment

- ii. After each treatment
- iii. Use of Nail brush
- c. Choose appropriate clothing.
  - i. Loose fitting
  - ii. Professional
  - iii. Natural fibers
- d. Maintain personal health care.
  - i. Have regular physical check-up
  - ii. Maintain normal body weight
  - iii. See a dentist regularly
  - iv. Get appropriate rest
  - v. Get proper exercise
  - vi. Have regular massage
  - vii. Allow for relaxation time
  - viii. Maintain good working posture
  - ix. Follow well-balanced, nutritional diet
- e. Maintain a positive mental outlook, and will seek professional assistance when needed.
  - i. Mental health checklist
  - ii. Use professional assistance
    - 1. mental
    - 2. physical

**6. COMPETENCY: UNDERSTAND BENEFITS OF THERAPEUTIC EXERCISE FOR THE MASSAGE PRACTITIONER**

- a. Be able to explain why a regular exercise program is beneficial.
  - i. Optimum Health
  - ii. Aerobic Exercise
  - iii. Weight Bearing Exercise
  - iv. Posture Improvement
  - v. Strength, balance, coordination
- b. Identify warm-up and cooling-off exercises and explain why they are important.
- c. Develop a personal exercise program for his/her own current fitness level.
- d. Develop a personal stress-reducing program to fit his/her own life style and needs.

**7. COMPETENCY: UNDERSTAND THE NEED FOR PHYSICAL DEVELOPMENT OF THE MASSAGE PRACTITIONER.**

- a. Demonstrate various hand exercises to increase hand strength and flexibility.
- b. Demonstrate correct standing postures and movements designed to reduce therapist fatigue.
  - i. Correct posture during massage
  - ii. Centering his/her self
- c. Explain why it is necessary for the massage practitioner to develop coordination, balance, control and stamina.
- d. Explain the concept of "grounding" and "centering" and how these practices benefit the massage practitioner.
- e. Describe the development of the "right touch"
  - i. Developing client rapport
  - ii. Staying in "touch"
  - iii. Sensitivity to client needs

## **8. COMPETENCY: UNDERSTAND AND DEMONSTRATE BASIC FIRST-AID**

- a. Be able to describe an emergency situation and explain protocol for action.
  - i. Emergency recognition
  - ii. Decision to act
    - 1. Check, call, care
    - 2. Permission to give care
    - 3. Good Samaritan Laws
- b. Be able to identify signs and symptoms of various injuries and conditions.
  - i. Wounds
  - ii. Extremes of heat and cold.
  - iii. Injuries to bones, joints, and muscles
  - iv. Poisoning, bites and stings
  - v. Shock
  - vi. Heart attack
  - vii. Stroke
  - viii. Sudden Illness
- c. Explain appropriate treatment protocol and demonstrate the necessary skills associated with basic first aid.
  - i. Bandaging
  - ii. Splinting
  - iii. Safely moving a victim

## **9. COMPETENCY: UNDERSTAND AND DEMONSTRATE CPR**

- a. Understand and demonstrate the necessary skills associated with basic CPR.
  - i. Care of an unconscious victim.
  - ii. Breathing emergencies.
  - iii. Choking emergencies.
  - iv. Cardiac emergencies.
  - v. CPR
  - vi. Overview of use of an AED if available

# Unit IV Business Practices & Professional Ethics

45 hours dedicated to the study of massage therapy laws and rules, business practices, and professional ethics standards

Section 1 Industry and Business Controls

Section 2 Ethics

Section 3 Career Path

Section 4 Business Plan

**1. COMPETENCY: EXPLAIN WHY THE MASSAGE PRACTITIONER MUST BE AWARE OF THE LAWS, RULES AND REGULATIONS GOVERNING THE PRACTICE OF MASSAGE THERAPY.**

- a. State Laws and Occupations Code
  - i. Outline the history of massage therapy
  - ii. Identify the licensing agency for massage therapy
- b. Rules of the Massage Therapy Licensing Program

**2. COMPETENCY: EXPLAIN WHY IT IS NECESSARY TO OBTAIN A LICENSE BEFORE BEGINNING A PROFESSIONAL PRACTICE**

- a. Explain the licensing process of massage therapists
  - i. Identify the requirements
  - ii. Application Process
  - iii. Exams
  - iv. Violations and penalties
    - 1. Texas Penal Code
    - 2. Unprofessional conduct
- b. Describe the benefits of law
  - i. Explain the recognition of health care
  - ii. Explain how it supersedes city ordinances except for zoning
  - iii. Explain the reason for law
  - iv. Compare Texas massage therapy law to other states
  - v. Examine changing legislation
- c. Explain when a license is required for a massage establishment
  - i. Identify the requirements
  - ii. Application Process
  - iii. Inspections
  - iv. Right of a peace officer to enter
  - v. Violations and penalties
  - vi. Exemptions

**3. COMPETENCY: EXPLAIN THE CONCEPT OF SCOPE OF PRACTICE AND WHY DIAGNOSIS AND PRESCRIPTION ARE NOT WITHIN THE SCOPE OF MASSAGE THERAPY.**

- a. Define Scope of Practice (legal definition of massage therapy)
- b. Define diagnosis
- c. Define prescription
- d. Understanding physician orders

