Withlacoochee Technical College
Course Syllabus
Massage Therapy Program

Course Description:
The WTC Massage Therapy Program offers a sequence of courses that provides coherent and rigorous content aligned with challenging academic standards and relevant technical knowledge and skills needed to prepare for further education and careers in the Health Science career cluster; provides technical skill proficiency, and includes competency-based applied learning that contributes to the academic knowledge, higher-order reasoning and problem-solving skills, work attitudes, general employability skills, technical skills, and occupation-specific skills, and knowledge of all aspects of Health Science career cluster.

The program is designed to prepare students for employment as Florida licensed massage therapists, all other service workers. SOC Code 31-9011-(Massage Therapists).

The content includes but is not limited to the theory and practice of massage, theory and practice of hydrotherapy, hygiene, practice demonstration, human anatomy and physiology, legal aspects of massage practice, allied modalities, leadership and human relations skills, health and safety, CPR, and employability skills. Colonic irrigation is optional post initial licensure.

Textbooks:
- Essential Sciences for Therapeutic Massage 4th Edition ISBN# 9780323077439 *
- Fundamentals of Therapeutic Massage 5th Edition ISBN# 9780323077408 *
- Clinical Massage: Assessment & Treatment of Ortho ISBN# 9780073510934
  - The 1st three books are needed for the first four weeks of school

Grading Scale:
- 100-90 A
- 89-80 B
- 79-70 C
- 69-60 D
- Below 60 F

Florida Department of Education Occupational Completion Points:

<table>
<thead>
<tr>
<th>OCP</th>
<th>Course Number</th>
<th>Course Title</th>
<th>Length</th>
<th>SOC Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>HSC0003</td>
<td>Basic Healthcare Worker</td>
<td>90 hours</td>
<td>31-9099</td>
</tr>
<tr>
<td></td>
<td>MSS0205</td>
<td>Massage Therapist 1</td>
<td>360 hours</td>
<td>31-9011</td>
</tr>
<tr>
<td>B</td>
<td>MSS0206</td>
<td>Massage Therapist 2</td>
<td>300 hours</td>
<td></td>
</tr>
</tbody>
</table>

Course of Study Classroom Hours as stated in F.A.C. 64B7-32.003 -

- Anatomy and Physiology 150
- Basic Massage Theory and History 100
- Clinical Practicum 125
- Allied Modalities 76
- Business 15
- Theory and Practice of Hydrotherapy 15
- Florida Laws and Rules 10
- (Chapters 456 and 480, F.S. and Chapter 64B7, F.A.C.)
- Professional Ethics 4
- HIV/AIDS Education 3
- Medical Errors 2
WTC MASSAGE THERAPY CURRICULUM (750)
2015-2016

(please note: each of these individual classes is 3 hrs. each)

Anatomy & Physiology: 192 Hours
* Meets the Florida Board of Massage Therapy requirements of 150 hours

Systems of the Body: (87)
Introduction to Anatomy & Physiology: Support, Movement & Biomechanics
Mechanisms of Health & Disease Part 1
Mechanisms of Health & Disease Part 2
Medical Terminology
Anatomy & Physiology Test I
Nervous System I – Nervous System Basics
Nervous System II – Central Nervous System
Nervous System III – Central Nervous System
Nervous System IV – Peripheral Nervous System
Endocrine System
Anatomy & Physiology Test II
Skeletal System
Joints, Levers & Forces
Muscular System I
Muscular System II
Muscular System III
Biomechanics Basics
Anatomy & Physiology Test III
Integumentary System
Cardiovascular System
Lymphatic & Immune System
Anatomy & Physiology Test IV
Respiratory System
Digestive System
Urinary System
Reproductive System
Anatomy & Physiology Test V
Physiological Effects of Massage- Test VI
General Contraindications of Massage- Test VII

Osteology: (15)
Introduction to Osteology
Bone Landmarks---Axial Skeleton
Bone Landmarks---Upper App.
Bone Landmarks---Lower App.
Bone Landmarks---Test

