

# WHOLISTIC MASSAGE PRACTITIONER CERTIFICATE

## Wholistic Massage Practitioner Certificate

(617 hours) (Spring Semester Primary Start)

### Spring Semester

Course	Hours
Therapeutic Massage	100
Structures and Functions I	60
Structures and Functions II	40
Environmental Management	15
Therapeutic Sensory Applications	15

### Summer Semester

Series (*Pick 2 from following)	Hours
*Isolated Stretching Techniques	16
*Creative Movement	16
*Tui Na	16
*Scalp/Face/Hands/Feet Massage	16
*T'ai Chi (Intro.)	16
Therapeutic Herbal Applications	30
Business/Marketing	45
Clinic	50

### Fall Semester

Course	Hours
Palpation/Kinesiology	45
Specialized Massage Techniques	45
Pathology for Massage Therapy	60
Integrative Workshop	30
Clinic	25
Volunteering Hours	25
Total Hours 617	

\* Please see course descriptions on pages 11 & 12.

Students graduating from the 617-hour Wholistic Massage Certification program will be eligible to sit for the National Certification Exam for Therapeutic Massage and Bodywork. Although this exam is not a requirement for students to practice in the State of New Jersey, it does serve as a measure of credibility for our graduates and we encourage this course of action.

### COURSE DESCRIPTIONS:

#### Business/Marketing

**DESCRIPTION:** This course provides information regarding the business aspect of Massage Therapy and helps students gain information about themselves and their personal priorities to facilitate their success as professionals.

#### Clinic

**DESCRIPTION:** This is a supervised massage clinic that is open to the community. Students will participate in sessions as if they were in their own massage practice. Students will learn how to set up and break down rooms between sessions, documentation of sessions, confirm appointments and expand their massage skills.

#### Environmental Management

**DESCRIPTION:** This course will address the importance of creating a healthy and environmentally safe massage experience. Students will learn the various ways to use safe, environmentally sound practices to create a healthy massage/bodywork space for both practitioner and client. This course also includes basic information regarding selfcare for the bodyworker.

#### Integrative Workshop

**PREREQUISITE:** Pre-Clinic Workshop, Therapeutic Massage, Specialized Massage Techniques, and Palpation & Kinesiology  
**DESCRIPTION:** This course is designed to integrate the various massage techniques, concepts and principles to effectively meet the unique needs of the individual client.

#### Palpation/Kinesiology

**PREREQUISITE:** Therapeutic Massage, Structures & Functions I  
**DESCRIPTION:** This course is designed to introduce the massage therapist to the three-dimensional quality of muscle, bone, tendons, ligaments, and other tissues of the body. Unlike the traditional academic approach to anatomy and physiology, this course will provide a more practical and sensory-based experience. It is designed to give the massage student an introduction to human movement. This class will cover the skeletal system, architecture of joints, structures and functions of skeletal muscle, muscle insertions and levers, innervations of muscles, roles of muscles, and types of muscular contraction.

#### Pathology for Massage Therapy

**PREREQUISITE:** Therapeutic Massage  
**DESCRIPTION:** This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a massage plan and remedial exercises for specific diseases and physical disorders.

#### Specialized Massage Techniques

**PREREQUISITE:** Therapeutic Massage, Structures & Functions I  
**DESCRIPTION:** This course introduces three very distinct and important massage techniques: Myofascial structural bodywork, deep tissue massage, and foot reflexology. The Myofascial hand use and technique will be introduced in principle and practice. Students will be presented with structural theory and begin to look at the body while standing and in simple motion. The deep tissue segment of this course is designed to give massage therapists added skills to safely assist clients with special conditions. This segment introduces the student to deeper pressure than that used in the Massage Therapy course. The foot reflexology component teaches students the ancient system of applying pressure and massage techniques on reflex points of the feet to alleviate energy blocks that cause pain or tension.

#### Structures & Functions for the Bodyworker I

**DESCRIPTION:** This course is designed to increase the student's knowledge base in applied human anatomy, physiology and kinesiology. Aspects of human disease, injury, nutrition, and wellness concepts will also be introduced. This course will prepare students for the national certification examination as well as the state certification requirements. This course also focuses on safe and effective practice, professional communication with clients and health care professionals, understanding massage and medical information, and participation in other advanced massage therapy courses.

#### Structures & Functions for the Bodyworker II

**PREREQUISITE:** Structures & Functions for the Bodyworker I  
**DESCRIPTION:** To integrate the body workers' knowledge of applied anatomy and physiology into various methods of both eastern and western massage techniques. Emphasis is placed on understanding muscular structure and its importance in effective massage therapy.

#### Therapeutic Herbal Applications

**DESCRIPTION:** This course will cover approximately 48 herbs that are used for both pharmaceutical and culinary purposes. Information will be given about an herb's flavor, properties, and clinical applications. The course will familiarize the students with the therapeutic herbal applications in relation to specific conditions.

#### Therapeutic Massage

**DESCRIPTION:** Students will be introduced to the basic components for therapeutic/swedish massage: hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage. The importance of sound ethical procedures for the massage therapist will also be covered.

#### Therapeutic Sensory Applications

**DESCRIPTION:** This course introduces the student to the therapeutic sensory applications of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of therapeutic oils and how the student can utilize them in their professional and personal life. This course explains the history of sensory application techniques, especially the use of aromatherapy essential oils, blending techniques, choosing the correct carriers, contraindications and safety factors of essential oil use, as well as the physical and emotional aspects of these applications.