**4. COMPETENCY: EXPLAIN COMPLIANCE WITH ALL LOCAL RULES, REGULATIONS AND ORDINANCES**

- a. Research the city and county ordinances
- b. Name general business requirements to meet stated regulations
- c. Explain how to register the name of a company
  - i. Assumed name
  - ii. Corporate name
- d. Explain how to obtain a business operating license
  - i. Name facility requirements
  - ii. Zoning

- iii. Fire Inspection
- iv. Certificate of Occupancy
- v. Building Codes
- vi. Construction Permits
- vii. Bonds
- viii. Signage
- e. Describe requirements for compliance
- f. Identify resources of additional information

**5. COMPETENCY: DISCUSS IN DEPTH INFORMATION REGARDING ESTABLISHING A NEW BUSINESS.**

**6. COMPETENCY: EXPLAIN WHAT TYPE OF BUSINESS ORGANIZATION WILL BEST SUIT A PARTICULAR MASSAGE THERAPY PRACTICE**

**7. COMPETENCY: DESCRIBE THE DIFFERENT LEGAL BUSINESS STRUCTURES**

- a. Sole proprietorship
- b. General Partnership
- c. Limited Partnership
- d. Corporation

**8. COMPETENCY: LIST THE BASIC LEGAL BUSINESS STRUCTURES AND TAX OBLIGATIONS.**

**9. COMPETENCY: IDENTIFY TYPES OF TAXES**

- a. Income
- b. Sales and Use Tax
- c. Withholding
  - i. Employee vs. Employer
  - ii. Employee Tax ID Number
  - iii. Corporate Franchise Tax
  - iv. Property Tax

**10. COMPETENCY: DETERMINE AND EXPLAIN WHICH STATE REGULATIONS PERTAIN TO THE PRACTICE OF MASSAGE THERAPY.**

**11. COMPETENCY: DETERMINE WHICH TAX PRACTITIONER TO CHOOSE AND DISCUSS WHY**

- a. Identify Tax Practitioners
  - i. Tax Lawyer
  - ii. Accountant- CPA
  - iii. Tax practitioner
  - iv. Tax accountant

**12. COMPETENCY: DETERMINE AND EXPLAIN CLASSIFICATIONS OF BUSINESS CATEGORIES UNDER FEDERAL INCOME TAX LAWS.**

- a. Explain which filing status category would qualify according to the IRS rules and regulations.
  - i. Individual
  - ii. Business
- b. Identify income sources for taxable revenue
  - i. Massage therapy



- ii. Retail
- iii. Modalities
- iv. Instructor fees
- v. Supplementary
- vi. Other

**13. COMPETENCY: DETERMINE THE APPLICABLE TAX DEDUCTIONS TO THE PRACTICE OF MASSAGE THERAPY.**

- a. Advertising
- b. Association Dues and publications
- c. Bad debts
- d. Bank service charges
- e. Business Education
- f. Car and truck expenses
- g. Depreciation
- h. Insurance
- i. Interest
- j. Laundry and cleaning
- k. Legal and professional services
- l. Office expenses
- m. Licensing fees
- n. Rent, lease, mortgage
- o. Repairs
- p. Supplies
- q. Taxes
- r. Travel, meals, entertainment
- s. Utilities and telephone
- t. Wages
- u. Other expenses

**14. COMPETENCY: DETERMINE THE FORMS AND SCHEDULES NECESSARY TO FILE TAX RETURNS**

- a. Business Classification
- b. Examples/explanations of tax forms

**15. COMPETENCY: DISCUSS OTHER REGULATIONS AND GUIDELINES**

- a. Labor Regulations
- b. Leases
- c. Contracts

**16. COMPETENCY: EXPLAIN AND DISCUSS EXAMPLES OF PROFESSIONAL BEHAVIOR, ETHICS AND STANDARDS AS APPLIED TO THE PRACTICE OF MASSAGE.**

- a. State Code of Ethics
  - i. General Ethical Requirements
  - ii. Sexual Misconduct
  - iii. Advertising
- b. Professional ethics and etiquette
- c. Professional standards
- d. Safety

- e. Communicable disease

**17. COMPETENCY: EVALUATE PERSONAL GOALS, EXPERIENCE, INTERESTS AND ABILITIES TO ASSIST IN MAKING GOOD DECISIONS REGARDING CAREER DIRECTION.**

- a. Past experience
- b. Interests, goals
- c. Educational background
- d. Leader vs. Follower
- e. Employer vs. Employee mentality
- f. Options available

**18. COMPETENCY: EXPLAIN THE ADVANTAGES AND DISADVANTAGES OF BEING SELF EMPLOYED.**

**19. COMPETENCY: SURVEY THE VARIOUS AREAS OF SPECIALIZATION OPEN TO THE STUDENT.**

- a. Wellness, relaxation
- b. Medical, physician referral
- c. Athletic
- d. Spa
- e. Other specialization

**20. COMPETENCY: DESCRIBE THE VARIOUS BUSINESS STRUCTURES/RELATIONSHIPS AVAILABLE IN THE MARKET PLACE.**

- a. Apprenticeship
- b. Freelance
- c. Employee, employer
- d. Independent Contractor
  - i. Lease space
  - ii. On call
  - iii. Percentage split
- e. Partnership
  - i. Group practice
  - ii. Co-operative
  - iii. Silent partner
  - iv. With an existing business