Myology: (90)
Muscles Clay HNF
Muscle Palpation --HNF
Muscles Clay Axial I
Muscle Palpation --Axial I
Muscles Clay Axial II
Muscle Palpation --Axial II
<table>
<thead>
<tr>
<th>Muscle Anatomy Test (HNF, Axial I/II)</th>
<th>Muscle Palpation Test (HNF, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle Clay Shoulder</td>
<td>Muscle Palpation --Shoulder</td>
</tr>
<tr>
<td>Muscle Clay Elbow</td>
<td>Muscle Palpation --Elbow</td>
</tr>
<tr>
<td>Muscle Clay Wrist</td>
<td>Muscle Palpation --Wrist</td>
</tr>
<tr>
<td>Muscle Anatomy Test (Shoulder, etc)</td>
<td>Muscle Palpation Test (Shoulder, etc)</td>
</tr>
<tr>
<td>Muscle Clay Hip</td>
<td>Muscle Palpation --Hip</td>
</tr>
<tr>
<td>Muscle Clay Knee</td>
<td>Muscle Palpation --Knee</td>
</tr>
<tr>
<td>Muscle Clay Ankle</td>
<td>Muscle Palpation --Ankle</td>
</tr>
<tr>
<td>Muscle Anatomy Test (Hip, knee, etc)</td>
<td>Muscle Palpation (Hip, knee, etc.)</td>
</tr>
<tr>
<td>Muscle Anatomy Review I</td>
<td>Muscle Palpation Review I</td>
</tr>
<tr>
<td>Muscle Anatomy Review II</td>
<td>Muscle Palpation Review II</td>
</tr>
<tr>
<td>Muscle Anatomy Comprehensive Exam</td>
<td>Muscle Palpation Comp. Exam</td>
</tr>
</tbody>
</table>

**Basic Massage Theory and History: 135 Hours**

*Meets the Florida Board of Massage Therapy requirements of 100 hours*

**Therapeutic Massage: (48)**

- Draping
- Posture I
- Posture II
- Massage Techniques- Effleurage I
- Massage Techniques- Friction
- Massage Techniques- Petriassage I
- Massage Techniques- Vibration
- Massage Techniques- Compression
- Swedish Massage Practice
- Blindfold Massage Practice

**Medical Massage: (66)**

- Physical Assessment & Treatment Planning
- Connective Tissue Massage II
- Segment-Reflex Massage II
- Neuromuscular Therapy I
- Neuromuscular Therapy II
- Neuromuscular Therapy III
- Muscle Energy Technique II
- Myofascial Release I
- Myofascial Release II
- Myofascial Release III
- Cyriax Method
- Stretching I
- Stretching II
- Stretching III
- Lymphatic Drainage Massage II
- Lymphatic Drainage Massage III
- Cyriax Method
- Stretching II
- Stretching III
- Lymphatic Drainage Massage II
- Lymphatic Drainage Massage III

**Sports Massage: (21)**

- Sports Massage I
- Sports Massage II
- Sports Massage III
- Sports Massage IV
- Sports Massage V
- Sports Massage VI
- Sports Massage VII
Clinical Practicum: 162 hours
*Meets the Florida Board of Massage Therapy requirements of 125 hours

**Human Relations & Communication:** (27)
- Orientation to Health Occ I
- Orientation to Health Occ II
- Introduction to Massage Therapy School
- Group Dynamics I
- Group Dynamics II
- Group Dynamics III
- Group Dynamics IV
- Group Dynamics V
- Listening Skills

**Case Studies:** (15)
- Situational Drills Neck
- Situational Drills Shoulder
- Situational Drills Back
- Situational Drills Leg
- Situational Drills Hip

**Clinical Muscle Separation & Definition:** (36)
- Muscle Separation & Definition HNF
- Muscle Separation & Definition Axial Skeleton I
- Muscle Separation & Definition Axial Skeleton II
- Muscle Separation & Definition Chest & Arm I
- Muscle Separation & Definition Chest & Arm II
- Muscle S & D PLL I
- Muscle S & D PLL II
- Muscle S & D ALL I
- Muscle S & D ALL II
- Muscle S & D Review I
- Muscle S & D Review II
- Muscle S & D Test

**Research & Analysis:** (12)
- Situational Research I
- Situational Research II
- SOAP Note Documentation & Medical Errors
- Client Evaluation & First Visit

