

COURSE DESCRIPTIONS

WSSC Massage School Course Descriptions & Clock Hours

Total Clock Hours: 726 Total Credits: 46.5 4 Quarters

MSG AP1 - Anatomy & Physiology I

Quarter 1

Lecture Instructor: Tim Irving, LMT, BS, DC

Credits: 3

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

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 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.

MSG AP2 - Anatomy & Physiology II

Quarter 2

Lecture Instructor: Tim Irving, LMT, BS, DC

Credits: 3

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

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 integumentary, nervous, respiratory, lymphatic and immune systems. Lab time will include use of the Anatomiken (model and clay) as well as observation of prosected human cadavers.

MSG AP3 - Anatomy & Physiology III

Quarter 3

Lecture Instructor: Tim Irving, LMT, BS, DC

Credits: 2.5

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

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 digestive, endocrine, genitourinary, and limbic systems. Lab time will include observation of prosected human cadavers.

MSG KS1 - Kinesiology I

Quarter 1

Instructor: Carrie Ebling, BS, LMT

Credits: 2

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

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.

MSG KS2 - Kinesiology II Quarter 2

Instructor: Carrie Ebling, BS, LMT

Credits: 2

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

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.

MSG PTH - Pathology Quarter 2

Instructor: Tim Irving, LMT, BS, DC

Credits: 3

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

Clock Hours: 36

Lecture Hours: 36

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.

MSG MDT - Medical Terminology

Quarter 1

Instructor: Carrie Ebling, BS, LMT

Credits: 1

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

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.

MSG COM - Communication & Ethics

Quarter 1

Instructor: Janice Justice, DC

Credits: 3

Course materials: *Mosby's Fundamentals of Therapeutic Massage and The Ethics of Touch (Sohnen-Moe)*

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.

MSG 101 - Massage I

Quarter 1

Instructor: Nathan Nordstrom, LMT

Credits: 3

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

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.

MSG 102 - Massage II

Quarter: 2

Instructor: Carola DiLorenzo, LMT

Credits: 2.5

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

The Balanced Body: A Guide to Deep Tissue & Neuromuscular Therapy

Clock Hours: 48

Lecture Hours: 12

Lab Hours: 36

Prerequisites: Massage I

The second massage course focuses on deep tissue massage techniques such as trigger point/neuromuscular therapy, myofascial release, and pin and stretch. Students learn basic postural assessment and appropriate treatment to restore soft tissue balance.

Deep Tissue Massage cont'd

Quarter: 3

Instructor: Carola DiLorenzo, LMT

Credits: 2

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

The Balanced Body: A Guide to Deep Tissue & Neuromuscular Therapy

Clock Hours: 36

Lecture Hours: 12

Lab Hours: 24

Prerequisites: Massage I

MSG 103 - Massage III

Quarter 3

Instructor: Nathan Nordstrom LMT

Credits: 2.5

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

Clock Hours: 48

Lecture Hours: 12

Lab Hours: 36

Prerequisites: Massage I, II

Students will learn massage techniques used for orthopedic, sports and rehabilitation and the special conditions surrounding these types of massages. Topics include injury assessment, basic concepts of strength training, rehabilitation exercise and stretching to improve physical conditions following accidents, injuries, disease. Students learn postural assessment and gait analysis. Conditions such as bursitis, tendonitis, and rheumatoid arthritis are also discussed.

MSG HOS - Medical Massage

Quarter 3

Instructor: Nathan Nordstrom, LMT

Credits: 2.5

Curriculum Development: Minga Guerrero, DC

Course materials: *Outcome-Based Massage* (Andrade & Clifford)

Clock Hours: 36

Lecture Hours: 24

Lab Hours: 12

Prerequisites: Pathology, Massage I

LMT employment in a DC, MD, DO, DMD or other medical professional setting carries its own set of requirements for interoffice communication. Interactions between the LMT and the employing doctor can dramatically impact patient care. Patient care must always be first in your mind. This course prepares the student for working with patients in a clinical setting. Massage for special populations such as geriatric, infants, pregnant women are also covered.

MSG MOD - Survey of Modalities

Instructor: various Quarter 4
 Course materials: handouts Credits: 3
 Clock Hours: 48
 Lecture Hours: 24
 Lab Hours: 24
 Prerequisites: Pathology, Massage I

This is an overview and introduction to a number of different massage modalities including Tuina, Shiatsu, craniosacral, and other theories.

MSG CAP - Massage for Cancer Patients

Instructor: Carola DiLorenzo, LMT Quarter 3
 Credits: 2
 Course Materials: *Medicine Hands: Massage Therapy for People with Cancer* (MacDonald)
 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.

MSG BUS - Business Management

Janice Justice, DC Quarter 4
 Credits: 4
 Course materials: *Business Mastery* (Sohnen-Moe) and *Mosby's Fundamentals of Therapeutic Massage*
 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.

MSG PRO - Professional Development Seminar

Janice Justice, DC Quarter 4
 Credits: 1
 Course materials: *Business Mastery*
 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.

CL1, CL2, CL3, CL4 - Clinical Training

Carola DiLorenzo, LMT 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 **integrate** and further refine skills acquired in Term 1 classes and prepare for Term 2 clinic in which therapeutic Swedish Massage treatments are available to the general public. Students become familiar with aspects necessary in the giving of a safe, effective and relaxing Swedish Massage, all aspects of the therapeutic session, and clinic operations. 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 as well as through client feedback.