MASSAGE COURSE DESCRIPTIONS

The clock hours for the general courses are the basic requirements for the State of Hawai’i, PRO I program. Clock hours for the graduate level PRO II, III, and IV programs are higher.

Anatomy, Physiology, and Kinesiology - 75 hours

Anatomy is the study of the gross and microscopic structure of the human body and their positional relationship to one another. This includes cells, tissues, muscles, bones, organs, and systems.

Physiology is the study of how the body and its individual parts function in normal body processes. It includes the study of homeostasis, metabolism, and the levels of organization.

Kinesiology is the study of human motion made possible by the anatomy and physiology of the body. PRO I students will complete 75 hours of instruction and PRO II, III, and IV will complete 125 hours.

Assessment Procedures for Developing a Care Plan - 5 hours

Massage therapists must be capable of performing an assessment of a client’s condition and to develop an individual care plan. Being able to clinically reason supports the effectiveness of all massage interaction, whether for relaxation and pleasure or management of complex conditions. The ability to make those decisions depends on gathering the client’s historical data, performing a physical assessment, analyzing the data, and interpreting the information.

Body Mechanics - 5 hours

This course stresses the importance of the proper use of the body while giving a massage. Body mechanics allow the massage practitioner’s body to be used in a careful, efficient, and deliberate way. Body mechanics involve good posture, balance, leverage, and the use of the strongest and largest muscles to perform the work. In this course, the student will learn methods of working more efficiently so that providing 8 hours of massage a day does not cause any dysfunction or pain.

The course will also cover dysfunction resulting from improper body mechanics, application of compressive forces, basic body mechanics principles, and the application of these principles while giving a massage.

Business Considerations for a Career - 4 hours

This course presents specific information for those wishing to develop a massage business. The information presented will be unique to therapeutic massage and sufficient to guide the student to additional learning.

This course will share the experience of being a massage professional and help the student develop a business plan and decide whether they would be better served by being self-employed or an employee.

Business Ethics - 6 hours

This course defines therapeutic massage, identifies the types of professional services a massage practitioner can legally and ethically provide, and establishes guidelines for conduct in a professional setting. This information base provides the structure to make appropriate professional and ethical decisions which is essential to develop the level of professionalism required for a successful therapeutic massage practice.

When a massage professional encounters difficulty in the professional setting, it is seldom a problem with a technical skill and almost always an ethical dilemma. Acquiring the decision-making skills used with the problem-solving model and developing effective communication skills are likely some of the most valuable tools contained in this discussion.

Clinical Internship - 240 hours

Clinical Internship includes performing 200 massages on commercial clients using Swedish Massage, and 40 hours of clinical operations. Though this course, students learn about customer service, promptness, efficient use of time, and perfecting a 60 minute session of bodywork. These skills help ensure the graduate’s success in the bodywork industry. This “on the job” training completes the student’s massage program of study. PRO I students will complete 240 hours and PRO II, III, and IV will complete 280 hours (240 massage hours and 40 hours clinical operations).

Complementary Bodywork Systems - 5 hours

This course will survey the vast and diverse spectrum of complimentary bodywork systems. This includes the body, mind, and spirit, wellness massage, oriental energy systems (acupuncture, ayurveda, polarity, etc.), reflex systems, and structural systems.

We will discuss suggestions on how to integrate hydrotherapy with massage, and learn the procedures for cold and ice applications.

Foundation of Massage and the Applications of Touch - 5 hours

We begin our study of therapeutic massage by exploring concepts of professional touch. An understanding of the power of touch as a therapeutic tool and a means of communication is essential for the massage professional. Various factors influence the application of and receptivity to touch, as well as the therapeutic benefits of touch.

This course will include the foundations professional touch, touch as communication, professional classification of touch, the uniqueness of touch, the history of touch, recent trends, and the future of massage.

Hygiene, Sanitation, Safety, and HIV/AIDS - 5 hours

This course describes hygiene and sanitation practices in a professional setting. The massage professional must provide both a sanitary and safe environment. It is also important to consider fire and accident prevention for both the client and the professional. The information presented may seem like common sense, but specific skills are required to practice massage in a way that protects the safety of both the client and the massage professional. This course will also cover individual personal health, hygiene, appearance, and HIV/AIDS prevention.

Indications and Contraindication for Massage - 5 hours

The massage professional must be able to identify indications and contraindications for therapeutic massage. This course provides the information necessary to make important decisions regarding the application of massage based on the benefits that therapeutic massage provides.

Also explored are various approaches to care based on the client’s condition and realistic goals that may be achieved through the use of therapeutic massage. Contraindications are also presented along with guidelines for decision making with regard to the type of contraindication and whether massage should be avoided, should be modified, or is applicable only with appropriate supervision. Case studies that model the decision-making process are presented.

Massage Manipulations and Techniques - 25 hours

This course includes definitions, descriptions, and directions for the application and use of the most common massage methods and techniques. It is important to understand both why and where massage methods and techniques are used, as well as how to organize a process that uses the various therapeutic approaches efficiently.