**21. COMPETENCY: SURVEY THE VARIOUS SERVICE SITES AVAILABLE.**

- a. Clinical practice
- b. Home practice
  - i. Client's home
  - ii. Therapist's home
- c. Salons
- d. Reducing Salons
- e. Spas, resorts
- f. Fitness centers, health clubs
- g. On-site massage, seated
  - i. Corporations

- ii. Work-sites
- iii. Fairs
- iv. Concessions at hotels, airports
- v. Conventions
- h. Medical offices, clinics
- i. Chiropractic offices
- j. Hospitals
- k. Physical therapy clinics
- l. Psychological support staff
- m. Service Organizations

**22. COMPETENCY: DETERMINE A CAREER PATH THAT IS REALISTIC AND SUITS THEIR NEEDS AND ABILITIES.**

- a. Comparisons of various choices
  - i. Pay
  - ii. Motivation required
  - iii. Responsibility
  - iv. Scheduling

**23. COMPETENCY: SELECT A CAREER PATH AND WRITE GOALS AND BUSINESS PLAN DEFINING THOSE DECISIONS.**

- a. Career path selection
  - i. Positioning within Market
  - ii. Price, quality
  - iii. Image
  - iv. Style of work, specialization
  - v. Location
  - vi. Business format
  - vii. Employer/Employee status
  - viii. Part time/full time
  - ix. Affiliation
- b. Written Plan
  - i. Goals
    - 1. Short term
    - 2. Long term
  - ii. Business plan
  - iii. How to seek assistance

**24. COMPETENCY: WRITE A PLAN OF ACTION FOR JOB HUNTING OR BUSINESS ESTABLISHMENT PROCESSES BEFORE GRADUATION.**

- a. Finding job leads
  - i. Motivation/determination
  - ii. School placement services
  - iii. Realistic time to build a practice
  - iv. Systematic job hunting guidelines
    - 1. Letter of introduction
    - 2. Resume/references
    - 3. Letters of recommendation
    - 4. Survey of personal contacts

**25. COMPETENCY: DEMONSTRATE AND ROLE PLAY THE INTERVIEW PROCESS.**

- a. Job acquisition skills
  - i. Market research

- ii. Personal inventory
  - 1. Adaptability
  - 2. Grooming
  - 3. Actual skills
  - 4. Availability
- iv. The job interview
  - 1. Questions to ask, anticipate
  - 2. Appointment setting
  - 3. Negotiating the job offer
- v. Insurance for independent contractors
- vi. Importance of credentials
- vii. Importance of broad skill base
- viii. Follow-up

**26. COMPETENCY: SURVEY LONG TERM CAREER OPTIONS AND DEFINE A FIVE YEAR PLAN.**

- a. Teaching, lecturing
- b. Research, research assistance
- c. Specialization, continuing education
- d. Association member
  - i. National Trade Associations
  - ii. State Trade Associations
- e. Alumni association member
- f. Assistant instructor
- g. School director
- h. Freelance writing
- i. Clinic manager
- j. Product, supply, or equipment designer
- k. Marketing, public relations
- l. Sales of equipment, supplies, services

**27. COMPETENCY: DEFINE AND EXPLAIN A BUSINESS PLAN AND DESCRIBE ITS IMPORTANCE RELATIVE TO MASSAGE THERAPY PRACTICE.**

**28. COMPETENCY: EXPLAIN IN GENERAL THE DIFFERENT PARTS OF A BUSINESS PLAN.**

- a. Business plan over-view
  - i. Definition
  - ii. Topics covered
    - 1. Summary
    - 2. Table of contents
    - 3. Background and history
    - 4. Description of service
    - 5. Market
      - a. Who are customers
      - b. How large
      - c. Penetration
- b. Competition
- c. Advertising Strategy
- d. Ownership and Management
  - i. Who is it?
  - ii. Resume of each member

1. Business background
  2. Educational background
  3. Talents
- e. Insurance
  - f. Financing
  - g. Policies

**29. COMPETENCY: DESCRIBE BUSINESS RECORDS, INCLUDING APPOINTMENT, RECORDKEEPING, AND BOOKKEEPING SYSTEMS**

- a. Appointments
- b. Records
- c. Bookkeeping

**30. COMPETENCY: IDENTIFY BUSINESS REQUIREMENTS RELATED TO CLIENT COMFORT**

- a. Water, other fluids
- b. Temperature
- c. Air movements
- d. Reception area
- e. Customer information
- f. Restrooms
- g. Props, pillows
- h. Blankets, turbans
- i. Toiletries
- j. Music
- k. Dressing and undressing

**31. COMPETENCY: IDENTIFY BUSINESS REQUIREMENTS RELATED TO COMMUNICATION WITH CLIENTS**

- a. Telephone etiquette
- b. Client interview skills
- c. Listening skills
- d. Difficult clients
- e. Referral to appropriate professionals

