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.

ANATOMY AND PHYSIOLOGY-CELLS       UNIT 1-SECTION 2

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

ANATOMY AND PHYSIOLOGY-TISSUES       UNIT 1-SECTION 3

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.

ANATOMY AND PHYSIOLOGY-SKELETAL SYSTEM

UNIT 1-SECTION 4

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

ANATOMY AND PHYSIOLOGY-MUSCULAR SYSTEM

UNIT 1-SECTION 5

9. COMPETENCY: DESCRIBE THE PHYSIOLOGY 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

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

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

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**

**MASSAGE THERAPY TECHNIQUE-PRODUCTS**

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

**MASSAGE THERAPY TECHNIQUE- CLIENT PREPARATION & DRAPING**

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

**MASSAGE THERAPY TECHNIQUE- EFFECTS & BENEFITS**

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

MASSAGE 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

MASSAGE 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/PERCUSION 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

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

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
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

BUSINESS PRACTICES AND PROFESSIONAL ETHICS

UNIT IV

ETHICS

SECTION 2

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
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

BUSINESS PRACTICES AND PROFESSIONAL ETHICS
UNIT IV
BUSINESS PLAN
SECTION 4

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.

HYDROTHERAPY UNI T V
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.

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.

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

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

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

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. Cryoalgesia
   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 pains
   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. Immovable 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 ASSESSMENT 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 (SYNERGISIT, 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

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

9. STUDENTS WILL INTERPRET VARIOUS POSTURAL PATTERNS.

a. Standing
b. Sitting
c. Ambulation

KINESIOLOGY UNIT VI
SECTION VI PROPRIOCEPTION

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

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

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