This course will also cover the physiologic effects, quality of touch, basic flow, and specialized massage manipulations.

Medical Terminology for Professional Record Keeping - 5 hours

This discussion describes the medical terminology most often encountered by the massage professional, particularly as it relates to charting and record-keeping procedures. To study this subject, you will need to use a medical terminology textbook and a medical dictionary. Exploring medical terminology automatically provides an overview of anatomy and physiology.

This course will also cover, the fundamentals of word elements, abbreviations, terminology of location, and planes of the body.

Pathology - 15 hours

Pathology is the study of disease. To practice safely, practitioners need a basic understanding of pathologic processes. Although the diagnosis of disorders is not a function of the practitioner, the practitioner must be able to determine when a client’s condition represents an irregularity that should be evaluated by his or her primary health provider.

This course will also cover the essential nature of diseases, the structural, functional changes produced by them, and the study of the transmission of diseases.

Note: PRO I is 15 hours, and PRO II, III, and IV is 40 hours.

Preparation for Massage: Equipment, Supplies, Positioning, and Draping - 5 hours

This course helps the therapeutic massage professional develop the important pre-massage procedures that support the therapeutic relationship and professional environment. The course focuses on certain preparations that must be done before the massage begins, including room setup, types of supplies and equipment, centering to help focus on the client and the session, client positioning, draping procedures, history taking, assessment procedures, and feedback.

This course will also cover massage equipment, the massage environment, determining a new clients expectations, feedback, gender concerns, and post-massage considerations.

Serving Special Populations - 5 hours

This course examines ways in which the massage professional can respect and help those who need special consideration. The intent of the information is to help the massage professional focus the benefits of therapeutic massage for clients with specific needs. Integration of therapeutic massage into the health care environment is also presented because many who have special needs also require the support of diverse health care professionals.

Often the knowledge base required to provide massage to multiple populations becomes too extensive, and it is necessary to specialize. The wise professional recognizes when less intervention is more appropriate. It requires much learning, great skill, and patiently developed empathy to therapeutically hold someone’s hand.

This course will also cover specific cases such as abuse, athletes, children, chronic illness, the elderly, and physically challenged individuals.

S.O.A.P. Charting and Office Procedures - 5 hours

Charting is the ongoing record of each client session. The most commonly used method of charting involves the problem-oriented medical record (POMR) and S.O.A.P. charting (subjective, objective, assessment, and plan).

This course will also cover the clinical protocol for processing client intake forms, using problem solving model for charting purposes, and using a S.O.A.P. note format.

Swedish Massage - 225 hours

Swedish Massage is general systematic massage of the soft tissues of the body to induce a deep state of relaxation. It works mainly on the muscles, ligaments, and tendons, and increases the body’s blood and lymphatic circulation. It incorporates five main manipulations: effleurage, petrissage, compression, vibration, and tapotement.

PRO I students may substitute up to 100 hours of Advanced Modality classes as optional elective classes in place of the Swedish Massage requirement.

ADVANCED MODALITIES: ASSESSMENT, THEORY, AND APPLICATION

Chair / Seated Massage - 10 hours

Students learn a 15-minute and a 45-minute massage sequences using a specialized massage chair designed for this purpose. The 15 minute sequence may be performed anywhere. The 45-minute sequence is normally performed in an office setting. The manipulations are a combination of Anma and Shiatsu which are performed with the client fully clothed.

Lomi Lomi - 20 hours

Hawai’ian Lomi Lomi is interwoven within the ancient Hawai’ian cultural, religious, and spiritual experience. We explore its history, demonstrate and practice the massage manipulations and techniques that make it unique.

Foot Reflexology - 10 hours

Foot Massage is a specialized technique of Anma full-body massage. It is a foot massage with far-reaching effects throughout the body. We will focus our instruction on the various hands-on manipulations and sequencing.

Hawai’ian Hot Stone Massage - 20 hours

Learn how Hawai’ian Pohaku is heated and integrated in the massage sequence. Learn how to open the Chakras to receive Chi, the healing energy of the universe. We will enhance this experience by adding guided visualizations and exotic sounds.

Sports Massage - 20 hours

Sports Massage prepares students to address basic needs of athletes. Techniques include trigger points, fiction, compression, petrissage, stretching, and a range of motion exercises. Multiple techniques are taught to enhance performance, prevent injury, and shorten recovery time.

Shiatsu Massage - 20 hours

Shiatsu is a Japanese massage modality which means “finger pressure.” It originated in China, known as Ammo or Do-in. It is based on the Chinese concept that the body is series of energetic pathways which contain points called “tsubos.” When the “tsubos” are pressed, energy flows thought the body and becomes balanced. A balanced body is said to a healthy body.

Swedish Massage (advanced) - 40 hours

Students will learn how to utilize Swedish Massage techniques to the soft and superficial parts of the body for specific treatment according to the client’s condition.