**32. COMPETENCY: PREPARE A CONSULTATION WORKSHEET AS REQUIRED BY RULE**

**33. COMPETENCY: RESEARCH AND IDENTIFY SOURCES WHICH WILL ASSIST IN DEVELOPING AND WRITING A RESUME**

**34. COMPETENCY: DETERMINE STRENGTHS AND WEAKNESSES RELATED TO BUSINESS PRACTICES AND IDENTIFY RESOURCES.**

# Unit V Hydrotherapy

20 hours dedicated to the study of hydrotherapy

Section 1 History and Terms

Section 2 Practical Understanding of the Applications

Section 3 Mechanisms

Section 4 Indications and Contraindications

Section 5 Temperatures

Section 6 Incomplete and Unfavorable Reactions

Section 7 Physical Modalities

Section 8 Equipment Used in the Applications

Section 9 Cryotherapy

- 1. COMPETENCY: STATE THE CURRENT DEFINITION OF HYDROTHERAPY.**
- 2. COMPETENCY: DEFINE TERMS RELATING TO THE PRACTICE OF HYDROTHERAPY.**
- 3. COMPETENCY: TRACK THE HISTORY AND DEVELOPMENT OF THE USE OF HYDROTHERAPY FROM ITS RECORDED APPLICATIONS TO THE CURRENT VIEW OF ITS USES.**
  - a. Evidence of use in the ancient civilizations
  - b. Uses and development in recorded history
  - c. Modern day uses and views

- 4. COMPETENCY: APPROACH HYDROTHERAPY TREATMENT WITH CONFIDENCE AND ASSURANCE.**
- 5. COMPETENCY: PREPARE EQUIPMENT TO BE USED AND THE AREA IN WHICH TREATMENT IS TO BE GIVEN WITH EFFICIENCY AND SKILL.**
  - a. Room setting
  - b. Furniture
  - c. Efficiency
- 6. COMPETENCY: DEMONSTRATE PROFESSIONAL COMMUNICATION WITH CLIENTS**
  - a. Verbal
  - b. Non-verbal
  - c. Describe each step of process and desired outcome
  - d. Keep distractions at a minimum
- 7. COMPETENCY: DEVELOP OBSERVATION SKILLS TO DETECT EFFECTIVENESS OF TREATMENT**
  - a. Visual
  - b. Auditory
- 8. COMPETENCY: DEVELOP EFFECTIVE RECORDING SKILLS**
  - a. S. O. A. P. Notes
  - b. Treatment Plan
  - c. Observations
  - d. Results

- 9. COMPETENCY: STATE THE FACTORS GOVERNING FUNCTIONAL RESPONSES OF THE BODY.**
  - a. Temperature
  - b. Duration of treatment
  - c. Method of application

- 10. COMPETENCY: OUTLINE THE GENERAL RESULTS DESIRED WITH THE APPLICATION OF**

## **HYDROTHERAPY.**

- a. Non-toxic effect
- b. Circulatory balance
- c. Increases in RBC and WBC production
- d. Feelings of well-being

**11. COMPETENCY: EXPLAIN THE THEORY OF PAIN CONTROL IN UNDERSTANDING THE PHYSIOLOGICAL REACTION CALLED THE "GATE MECHANISM".**

**12. COMPETENCY: EXPLAIN THE RESPONSES AND FUNCTIONS OF THE PRECAPILLARY SPHINCTER IN THE USE OF HYDROTHERAPY.**

**13. COMPETENCY: NAME THE SURFACE RECEPTORS RESPONDING TO TEMPERATURE, PRESSURE, AND OTHER ENVIRONMENTAL FACTORS.**

**14. COMPETENCY: DESCRIBE REFLEX MECHANISMS AND HOW THEY FUNCTION.**

- a. Surface receptors
- b. Reflex arc
- c. Table of reflexive reactions

**15. COMPETENCY: OUTLINE THE AREAS TO WHICH HYDROTHERAPY CAN BE APPLIED TO AFFECT A CHANGE IN ANOTHER BODY PART OR AREA.**

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### HYDROTHERAPY

UNIT V

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### INDICATIONS AND CONTRAINDICATIONS

SECTION 4

**16. COMPETENCY: RECOGNIZE AREAS IN WHICH COLD APPLICATIONS COULD BE OF BENEFIT.**

- a. Indications for the use of cold applications
  - i. In general
  - ii. For specific problems

**17. COMPETENCY: MAINTAIN A CATALOG OF RECOGNIZED TREATMENT PLANS FOR SPECIFIC CONDITIONS.**

**18. COMPETENCY: USE CAUTION IN COLD APPLICATIONS WITH AN UNDERSTANDING OF THE EFFECTS.**

- a. Cautions in the use of cold
- b. Precautions in general
- c. Specific conditions and/or situations in which to use caution

**19. COMPETENCY: KNOW CONTRAINDICATIONS WHICH PRECLUDE THE USE OF COLD APPLICATIONS.**

- a. Reynaud's syndrome
- b. Other

**20. COMPETENCY: RECOGNIZE SITUATIONS IN WHICH HEATED APPLICATIONS COULD BE OF BENEFIT.**

- a. Indications for the use of heated applications.
- b. In general



c. In specific problem

**21. COMPETENCY: MAINTAIN A CATALOG OF RECOGNIZED TREATMENT PLANS FOR SPECIFIC CONDITIONS.**

**22. COMPETENCY: USE CAUTION IN HEATED APPLICATIONS, WITH AN UNDERSTANDING OF THE EFFECTS.**

- a. General cautions
- b. Conditions or situations in which to use caution

**23. COMPETENCY: KNOW THE CONTRAINDICATIONS WHICH PRECLUDE THE USE OF HEATED APPLICATIONS.**

- a. Inflammation
- b. Buerger's disease
- c. Arteriosclerosis
- d. Others

**24. COMPETENCY: KNOW AND APPLY THE PROPER PRECAUTIONS IN THE USE OF HYDROTHERAPY OF PERSONS HAVING A DIABETIC CONDITION.**

**25. COMPETENCY: KNOW AND APPLY THE SPECIFIC PRECAUTIONS IN THE USE OF HYDROTHERAPY WITH PERSONS HAVING A HEART PROBLEM.**

**26. COMPETENCY: HAVE KNOWLEDGE OF THE EFFECTS OF HYDROTHERAPY IN ALL STAGES OF PREGNANCY.**

HYDROTHERAPY  
TEMPERATURES

UNIT V  
SECTION 5

**27. COMPETENCY: CHART THE DEGREE DIFFERENCES BETWEEN TEMPERATURE CATEGORIES.**

- a. Define temperature differences.
- b. Measure the temperature of each application with thermometer before using.
- c. Take the temperature of each subject before administering any form of hydrotherapy.

