



Massage Therapy Program 2008

Course Listings and Descriptions

Career Exploration in Massage Therapy

Wed. February 20, 2008 6:30 – 8:30 p.m. | ATC 214 | 2008spn CEB 2005 100

Learn more about this growing healthcare career from a licensed, working massage therapist. Massage can reduce stress, relax you and aid in recuperation and rehabilitation. Get an overview of the field of massage, from educational requirements and earning potential to career opportunities, specialty modalities, and more. If you have questions about or are considering a career in massage therapy, attend this evening to begin your formal exploration of massage therapy as a career and seeing yourself as a professional massage therapist. Fee: \$5

Massage Therapy Open House

Sun. March 2, 2008 1 – 3 p.m. | ATC 214 | 2008spn CEB 419-100

An open house is traditionally scheduled for the first Sunday in March from 1 to 3pm. Instructors and students are available to discuss the Massage Therapy course of study, textbooks, and curriculum. An informal presentation followed by a question and answer session will provide you with the time and space to learn more about the career of Massage Therapy and aid you in making a decision about taking the prerequisite course, Introduction to Massage Therapy. Family and friends of the student are encouraged to attend, also; please call to reserve your place, 847-214-7353.

Introduction to Massage Therapy: Prerequisite Course

Spring and Summer 2008

This course serves as an introduction to the basic principles and techniques of therapeutic massage and is required for admission into massage therapy program at ECC. In this course students will learn the basic Swedish massage strokes, quality of touch, contraindications, body mechanics, the names and location of several major muscles and bony landmarks. This is a “hands-on” class with both a written and technique test in the fourth week. This course must be successfully completed with at least a 75 percent grade in order to make application to the Massage Therapy Program.

Course Code	Day and Dates	Cost	
2007sp CVS 420 100	Fridays March 2 – 23	12:30 – 4:30 p.m.	\$199
2007sp CVS 420 101	Thursdays April 5 – 26	5:30 – 9:30 p.m.	\$199
2007sp CVS 420 102	Thursdays May 3 – 24	5:30 – 9:30 p.m.	\$199
2007su CVS 420 200	Tuesdays June 5 – 26	5:30 – 9:30 p.m.	\$199

Massage Therapy Courses by Semester

Classes are held on Monday & Wednesday evenings from 5:30 – 9:30 pm, and Saturdays from 9 am – 3:30 pm. Attendance is required at all classes; all college holidays are observed. Tuition for and content of coursework will not change, though arrangement of courses may vary within a semester to accommodate scheduling.

First Semester

Massage Theory and Application I

CVS 421

This course is intended to provide students with a strong understanding of the fundamental concepts of therapeutic massage, including historical perspectives, professionalism, medical terminology, research, contraindications, client charting, special populations and topics in self care. Students will develop a reliable method of clinical assessment and reasoning, and will gain the ability to establish decision-making processes that are essential for the proficient, professional practice of massage therapy. This course emphasizes student problem solving and observable demonstration of the knowledge, skills, habits and attitudes that pertain to the massage therapy profession.

Prerequisite: CVS 420 | Tuition Fee: \$739.00 | Classroom Hours: 67 | Vocational Skill Credits: 4

Anatomy and Physiology for Massage Therapists I

CVS 422

This course sets up an integrated approach to the skeletal and muscle systems of the body that is endorsed throughout the program. The emphasis will be on bone and muscle anatomy and actions of muscles most relevant to massage therapy. Identification of prominent surface landmarks and superficial muscles by palpation will be practiced using a regional approach. A component called Muscle Mastery, emphasizing origins, insertions and actions of muscles as well as location and palpation, is part of each class. Cadaver study is an integral component of this course.

Prerequisite: CVS 420 | Tuition Fee: \$799.00 | Classroom Hours: 64 | Vocational Skill Credits: 4

Bodywork Technique I

CVS 423

This class is designed to prepare students to administer a full-body Swedish massage using a variety of strokes, correct draping, proper body mechanics and accepted standards of hygiene, sanitation and safety; chair massage will be introduced and additional special considerations are also addressed. A weekly self care component is included.

Prerequisite: CVS 420 | Tuition Fee: \$1025.00 | Classroom Hours: 97.5 | Vocational Skill Credits: 4

Massage Therapy Clinic I: Progressive Practice Clinic

CVS 427

(Student chooses section separate from regular classes on M, W, Sa) This course is designed to provide students with their first clinical experience. With a clinic instructor on site, students will practice massage technique, body mechanics and therapeutic communication in a clinic setting. Students will apply skills to the level learned in their technique class on fellow classmates and members of the community.