**Clinical/Community Outreach Practicum:** (72)
- Massage Practice (Classroom Models or Off Campus) X 24

**Allied Modalities: 78 Hours**
*Meets the Florida Board of Massage Therapy requirements of 76 hours

**Muscle Testing:** (24)
- Muscle Testing (Assessment) Introduction
- Muscle Testing Lumbar Spine & Sacrum
- Muscle Testing Elbow, FA, Wrist & Hand
- Muscle Testing Lower Leg, Ankle & Foot
- Muscle Testing Head & Neck
- Muscle Testing Shoulder
- Muscle Testing Hip & Knee
- Muscle Testing Test

**Biomechanics:** (18)
- Biomechanics-Head & Neck
- Biomechanics-Shoulder
- Biomechanics-Hip&Knee
- Biomechanics-LumbarSpine/Sacrum
- Biomechanics-Elbow/FA/Wrist
- Biomechanics-LowerLeg/Ankle/Ft
Other Modalities: (36)
- Seated Massage I
- Seated Massage II
- Infant Massage
- Pre-natal/Side Lying Massage
- Reflexology I
- 30 Minute Massage
- 90 Minute Massage I
- 90 Minute Massage II
- 90 Minute Massage III
- 90 Minute Massage IV
- Eastern Medicine I
- Eastern Medicine II

Business of Massage: 78 Hours
*Meets the Florida Board of Massage Therapy requirements of 15 hours

AMTA Business of Massage: (78)
- Insurance
- Career Options
- Field Trip
- Business Panel 1 - Career Options
- Professional Credentials & Employers
- Resume & Interviews
- Practice Planning
- Business Panel 2 - Practice Planning
- Practice Identity
- Potential Employer Presentations
- Managing Your Practice
- Ask the Expert
- Creating Space
- Creating Therapeutic Relationship
- Practicing Self Care
- Marketing Plan
- Marketing Strategies I
- Marketing Plan-Spreading the Word
- Introduction to Business Planning
- Business Panel 3 - Marketing
- Business Planning II
- Business Planning I
- Business Planning III
- Business Planning IV
- Business Planning V
- Business Planning Presentations—I
- Business Planning Presentations--II

Theory & Practice of Hydrotherapy: 18 Hours
*Meets the Florida Board of Massage Therapy requirements of 15 hours

Theory & Practice of Hydrotherapy: (18)
- Hydrotherapy I
- Hydrotherapy II
- Hydrotherapy III
- Hydrotherapy IV
- Hydrotherapy V
- Hydrotherapy VI

Florida Laws & Rules: 12 Hours
*Meets the Florida Board of Massage Therapy requirements of 10 hours

History of Massage Therapy in Florida: (3)
- History of Massage

Statutes, National/Florida Law & Certification: (9)
- National/State/Local Law I
- Nat./State/Local Law II
- National/State/Local Law III
Professional Ethics: 6 Hours
*Meets the Florida Board of Massage Therapy requirements of 4 hours
Professional Ethics
Ethics I
Ethics II

HIV/AIDS: 3 Hours
*Meets the Florida Board of Massage Therapy requirements of 3 hours
HIV/AIDS: (3)
HIV/AIDS

Medical Errors: 3 Hours
*Meets the Florida Board of Massage Therapy requirements of 2 hours
Medical Errors: (3)
Medical Errors

CPR: 6 Hours
CPR & AED: (6)
CPR I
CPR II

Pathology: 48 Hours
Pathology: (48)
Contagious Skin Disorders
Muscular, Bone & Joint Disorders
Nervous System Disorders--Part 1
Blood, Vascular & Heart Conditions
Respiratory Conditions
Endocrine Conditions
Reproductive System Conditions
Hygiene, Sanitation & Safety I
Non contagious Skin Disorders
CT/Neuromuscular Disorders
Nervous System Dis.--Part 2
Lymph & Immune Conditions
Digestive Disorders
Urinary System Conditions
Hygiene, Sanitation & Safety II
Cumulative Exam

Integration Week: 9 Hours
Integration: (9)
Guest Lecture
Farewell Massage
Closing Ceremonies