**28. COMPETENCY: BE KNOWLEDGEABLE ABOUT THE RESPONSES TO THE APPLICATION OF COLD**

- a. be knowledgeable about the general effects of cold applications.
- b. be knowledgeable about the responses of each organ or system in the application of cold.
- c. know the primary and secondary responses in the application of cold.

**29. COMPETENCY: BE KNOWLEDGEABLE ABOUT THE RESPONSES OF EACH ORGAN OR SYSTEM IN THE APPLICATION OF HEAT.**

- a. be knowledgeable about the general effects of heat applications.
- b. be knowledgeable about the responses of each organ or system in the application of heat.
- c. know the primary and secondary responses in the application of heat.

HYDROTHERAPY  
INCOMPLETE AND UNFAVORABLE REACTIONS TO HYDROTHERAPY

UNIT V  
SECTION 6

**30. COMPETENCY: OBSERVE SUBJECT DURING ALL PHASES OF TREATMENT DETERMINING IF APPROPRIATE REACTION IS OCCURRING.**

**31. COMPETENCY: TAKE APPROPRIATE ACTION WHEN INDICATED.**

- a. Treatment fails to produce vigorous surface reaction.
  - i. Determine cause
  - ii. Adjust treatment
  - iii. Discontinue treatment
- b. Treatment produces unwanted and undesirable reactions in subject.
  - i. Determine cause
  - ii. Adjust treatment
  - iii. Discontinue treatment
- c. Wait 2-3 hours before attempting further hydrotherapy treatment.

**32. COMPETENCY: TAKE APPROPRIATE ACTIONS IN CASES OF SEVERE UNFAVORABLE REACTIONS.**

- a. Headache
  - i. Water too hot
  - ii. Application of too long a duration
  - iii. Failure to use cold compress on forehead
- b. Uncontrollable shivering
- c. Vertigo
- d. Insomnia
- e. Palpitations
- f. Extreme skin sensitivity
- g. Uncontrollable laughing
- h. Hyperventilation syndrome
- i. Faintness
- j. Nausea

HYDROTHERAPY

UNIT V

PHYSICAL MODALITIES OF HYDROTHERAPY

SECTION 7

**33. COMPETENCY: ADMINISTER BATHS WITH FULL KNOWLEDGE OF THE DESIRED EFFECTS.**

- a. Full bath
- b. Foot bath
- c. Half bath
- d. Sponge bath
- e. Cabinet bath
- f. Vapor bath
- g. Sauna bath
- h. Sitz bath
- i. Sweat bath
- j. Head and scalp bath
- k. Whirlpool bath
- l. Shampoos
- m. Swedish

**34. COMPETENCY: HAVE A GENERAL KNOWLEDGE OF THE PERFORMANCE OF THERAPEUTIC MASSAGE IN WATER, INCLUDING FULL BODY IMMERSION OF CLIENT**

- a. Identify indications and contraindications for a water massage session
- b. List the needed equipment, water facility, temperature ranges, and their effects and duration for a

- water massage session
- c. Identify individual massage techniques that are appropriate for water massage, those that are not and modalities of massage that are currently being used with water massage.
- d. List the benefits of water massage from the client and the therapist's perspectives.

**35. COMPETENCY: BE ABLE TO PREPARE AND APPLY COMPRESSES WHEN CALLED FOR WITH KNOWLEDGE OF DESIRED OUTCOME.**

- a. Hot
- b. Cold
- c. Herbal
- d. Medicated

**36. COMPETENCY: PREPARE AND APPLY PARAFFIN TREATMENTS AS DIRECTED.**

- a. Extremity application
- b. Full body application

**37. COMPETENCY: INSTRUCT SUBJECT IN THE CORRECT USE AND BENEFITS OF BODY BRUSHING**

**38. COMPETENCY: PERFORM SALT GLOW TREATMENTS ON SUBJECTS WHEN NEEDED.**

- a. Epsom salt, table salt, Sea Salt
- b. Cautions with friction
- c. Place of administration
- d. After shower

HYDROTHERAPY

UNIT V

EQUIPMENT USED IN THE APPLICATION OF HYDROTHERAPY

SECTION 8

**39. COMPETENCY: GATHER AND PREPARE NEEDED ITEMS FOR THE APPLICATION OF HYDROTHERAPY.**

**40. COMPETENCY: BE KNOWLEDGEABLE IN THE USE OF HYDROTHERAPY EQUIPMENT AND SUPPLIES**

**41. COMPETENCY: GATHER AND PREPARE ALL EQUIPMENT NEEDED TO APPLY RUBS OR FRICTION.**

- a. Have adequate knowledge and ability to perform these applications.
- b. Be knowledgeable in the use of this equipment.
  - i. Basin and mitts (for hot or cold mitten friction)
  - ii. Oil
  - iii. Coarse salt for salt glow