Prerequisite: CVS 420 | Tuition Fee: \$270.00 | Classroom Hours: 30 | Vocational Skill Credits: .5

Second Semester

Massage Theory and Application II

CVS 424

Students will continue to improve their knowledge of pathologies, indications and contradictions, and pharmaceuticals as pertain to the practice of massage therapy. Students will sharpen their skills in assessment and developing a client care plan, and will become familiar with reviewing and analyzing client case studies. This course runs concurrently with CVS 436, Theory III.

Prerequisite: CVS 421 | Tuition Fee: \$399.00 | Classroom Hours: 36 | Vocational Skill Credits: 2

Massage Theory and Application III

CVS 426

This course includes additional study in special considerations, an introduction to the study of Ethics and the role of meditation, stillness and emotional health in the practice of massage therapy. An energetic modality is introduced. Additionally, students will learn the basic principles of kinesiology, neuromuscular facilitation, PNF, reciprocal inhibition, trigger point therapy, the application of heat, cold and hydrotherapy, stretching your client and evaluating and treating your client based on this knowledge. This course runs concurrently with CVS 424, Theory II. (Tuition fee) Prerequisite: CVS 421

Prerequisite: CVS 421 | Tuition Fee: \$859.00 | Classroom Hours: 78 | Vocational Skill Credits: 4.5

Anatomy and Physiology for Massage Therapists II

CVS 435

This course covers the structural and functional relationships of the eleven body systems, integrating them into one functioning unit. The major systems include integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary and reproductive. Medical terminology and terms of movement are addressed. The Muscle Mastery component continues, emphasizing origins, insertions and actions of muscles as well as location and palpation. Cadaver study is an integral component of this course.

Prerequisite: CVS 422 | Tuition Fee: \$899.00 | Classroom Hours: 72 | Vocational Skill Credits: 4.5

Massage Therapy Clinic II

CVS 428

(Student chooses section separate from regular classes on M, W, Sa) With a clinic instructor on site, students will perform a full body Swedish massage on fellow students and members of the community. Students will further develop their skills in communication, technique, timing, body mechanics and charting. As additional modalities and advanced techniques are learned, they are incorporated into the massage session.

Prerequisite: CVS 427 | Tuition Fee: \$270.00 | Classroom Hours: 30 | Vocational Skill Credits: .5

Bodywork Techniques II

CVS 434

Students will be introduced through both lecture and hands on work to advanced modalities that will acquaint them with tools to establish a well rounded practice. Topics covered will be Craniosacral Therapy, Connecting Style Massage, Manual Lymphatic Drainage, Myofascial Release, Maternity and side-lying massage, infant massage, deep tissue, sports massage and reflexology.

Prerequisite: CVS 423 | Tuition Fee: \$700.00 | Classroom Hours: 67 | Vocational Skill Credits: 4

Third Semester

Bodywork Techniques III

CVS 436

Students will learn additional and more advanced modalities to sharpen their knowledge to establish a well rounded practice and develop their signature massage. This course will include working at community service events, utilizing knowledge of sports massage, and a basic introduction to traditional Chinese medicine, acupressure and shiatsu.

Prerequisite: CVS 434 | Tuition Fee: \$420.00 | Classroom Hours: 40 | Vocational Skill Credits: 2.5

Business Practices for Massage Therapists

CVS 437

Students will learn to create a fulfilling, thriving business and keep it successful through topics such as time management, risk taking, motivation, social responsibility, professionalism and ethics. In addition students will discuss and learn about business start-up, business management, financial management, marketing and how to write a business plan. Students will create a resume and practice interview skills, based on their new profession as a massage therapist. Local business people will guest lecture during this course, sharing their experience and taking questions from students. Information on the National Certification Exam will be given to students this semester.

Prerequisite: CVS 421 | Tuition Fee: \$440.00 | Classroom Hours: 40 | Vocational Skill Credits: 2.5

Massage Therapy Clinic III: Public Clinic and an Independent Externship**CVS 429**

Under the supervision of staff, students apply principles, techniques and procedures learned in the previous two semesters in a setting that simulates a professional therapeutic massage practice. Students will serve as and gain experience as both the therapist and the office manager. Students will demonstrate client/therapist communication skills, the proper application of both basic and more advanced bodywork techniques, proper body mechanics and draping techniques, use proper safety and sanitation practices, and document each session. Students will work through a minimum of two graded validations and are evaluated by their clients who are members of the community. Additional community service event(s) is/are scheduled and required in this course. An additional 25 hour off site segment of this course gives students the opportunity to apply their knowledge and skill in working with special populations and considerations, under the supervision of on site staff of the facility or agency they have chosen. Students will complete a 10 hour clinical case study of one client and submit a written report of their study. Per the student handbook, the chosen facility or agency must be approved by program administration. Students have 3 months to complete the externship.

Prerequisite: CVS 428 | Tuition Fee: \$770.00 | Classroom Hours: 77 | Vocational Skill Credits: 1