

Course Descriptions

WSCC Massage School Course Descriptions & Clock Hours

Total Clock Hours: 716 Total Credits: 46.5 4 Quarters

Anatomy & Physiology I

Quarter 1

Lecture Instructor: Tim Irving, LMT, BS

Lab Instructor: Sean Herrin, BA, DC

Course materials: *Mosby's Fundamentals of Therapeutic Massage and Essential Sciences for Therapeutic Massage* (Fritz); Anatomiken

Credits: 3

Clock Hours: 48

Lecture Hours: 24

Lab Hours: 24

This is the first of a three-part sequence to cover the basic structure and function of the human body. Particular attention will be paid to body organization, cell structure and function, tissues and membranes, and the integumentary, skeletal, and muscular systems and the effects of massage on these structures. The lab section of this course will include working with the Anatomiken (model and clay) as well as observing prosected human cadavers.

Anatomy & Physiology II

Quarter 2

Lecture Instructor: Tim Irving, LMT, BS

Lab Instructor: Sean Herrin, BA, DC

Additional Curriculum Development: Jim Carollo, MS, Mark Kaminski, MS

Course materials: *Mosby's Fundamentals of Therapeutic Massage and Essential Sciences for Therapeutic Massage*; Anatomiken

Credits: 3

Clock Hours: 48

Lecture Hours: 24

Lab Hours: 24

Prerequisites: A&P I

This is the second part of a three-part course covering the structure and function of the human body and covers the nervous, endocrine, cardiovascular, lymphatic and immune systems as well as homeostasis. Lab time will include use of the Anatomiken (model and clay) as well as observation of prosected human cadavers.

Anatomy & Physiology III

Quarter 3

Instructor: Sean Herrin, BA, DC

Additional Curriculum Development: Jim Carollo, MS, Mark Kaminski, MS

Course materials: *Mosby's Fundamentals of Therapeutic Massage and Essential Sciences for Therapeutic Massage*

Credits: 2.5

Clock Hours: 36

Lecture Hours: 24
Lab Hours: 12
Prerequisites: A&P I and II

This is the third part of a three-part sequence covering the structure and function of the human body which covers the respiratory, digestive, urinary, and reproductive systems and metabolism. Lab time will include observation of prosected human cadavers.

Kinesiology I

Quarter 1

Instructor: Carrie Ebling, BS, LMT

Course materials: *Mosby's Fundamentals of Therapeutic Massage and Essential Sciences for Therapeutic Massage*; *Trail Guide to the Body* (Beil); Anatomiken

Credits: 2
Clock Hours: 36
Lecture Hours: 12
Lab Hours: 24

This is the first of a two-part course that gives students a basic understanding of how the body moves focusing on muscle groups, joints, ligaments and their actions. Students will learn the structure and function of joints and their classification and function. Students will learn to locate the origins, insertions and actions of the muscles as well as endangerment sites. This course teaches palpation techniques and range of motion principles which are integral to massage therapy.

Kinesiology II

Quarter 2

Instructor: Carrie Ebling, BS, LMT

Course materials: *Mosby's Fundamentals of Therapeutic Massage and Essential Sciences for Therapeutic Massage*; *Trail Guide to the Body*; Anatomiken

Credits: 2
Clock Hours: 36
Lecture Hours: 12
Lab Hours: 24
Prerequisites: Kinesiology I

Students continue learning about body movement and palpation of joints and muscles as well as muscle length/strength testing.

Pathology

Quarter 2

Instructor: David Wickes, DC

Course materials: *Mosby's Fundamentals of Therapeutic Massage and Essential Sciences for Therapeutic Massage*; *A Massage Therapist's Guide to Pathology*

Credits: 4
Clock Hours: 50
Lecture Hours: 50

In order to practice massage safely and effectively, students are taught to assess indications and contraindications for massage with regard to disease, surgery, trauma, pain and the issues of sanitation and hygiene surrounding these conditions. Students will learn to modify session plans to accommodate clients with certain conditions. Signs and symptoms of disease, their modes of transmission and general sanitation recommendations will be taught using the Communicable Disease Guidelines for Massage Practitioners.

Nutrition Quarter 3
Credits: 1
Clock Hours: 12
Lecture Hours: 12

Nutrition is an integral part of human health. Massage therapy students will learn the basics of balanced nutrition. Nutrition, exercise and lifestyle are important components to be emphasized in a person's wellness routine. The information learned in this course is helpful for massage therapist self-care.

Medical Terminology Quarter 1
Instructor: Carrie Ebling, BS, LMT
Course materials: *Mosby's Essential Sciences for Therapeutic Massage*
Credits: 1
Clock Hours: 12
Lecture Hours: 12

Massage therapists working in a healthcare setting need to be familiar with medical terminology that is commonly used. Greek and Latin root words and prefixes and suffixes are taught in this course. The basic rules behind defining and building medical words and the pronunciation of those words are covered.

Communication & Ethics Quarter 1
Instructor: Janice Justice, DC
Course materials: *Mosby's Fundamentals of Therapeutic Massage* and *The Ethics of Touch* (Sohnen-Moe)
Credits: 3
Clock Hours: 36
Lecture Hours: 36

This course emphasizes written, verbal, and non-verbal communication skills and involves issues around massage therapist-client interaction as well as interprofessional communication (e.g. doctors, chiropractors, physical therapists, etc). Ethical topics include boundaries, HIPAA regulations, special needs clients, sexual harassment, and licensing guidelines/responsibilities.