**42. COMPETENCY: GATHER AND/OR PREPARE EQUIPMENT NEEDED FOR BATH TREATMENT.**

- a. Have adequate knowledge and ability to perform these applications.
- b. Be knowledgeable in the use of this equipment.
  - i. Tubs
  - ii. Bathtub
  - iii. Foot or arm tubs
  - iv. Whirlpool bath
  - v. Appropriate linens

**43. COMPETENCY: GATHER AND/OR PREPARE EQUIPMENT NEEDED TO ADMINISTER A STEAM TREATMENT.**

- a. Have adequate knowledge and ability to perform these applications
- b. Be knowledgeable in the use of this equipment.
  - i. Tents
  - ii. Towels
  - iii. Cabinet
  - iv. Other specially designed chambers

**44. COMPETENCY: HAVE THE APPROPRIATE THERMOMETER ON HAND.**

- a. Be knowledgeable in the use of this equipment.
  - i. For taking water temperatures
  - ii. For taking subject temperatures

**45. COMPETENCY: GATHER AND/OR PREPARE EQUIPMENT NEEDED TO ADMINISTER A MOIST HEAT.**

- a. Be knowledgeable in the use of this equipment.
  - i. Hydrocollator
  - ii. Moist hot packs

**46. COMPETENCY: HAVE APPROPRIATE TEMPERATURE OF WATER AVAILABLE FOR DRINKING.**

**47. COMPETENCY: GATHER AND PREPARE THE EQUIPMENT NECESSARY FOR PARAFFIN APPLICATIONS.**

- a. have adequate knowledge and ability to perform these applications.
- b. be knowledgeable in the use of this equipment.
  - i. Five pounds of paraffin
  - ii. Double boiler
  - iii. Mineral oil
  - iv. Paint brushes
  - v. Cheesecloth
  - vi. Sheet or tarp
  - vii. Bath thermometer

HYDROTHERAPY

UNIT V

CRYOTHERAPY

SECTION 9

**44. COMPETENCY: KNOW THE HISTORY AND USES OF ICE THERAPY THROUGH THE AGES**

**45. COMPETENCY: KNOW THE THEORY AND TECHNIQUES IN THE APPLICATION OF CRYOTHERAPY.**

- a. List the four stages of sensation when using ice application.

**46. COMPETENCY: STATE THE PHYSIOLOGICAL RESPONSES OF THE BODY WHEN APPLYING ICE**

- a. Have adequate knowledge and ability to perform applications in Cryotherapy.
- b. Be knowledgeable in the use of this equipment.
  - i. Ice packs

- ii. Cold gel packs
- iii. Chemical cold packs
- iv. Ice immersion
- v. Cold whirlpool
- vi. Ice massage
- vii. Cryomatic

**47. COMPETENCY: DECIDE WHICH TYPE OF CRYOTHERAPY WILL BE MOST EFFECTIVE IN SPECIFIC SITUATIONS.**

**48. COMPETENCY: BE KNOWLEDGEABLE ABOUT THE TEMPERATURE CHANGES EXPECTED WITH THE USE OF ICE THERAPY AND USE THAT KNOWLEDGE WHEN PLANNING TREATMENTS.**

- a. Surface temperature
- b. Deep tissue temperature
- c. Intraarticular temperature
- d. Re-warming following ice applications
- e. Contralateral

limb

**49. COMPETENCY: ADAPT TREATMENT TO CREATE DESIRED EFFECTS FROM ICE APPLICATION.**

**50. COMPETENCY: EXPLAIN EFFECTS OF ICE ON THE CIRCULATION.**

- a. Circulatory responses to cryotherapy
- b. Cold-induced vasodilation

**51. COMPETENCY: HAVE WORKING KNOWLEDGE OF THE PAIN RELIEVING PROCESSES OF ICE TREATMENTS.**

- a. Cryoanalgesia
- b. Cold-induced pain
- c. Adaptation to cold-induced pain
- d. Pain relief with ice

**52. COMPETENCY: APPLY ICE TREATMENT IN CONJUNCTION WITH STRETCHING AND MOVEMENT TECHNIQUES TO IMPROVE FREEDOM OF MOVEMENT IN SUBJECTS.**

- a. Explain uses of ice in rehabilitation.
- b. Cryokinetics
  - i. Cryostretch
  - ii. Mechanism of spasm relief
  - iii. Tissue and joint stiffness

**53. COMPETENCY: PREPARE A TREATMENT CATALOG FOR THE USE OF ICE IN SPECIFIC SITUATIONS.**

- a. Angina pangs
- b. Stress relief
- c. Edema
- d. Tic douloureux
- e. Bursitis
- f. Tennis elbow
- g. Nerve irritation
- h. Menstrual cramps
- i. Cold sores

# Unit VI Kinesiology

50 hours dedicated to the study of kinesiology

Section 1 Terms

Section 2 Joints

Section 3 Movement

Section 4 Major Muscles

Section 5 Posture

Section 6 Proprioception

**1. COMPETENCY: UNDERSTAND TERMS FOR KINESIOLOGY OF THE BODY**

- a. Understand the terms used for this section of the course
  - i. Describing muscle movement
  - ii. Related to muscle structure and function
- b. Be able properly to pronounce terms for this section

