The Professional Massage Academy

Massage Therapist 625 Hours
Hybrid Program

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 allows students to take the Nationally recognized MBLEX exam.

Curriculum: PMA hybrid utilizes Milady curriculum and Exam Coach. The Milady curriculum is equivalent to content in the textbooks, with the same quizzes and exams. It also allows for personalization of training based on the students' interests. Milady online curriculum tracks all time spent, quizzes and grades.

The hands-on components of education [8 separate sessions of 5 hours each] will occur in groups of 1 – 4 students at partner clinics in the state of MN. Prior to attending each requisite hands-on training session, students must have successfully completed required content, passed the required quizzes/exams, met hour requirements,completed the required number of FNF Clinic massage hours and up to date on tuition payments.

500 online hours and 125 hands-on hours for a total of 625 will be required to complete the program.

Curriculum by Hour

Class Title	Online Hours	Hands-On Hours	Total Hours
Historical Overview of Massage	14		
Requirements for the Practice of Therapeutic Massage	14		
Professional Ethics for Massage Practitioners	14		
Medical Terminology	20		
Anatomy and Physiology	70		
Kinesiology	46		
Effects, Benefits, Indications and Contraindications	18		
Equipment, Products and Environment	18		
Infection Control and Safety Practices	18		
Consultation and Documentation	18		
Classifications of Massage Movements	18		
Preparations for the Practitioner	14		
Procedures for Complete Body Massages	18		
Cold, Heat and Hydrotherapies	16		
Massage in the Spa Setting by Steve Capellini	15		
Clinical Massage Techniques	18		
Lymph Massage	14		
Therapeutic Procedure	15		
Athletic/Sports Massage	15		
Massage for Special Populations	16		
Massage in Medicine	16		
Other Therapeutic Techniques	16		
Business Law and Ethics Practice	50		
OBPI - Pharmacology	4		
CPR/First Aid	5		
Total Hours			500
Student Hands-On Total Hours	125		125
Total Hours			625

Break down of student total of hours:

Online curriculum **500 Hours**

Hands-on Training Hours **125 hours**

Curriculum Detail:

ADVANCED MASSAGE TECHNIQUES
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
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
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.

CARDIOPULMONARY RESUSCITATION (CPR) AND FIRST AID
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. Student is responsible to have this completed before their anticipated graduation date.**

DEEP TISSUE MASSAGE
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 complains of an injury or pain in a described area. Students will learn an integrated approach to deep tissue massage.

HUMAN ANATOMY & PHYSIOLOGY & PATHOLOGY
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

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

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

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

SPORTS MASSAGE

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

FNF CLINICAL STUDENT REQUIRED MASSAGES

Students must complete 20 hours of documented practice massages after attending each one of the 2 day Instructor-Led training sessions [60 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 student's massage skill set.

HANDS-ON INSTRUCTOR LED TRAINING

Students will meet for hands-on training at one of our predetermined approved training sites [talk with our admissions for a list of sites]. These sessions will be 2 days - 5 hours each and spread out throughout the schooling [40 hours in total].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

SURVEY SUPERVISED HANDS-ON AND TEST OUT

Students must complete 24 hours of documented practice massages. Individuals receiving the massage will be required to complete an evaluation form to evaluate the students massage skill set and will come directly to PMA for review. The last hour will be a test out hands on massage with one of the PMA Instructors.