

Minnesota Hybrid Course Catalog

The Professional Massage Academy

Massage Therapist 600

Calendar Years 2025

Massage Therapy Program

Objectives

PMA provides education in all phases of massage therapy. The graduate will have knowledge in the business skills of today's industry as well as the theory and practical skills.

Course Description

The program is western based in theory and application; however, the program does give introductory theory and application of eastern modalities and skills. Course study includes theory, demonstration and practical application techniques necessary to perform professional massage services with confidence. The program covers the state laws governing the subjects as well as all knowledge necessary to obtain licensure whether through city or state and national certification by the National Certification Board of Massage Therapy.

Curriculum: PMA hybrid utilizes Milady curriculum, Exam Coach, and Trail Guide to the Body.

- Historical Overview of Massage
- Requirements for the Practice of Therapeutic Massage
- Professional Ethics for Massage Practitioners
- Overview of Human Anatomy and Physiology and Medical Terminology
- Human Anatomy and Physiology
- Effects, Benefits, Indications and Contraindications of Massage
- Equipment, Products and Environment
- Infection Control and Safety Practices
- Consultation and Documentation
- Classification of Massage Movements
- Preparations for the Practitioner
- Procedures for Complete Body Massages
- Cold, Heat and Hydrotherapies
- Massage in the Spa Setting by Steve Capellini
- Clinical Massage Techniques
- Lymph Massage
- Therapeutic Procedure
- Athletic/Sorts Massage
- Massage for Special Populations
- Massage in Medicine
- Other Therapeutic Techniques
- Business Practices
- Pharmacology

Curriculum by Hour

Class Title	Online Hours	Hands-On Hours	Total Hours
Anatomy	70		
Medical Terminology	20		
Kinesiology	46		
Complete Body Massage	73		
Deep Tissue Massage	90		
Business Law & Ethics	25		
Sports Massage	15		
Specialized Massage	34		
Advanced Techniques	48		
BPI	0		
CPR/First Aid	4		
Total Hours			425
Student Hands-On - Family/Friends with evaluation form for each massage		45	
Total Hours			470
Hands-On with Instructors		30	
Total Hours			500
Externship		100	
Total Hours			600

Breakdown of student total of hours:

Online curriculum	425 Hours
Student required massages	45 hours
Instructor led training	30 hours
Externship	100 hours

Curriculum Detail:

ADVANCED MASSAGE TECHNIQUES - 48 HOURS

Advanced techniques are taught to give students a better idea of a "spot treatment" massage. The class is broken down into sections of the body for students to learn in-depth techniques for giving a beneficial massage to a particular problem area. Charting and pathology are also reviewed.

BUSINESS LAW & ETHICS - 25 HOURS

The code of ethics, educational and legal requirements for massage therapy as well as professional standards for practicing therapeutic massage will be discussed. Students will learn bookkeeping, advertising, marketing, office management, business plan development and other aspects of running a business.

COMPLETE BODY MASSAGE - 73 HOURS

Students will learn Swedish massage and seated massage, their movements and techniques. Pathology will be discussed. Students will be taught how to conduct a client consultation and chart their findings using a S.O.A.P. format. Students will demonstrate and practice by working on each other throughout the class. One professional massage is required for this class.

CARDIOPULMONARY RESUSCITATION (CPR) AND FIRST AID - 4 HOURS

Basic Life Support taught by a Certified Red Cross Instructor. First Aid techniques are learned with competency. Demonstration is required. Students that currently hold certification in CPR and First Aid must show proof. **This course is not offered by PMA, students will be required to complete an American Heart Assoc. BLS certified course at the student's convenience and the student is responsible for any additional costs that they may inquire. Students are responsible to have this completed before their externship.**

DEEP TISSUE MASSAGE - 90 HOURS

Increased knowledge of anatomy, kinesiology, pathology and palpatory skills are learned. Students will have a basic knowledge of trigger point Therapy and be able to treat common areas of Trigger Point formation. Different types of myofascial tissue will be identified along with treatment techniques. Students will learn which muscles to check for when a client complaint of an injury or pain in a described area. Students will learn an integrated approach to deep tissue massage.

EXTERNSHIP PRACTICUM - 100 hours

This part of the course is completed once the student has reached a total of 500 hours with a combination of online course work, hands-on training and friends and family massage hours. The student completes the final 100 hours of the program working at a local spa that The Professional Massage Academy has partnered with. The students receive real work experience while still under non-direct instructor supervision.

HANDS-ON INSTRUCTOR LED TRAINING - 30 HOURS

Students will meet for hands-on training at a predetermined approved training site, based on the student's geographical location. Students will be required to show a valid government issued ID, verifying the student's identity. Students will not be allowed to attend hands on training unless they have reached the pre-approved agreed upon hours for that section. Students will practice the hands-on techniques of complete body, deep tissue, sports, advanced and specialized massage techniques. Students will have the opportunity to work one on one with the instructor having questions answered and receive professional feedback

HUMAN ANATOMY & PHYSIOLOGY & PATHOLOGY - 70 HOURS

Students will extensively study the human body and all its functions which is the foundation for understanding and practicing therapeutic massage. Students will be able to comprehend dysfunction as it affects the human body. This comprehensive course will include the 11 body systems, pathology, cells and tissues. Students conclude this module with an understanding and appreciation for the core systems that contribute to the structure and function of the human body.

KINESIOLOGY - 46 HOURS

An in-depth study of musculoskeletal anatomy. This course will train students to recognize origin, insertion, and actions of muscles through palpation. Memorization of muscles and bones is required to identify the functions of each.

MEDICAL TERMINOLOGY - 20 HOURS

This class is designed to give students the ability to analyze, pronounce and spell medical terms. The class will also focus on organization of the body systems, prefixes and suffixes of medical terms.

SPECIALIZED MASSAGE TOPICS - 34 HOURS

Reflexology, lymph massage, acupressure, pathology, eastern philosophy, chair massage and pressure point are some of the topics covered.

SPORTS MASSAGE - 15 HOURS

The focus of this class will be learning specific techniques for treating the athlete. Students will learn pre-event and post-event massage, along with common injuries athletes may display

STUDENT REQUIRED MESSAGES - 45 HOURS

Students must complete 15 hours of documented practice massages after attending each one of the 10 hour in-person training sessions [45 hours in total]. PMA will provide students with an evaluation form. This form will be filled out by the individual receiving the massage to evaluate the students massage skill set