**2. COMPETENCY: HAVE AN UNDERSTANDING OF JOINTS.**

- a. Explain how levers work in the musculoskeletal system to create movement
- b. Define various types of levers
- c. Describe the characteristics of each type of joint
- d. Name the major parts of each type of joint
  - i. Immoveable joints
  - ii. Slightly moveable joints
  - iii. Freely moveable joints
    - 1. List six types of freely moveable joints and describe the actions of each.
    - 2. Describe the general structure of the shoulder, elbow, hip, and knee joints.
    - 3. Explain how skeletal muscles produce movement at joints and identify several types of such movements.
- e. Describe how the forces of compression, tension, bending, torsion and shear affect joints
- f. Define joint play, close-packed position and loose packed position
- g. Define range of motion
  - i. Anatomic
  - ii. Physiologic
  - iii. Pathologic
    - 1. Hypermobility
    - 2. Hypomobility

**3. COMPETENCY: HAVE AN UNDERSTANDING OF THE MOVEMENT OF THE MUSCULAR SYSTEM.**

- a. Explain how the location of skeletal muscles are related to the movements they produce and how muscles interact in producing such movements
  - i. Static: isometric
  - ii. Dynamic: isotonic
    - 1. Concentric
    - 2. Eccentric
- b. Distinguish between fast and slow muscles
- c. Describe how skeletal muscles are affected by exercise
  - i. Hypertrophy
  - ii. Atrophy

**4. COMPETENCY: NAME AND DEMONSTRATE ACTIONS OF VARIOUS BODY MOVEMENTS.**

**5. COMPETENCY: DEMONSTRATE ASSESMENT OF VARIOUS BODY MOVEMENTS.**

- a. contrast measurements to normal range of motion standards
- b. Students will evaluate how selected musculoskeletal conditions restrict specific movements in various areas of the body

**6. STUDENTS WILL SUMMARIZE THE VARIOUS KINDS OF ROLES MUSCLES PLAY IN MOVEMENT – AGONISTS (PRIMARY MOVERS), ASSISTERS (SYNERGIST, ANTAGONIST), AND STABILIZERS (FIXATORS).**

- a. Define agonist.
- b. Define antagonist.
- c. Define Synergist.
- d. Define Stabilizers (Fixators)

**7. STUDENTS WILL EXPLAIN HOW THE PAIN/SPASM/ISCHEMIA CYCLE RESTRICTS MOVEMENT IN THE MUSCULATURE OF THE BODY.**

KINESIOLOGY

UNIT VI

SECTION IV MUSCLES

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**8. COMPETENCY: KNOW THE ORIGIN, INSERTION AND ACTION OF THE MAJOR MUSCLES OF THE BODY.**

- a. Muscles that move the head
- b. Muscles that move the pectoral girdle
- c. Muscles that move the upper arm
- d. Muscles that move the forearm
- e. Muscles that move the wrist, hand, and fingers
- f. Muscles that move the abdominal wall
- g. Muscles that are located on the back
- h. Muscles that move the thigh
- i. Muscles that move the lower leg
- j. Muscles that move the ankle, foot, and toes

KINESIOLOGY

UNIT VI

SECTION V POSTURE

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**9. STUDENTS WILL INTERPRET VARIOUS POSTURAL PATTERNS.**

- a. Standing
- b. Sitting
- c. Ambulation

KINESIOLOGY

UNIT VI

SECTION VI PROPRIOCEPTION

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**10. STUDENTS WILL DISCUSS THE PHYSIOLOGICAL FUNCTIONS OF PROPRIOCEPTION.**

- a. The role of the nervous system in movement and body position – particularly in proprioception.
- b. Neuromuscular reflex systems
- c. Golgi tendons
- d. Muscle spindles

**11. EXPLAIN THE ROLL PROPRIOCEPTION PLAYS IN CLIENT’S BALANCE, PHYSICAL**



**SELF-IMAGE, AND IN COORDINATING MOVEMENT.**

# Unit VII Pathology

40 hours dedicated to the study of pathology

Section 1 Terms

Section 2 Disease and Infection

Section 3 Indications and Contraindications

Section 4 Conditions and Disorders

Section 5 Psychological and Emotional States

Section 6 Basic Pharmacology

SECTION I TERMS

**1. COMPETENCY: UNDERSTAND TERMS FOR PATHOLOGY OF THE BODY**

- a. Understand the terms used for this section of the course.
- b. Be able properly to pronounce terms for this section of the course.

SECTION II DISEASE AND INFECTION

**2. COMPETENCY: UNDERSTAND DISEASE AND INFECTION AS WELL AS IT'S COUNTERPOINT, HEALTH AND WELLNESS, INCLUDING THE CONCEPT OF PREVENTIVE HEALTHCARE.**

- a. Explain the importance of cleanliness of person and of surroundings as protection against the spread of disease.
  - i. Bacteria
    - 1. Specific types
    - 2. How spread
    - 3. Prevention of contamination
  - ii. Virus
    - 1. Specific types
    - 2. How spread
    - 3. Prevention of contamination
    - 4. Symptoms of HIV infection

**3. COMPETENCY: IDENTIFY CONSIDERATIONS FOR THE HIV VIRUS**

- a. Name the typical symptoms of AIDS (acquired immunodeficiency syndrome) and ARC (AIDS-related complex).
- b. Explain common myths and misconceptions about the transmission of AIDS.
- c. Explain the special considerations taken when working with an AIDS or ARC patient.