Massage I Quarter 1

Instructor: Tim Irving, LMT, BS

Course Materials: *Mosby's Fundamentals of Therapeutic Massage*

Credits: 3

Clock Hours: 48

Lecture Hours: 24

Lab Hours: 24

Students learn manual massage techniques focusing on relaxation and stress reduction by relieving tension with the use of Swedish massage and chair massage. In addition to the practical applications, students learn the history and theory behind massage techniques and the physiological and psychological effects of touch. Students work on interviewing skills, note-taking for client charts, keeping good records, and planning single and multiple sessions. Proper draping, lubrication, turning procedures, universal precautions, sanitation, and practitioner self-care are also of major importance. A few massage tools will be introduced.

Massage II

Quarter 2

Instructor: Tim Irving, LMT, BS

Course Materials: *Mosby's Fundamentals of Therapeutic Massage*

Credits: 2.5

Clock Hours: 48

Lecture Hours: 12

Lab Hours: 36

Prerequisites: Massage I

The second massage course focuses on therapeutic massage techniques such as trigger point, cross-fiber friction, neuromuscular therapy, lymph drainage, myofascial release, pin and stretch, hydrotherapy, hot/cold therapy, and the use of massage tools. Students learn postural assessment and gait analysis as well.

Massage III

Quarter 3

Instructor: Cortney Gillam, LMT

Course Materials: *Orthopedic Massage: Theory and Technique* (Whitney Lowe) and/or *Massage for Orthopedic Conditions* (Hendrickson)

Credits: 2.5

Clock Hours: 48

Lecture Hours: 12

Lab Hours: 36

Prerequisites: Massage II

The third quarter massage course is devoted to orthopedic and sports massage. Topics include injury assessment, strength training, rehabilitation exercise and stretching. Conditions such as bursitis, tendonitis, and rheumatoid arthritis are also discussed.

Medical/Hospital Massage

Quarter 3

Instructor: Nathan Nordstrom, LMT

Curriculum Development: Minga Guerrero, DC

Course materials: note packet

Credits: 2.5

Clock Hours: 36

Lecture Hours: 24

Lab Hours: 12

Prerequisites: CPR/First Aid, Pathology, Massage II

This course prepares the student for working with patients in a hospital or clinic setting. Massage theory related to hospital-based massage care, such as for pre- and post-surgical patients, is discussed. Not only are massage techniques addressed, but subjects such as dealing with end-of-life situations, chronic pain, and the intricacies of hospital organizations are also examined. A hospital rotation is part of the school's clinical training.

Survey of Modalities/Specialized Massage Quarter 4

Instructor: various

Course materials: handouts

Credits: 3

Clock Hours: 48

Lecture Hours: 24

Lab Hours: 24

Prerequisites: Massage II

This is an overview and introduction to a number of different massage modalities including Tuina, Shiatsu, craniosacral, and other theories. Students learn massage techniques and accompanying issues of special groups such as the elderly, pregnant women, infants, and clients with special needs.

Massage for Cancer Patients Quarter 3

Instructor: Carola DiLorenzo, LMT

Course Materials: *Medicine Hands: Massage Therapy for People with Cancer* (MacDonald)

Credits: 2

Clock Hours: 20

Lecture Hours: 20

Prerequisites: Pathology, Massage I

The use of complementary medicine in conjunction with allopathic treatments for cancer patients is on the rise. This course prepares the student for integrative medicine programs where they can use massage on patients in hospitals or hospice who are experiencing chronic pain, side effects caused by chemotherapy and radiation, and chronic diseases that get poor results with standard medicine. Massage students discuss the emotional and psychological aspects of cancer as well, including practitioner self-care.

Business Management Quarter 4

Janice Justice, BS, DC

Course materials: *Business Mastery* (Sohnen-Moe) and *Mosby's Fundamentals of Therapeutic Massage*

Credits: 4
Clock Hours: 48
Lecture Hours: 48

Students learn basic business and accounting practices, insurance billing, bookkeeping, income reporting, obtaining liability insurance, credentialing requirements, and other topics that are important in establishing and operating a massage therapy practice, or forming a partnership or contract with a corporation. Students will make a business plan including the legal requirements and tax structure of owning a small business.

Professional Development Seminar

Quarter 4

Janice Justice, BS, DC

Course materials: *Business Mastery*

Credits: 1
Clock Hours: 16
Lecture Hours: 16

In addition to business operations, massage therapy students will learn how to build a resume, market themselves, and manage their time. Other topics include the role of professional associations for massage therapists; skill development through continuing education and advanced training programs.

Clinical Training

Quarter 1,2,3,4

Credits: 4.5
Clock Hours: 90 (Q1=10 hrs, Q2=20 hrs, Q3=30 hrs, Q4=30 hrs)

In the first quarter of the program, students will observe an LMT in our outpatient clinic for ten hours during the quarter. They will see first-hand how a client interview is done, how chart notes are taken, and how a massage is performed. In the second through fourth quarters, students perform massages on members of the general public in our outpatient clinic. They use the skills they have learned in class such as interviewing clients, taking chart notes, performing physical assessments and forming treatment plans. All clinic time is supervised by a Licensed Massage Therapist (clinic supervisor) and students are evaluated by the clinic supervisor and the clients. In the third and fourth quarters, rotations at Physician's Hospital and/or chiropractic or massage clinics and attendance at sporting events with the chiropractic sports medicine group are also part of clinical training.