



Massage Therapy II

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Course Description: Massage Therapy II will be a continuation and expansion of the topics and skills from the first year. Students will be taking their knowledge and applying it in the school's student-run massage spa.

Organization: Students will learn from various resources including textbooks, hands-on demonstrations, field trips, guest speakers, videos and working in CAVIT's massage spa.

Course Standards: *(This is a complete list of standards for the full 2 year program.)*

- Demonstrate knowledge of anatomy and physiology.
- Utilize knowledge of pathology to ensure client safety.
- Demonstrate appropriate business/record-keeping techniques.
- Demonstrate appropriate safety practices.
- Apply ethical behavior.
- Demonstrate and perform classical/Swedish massage.
- Demonstrate understanding of hydrotherapy.
- Demonstrate basic knowledge of kinesiology.
- Apply concepts of polarity to massage therapy.
- Demonstrate knowledge of reflexology.
- Demonstrate basic trigger point therapy.
- Apply concepts of joint mobilization.
- Introduction to Eastern modalities.
- Demonstrate concepts of Sports Massage at intro level.
- Discuss application of special massage techniques to specific populations.
- How to build a career as a massage therapist.

Textbooks: *Massage Therapy Principles and Practice*; 3rd Edition; Salvo
Trail Guide to the Body; 3rd Edition; Biel
Better Health with Foot Reflexology; Byers

Grading: **Tests:** 40%
Class Participation: 20%
Clinic/Spa Participation: 20%
Other class work/assignments/quizzes: 20%

- Each student will be required to **secure a minimum of 15 clients to the massage spa**, each semester, in order to continue in the program the following semester.
- **Each student will be required sit for the skill exam, with an outside evaluator, at the end of each semester and pass with a minimum of an 80% in order to earn articulated massage therapy college credit through Central Arizona College.**
- **Students will also be required to pass the Massage Therapy ADE Assessment Test, in order to earn articulated massage therapy college credit through Central Arizona College.**

Class Uniform: Students are required to wear scrubs and approved shoes to class daily. Female students will be required to wear an approved swimsuit to be worn during class practicals. Male students are required to provide swim or gym trunks during class practicals.

Attendance: In order to earn the massage certification students will need to first successfully complete 4 semesters of classes, according to the CAVIT Student handbook as well as attend CAVIT for a minimum of 700 hours while not exceeding 720, which translate into only being able to miss 10 days in two years. If a student misses more than 10 days, they will have the opportunity to make up hours in many various, alternative ways. Students will also have the ability to store up hours in advance of an absence(s), per Mr. Barth's approval, by again utilizing approved, alternative means.

Summer Session: CAVIT will be providing a one week summer session the week of June 1-5 2015 for all second year students who are in need of making up hours so that they may obtain a massage license. **IN ORDER FOR CAVIT TO PAY THE MASSAGE THERAPY APPLICATION FEES, IT WILL BE MADATORY FOR YOU TO ATTEND JUNE 1-3 2015!** **JUNE 1:** complete massage application for the State Massage Therapy Board, **June 2-3:** field trip and participate in the CAVIT massage clinic. The exact times of the summer program will be announced later in the school year.