SECTION III INDICATIONS AND CONTRAINDICATIONS

**4. COMPETENCY: DEFINE CONTRAINDICATION AS RELATED TO MASSAGE THERAPY**

- a. Local contraindications
- b. General contraindications
- c. Absolute contraindications
- d. Principles of Acute vs. Chronic conditions
- e. Onset
- f. Duration
- g. Intensity

**5. COMPETENCY: DEFINE COMMON INDICATIONS FOR MASSAGE THERAPY**

SECTION IV CONDITIONS AND DISORDERS

**6. COMPETENCY: ANALYZE THE ETIOLOGY OF VARIOUS CONDITIONS AND DISORDERS OF EACH MAJOR BODY SYSTEM.**

- a. Assess the demographic risks for these conditions.

**7. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE INTEGUMENTARY (SKIN) SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

**8. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE MUSCULOSKELETAL SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

**9. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE NERVOUS SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

**10. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE CIRCULATORY SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

**11. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE LYMPH AND IMMUNE SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

**12. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE RESPIRATORY SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

**13. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE DIGESTIVE SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

**14. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE ENDOCRINE SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

**15. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE URINARY SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

**16. COMPETENCY: IDENTIFY SIGNS AND SYMPTOMS OF HEALTH AND DISEASE OF THE REPRODUCTIVE SYSTEM**

- a. Identify the signs and symptoms of the conditions
- b. Evaluate contraindications and appropriate therapeutic massage techniques.
- c. Identify and implement standard safety needs and precautions
- d. Identify approaches used by other health professionals

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PATHOLOGY UNIT VII  
SECTION V PSYCHOLOGICAL AND EMOTIONAL STATES

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**17. COMPETENCY: IDENTIFY PSYCHOLOGICAL AND EMOTIONAL STATES THAT MAY ACCOMPANY ACUTE OR CHRONIC DISEASE**

- a. Chronic or acute grief
- b. Fear
- c. Anger
- d. Depression
- e. Hyperactivity
- f. OCD
- g. Identify and implement standard safety needs and precautions
- h. Identify community resources for mental health treatment

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PATHOLOGY UNIT VII  
SECTION VI BASIC PHARMACOLOGY

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**18. COMPETENCY: DEVELOP AN UNDERSTANDING OF BASIC PHARMACOLOGY AS IT RELATES TO MASSAGE**

- a. Prescription medications
- b. Recreational drugs (e.g. tobacco, alcohol)
- c. Herbs
- d. Natural supplements

**19. COMPETENCY: IDENTIFY THE EFFECTS, SIDE EFFECTS AND PRECAUTIONS OF COMMONLY PRESCRIBED MEDICATIONS AS RELATED TO MASSAGE.**

- a. Blood pressure and cholesterol control medications

- b. Blood thinning agents
- c. Muscles relaxants
- d. Pain medications
- e. Anti depressants and anti anxiety medications
- f. Antihistamines

**20. COMPETENCY: IDENTIFY THE EFFECTS, SIDE EFFECTS AND PRECAUTIONS OF COMMON HERBAL REMEDIES AS RELATED TO MASSAGE.**

- a. Gingo Biloba
- b. Don Quai
- c. Kava kava
- d. Valerian

## Unit VIII Internship

(For the purposes of Texas Occupations Code §455.053 and 16 Administrative Code, Chapter 117, §117.59(j), 50 hours is the maximum number of hours a student can accumulate in an internship before the student is required to be licensed...)

- 1. COMPETENCY: BE ABLE TO SATISFACTORILY WORK WITH ESTABLISHED CLINIC OFFICE PROCEDURES REGARDING:**
  - a. Client scheduling
  - b. Schedule of availability
  - c. Client check in
  - d. Initial consultations
  - e. Client records
  - f. Filing systems
  - g. Money handling
  - h. Other documentation requirements
  
- 2. COMPETENCY: BE ABLE TO SATISFACTORILY WORK WITH ESTABLISHED CLINIC PROCEDURES REGARDING**
  - a. Handling client personal effects
  - b. Dressing/changing areas
  - c. Draping procedures
  - d. Handling inappropriate behaviors exhibited by clients
  - e. Indications and contraindications to massage
  - f. Application of technique satisfactory to the client
  - g. Sanitary practices
  - h. Personal hygiene
  - i. Professional ethics
  
- 3. COMPETENCY: BE ABLE TO SATISFACTORILY WORK WITH ESTABLISHED CLINIC PROCEDURES REGARDING SUPERVISION OF MASSAGE THERAPY ACTIVITIES**
  - a. Provide massage according to scheduled service
    - i. Specific applications
    - ii. Within scheduled time allotted
  
- 4. COMPETENCY: BE ABLE TO SATISFACTORILY WORK WITH ESTABLISHED CLINIC PROCEDURES REGARDING:**
  - a. Evaluation procedures
  - b. Attendance
  - c. Performance
  
- 5. COMPETENCY: BE ABLE TO PROVIDE MASSAGE THERAPY IN A MANNER THAT REFLECTS THE EDUCATION AND TRAINING RECEIVED IN THE EDUCATIONAL PROGRAM.**
  
- 6. COMPETENCY: BE ABLE TO GENERATE REPEAT CLIENTS UTILIZING EFFECTIVE MEASURES.**
  - a. People skills
  - b. Technical skills
  - c. Marketing skills