

# Massage Therapy

## (Diploma)

Learn how to create wellness through the power of touch in just a few months. A balanced study of anatomy, physiology, pathology, aromalogy, spa treatments and body movement techniques adds depth to the massage techniques you'll use to address the individual needs of your guests. After completing course requirements and 600 hours, you'll have the skills you need to find employment in a spa, health club, or in a clinical environment.

### Full-time Schedule

18 weeks total

Day Schedule 1 Tuesday through Friday 9:00 am-4:30 pm, Saturday 8:00 am-3:30 pm (45 minute break)

\*The last Massage Therapy Day Schedule 1 start date is September 12, 2017. After that date, this schedule will be discontinued and replaced with the Massage Therapy Day Schedule 2.

Day Schedule 2 Wednesday and Thursday 9:00am-8:00pm (1 hour break), Friday 9:00am-4:30pm (45 minute break), Saturday 8:00am-3:45pm (45 minute break)

Flexible Schedule: Tuesday through Thursday 9:00am-8:00pm and every other Saturday 8:00am-4:45pm (1 hour lunch break)

\*The last Massage Therapy flexible schedule start date is September 12, 2017. After that date, the Massage Therapy flexible schedule will be discontinued.

<b>Program Outline</b>	
<b>Hours</b>	<b>Subject</b>
193	Massage Modalities and Techniques
31	Business, Professionalism, and Ethics
150	Anatomy, Physiology, Kinesiology, and Pathology
20	Educator Discretion
206	Clinic Floor Experience
600	Total Hours
	The above hour requirements must be met by each student in each category.

## Massage Therapy Curriculum Overview

An Aveda Institute Minneapolis education is rigorous and thorough. Throughout the Massage Therapy program, you'll cover the following topics in varying levels of depth and detail, giving you an exceptional foundation for your professional career.

### Anatomy & Physiology

anatomical terms  
cell, tissue, and organs  
muscular system  
skeletal system  
kinesiology  
nervous system  
endocrine system  
blood  
circulatory system  
immune system  
respiratory system  
digestive system

### Pathology

guest health  
history forms  
contraindications  
indications  
skin condition  
musculoskeletal conditions  
nervous system conditions  
respiratory conditions  
case studies

### Plant Aromaology

history of aromaology  
sensory journey and personal blends™  
olfaction  
methods of extraction  
essential oils  
aveda key elements™

### Hydrotherapy and Spa Treatments

effects of hydrotherapy  
indications  
contraindications  
caribbean therapy™ body treatment  
rosemary mint awakening body wrap

### Massage Theory

history  
principles of massage  
body mechanics  
modalities  
equipment  
professionalism  
ethics  
boundaries  
proper draping techniques  
mind/body connection  
sense of touch  
breathing  
ayurveda  
elemental natures

### Massage Techniques

focus:

- swedish
- deep tissue

introduction:

- reflexology
- trigger points
- lymphatic massage
- polarity
- energy balancing
- acupressure

### Clinic Practice

refinement of massage techniques  
clinic set-up  
sanitation  
time management  
the aveda spa experience  
retail  
guest relations  
aveda rituals

### Personal/Career Development

resume writing  
interview process  
responsibilities of employment  
guest retention  
licensing of massage  
professional massage organizations  
marketing

## **Career Opportunities**

Career opportunities in Massage Therapy include the following:

- massage and body-work specialist
- spa and/or health club therapist
- spa manager
- spa owner
- private practice
- chiropractic and physical therapy clinic
- sports massage

## **Textbook Information**

- Elaine N., Marie B. *Essentials of Human Anatomy & Physiology Plus Mastering A&P* (2014), Pearson Publishing. ISBN: 9780134325958. Retail price \$202.60.
- Rob McAtee. *Facilitated Stretching* (2014), Human Kinetics. ISBN: 9780134325958. Retail price \$34.95.
- R. Werner. *Massage Therapists Guide to Pathology* (2014), LWW. ISBN: 1496310829. Retail price \$76.99.
- Andrew Biel. *Trail Guide to the Body 5<sup>th</sup> Edition - Student Workbook* (2016), Books of Discovery. ISBN: 9780982978665. Retail price \$24.95.
- Andrew Biel. *Trail Guide to the Body 5<sup>th</sup> Edition - Student Textbook* (2016), Books of Discovery. ISBN: 9780982978658. Retail price \$64.95.
- Aveda Education. *Massage Manual* (2010), Aveda. No charge.
- Federation of State Massage Therapy Boards. *MBLEx Massage and Bodywork Licensing Examination Study Guide* (2015). Retail price: \$29.95 (for all classes starting after November 29, 2016).