

## **SCHEDULE OF CLASSES**

### **MASSAGE PRACTITIONER CERTIFICATION PROGRAM**

California now requires 250 hours of training for being a Certified Massage Practitioner, a title recognized statewide. Qualifying for that title continues to be voluntary, and it is possible to practice as a massage practitioner with fewer hours in those areas where lower local requirements exist, but practicing as a Certified Massage Practitioner requires the 250 hours of training.

We are pleased to present a high quality program providing certification at either the 100 hour or 250 hour level. The next 100 hour training will be August 17-29. Meanwhile, there are 3-day weekends, 25 hours each, March 26-28, April 9-11, May 7-9, May 21-23, June 4-6, and June 18-20. See below for the 100 hour training curriculum, and see the School of Professional Massage home page for the 3-day weekends.

### **CURRICULUM – 100 Hour Certification Training – 12 Day Intensive,**

#### ***Introduction to Massage, Swedish Massage Demo and Practicum***

Course No. M101

Credits: 3

Prerequisites: None

Description: Students learn a relaxing full-body Swedish-style massage which includes several approaches including deep pressure, sweeping strokes and stretches. They develop foundational skills which can be applied in more advanced classes. This class also covers the Theory of Massage, personal hygiene, relationship to client and draping .

#### ***Anatomy and Physiology for Massage Practitioners***

Course No. M102

Credits 2

Prerequisites: M101

Description: This class introduces students to basic human anatomy and physiology, including muscular, skeletal, nervous and lymph systems, and contraindications for massage. The class emphasizes the functioning of the healthy body and how it benefits from massage.

#### ***Body Mechanics***

Course No. M103

Credits .3

Prerequisites: M102

Description This class trains massage students in proper posture and body movement awareness. Students learn proper biomechanics to minimize stress and

fatigue, avoid injury and overuse. Students receive personalized attention and evaluation while demonstrating a massage session.

***Practitioner Self-Care***

Course No. M104

Credits .4

Prerequisites: None

Description: This course introduces the practice of Yoga. Students will be required to perform postures and breathing practices.

***Professional Training***

Course No. M105

Credits .6

Prerequisites: None

Description: In this class students will learn skillful ways to communicate with clients. They will also learn how to maintain healthy professional boundaries, do proper intake, and skills for managing their own successful massage practice. Practical information on setting up a Massage Practitioner business, record keeping, licensing, job possibilities and marketing are covered.

***Acupressure Massage Training***

Course No. M106

Credits 3

Prerequisites: None

Description: Students learn techniques to release blockages along meridian pathways and pressure points for relaxation and revitalization. They will also learn how to integrate Acupressure into Swedish and other modalities of massage.

***Final Exam and Final Massage***

Course No. M107

Credits .3

Prerequisites: M 101, M 102, M 103, M 104, M 105, M 106, M 108

Description: Students will take a written exam. They will also be evaluated by the teachers while performing the Massage techniques taught during the 100 hour program.

***Practice hours***

Course No. M108

Credits .6

Prerequisites: Concurrent with all other classes in the 100 hour program.

Description: Students will begin to practice the massage techniques on practice-clients as soon as they have learned them. They will be required to submit notes on a minimum of 12 client-sessions.