

## Course Descriptions

### 750 Clock Hour Massage Therapy Program

1000 Level Courses are 1<sup>st</sup> trimester

2000 Level Classes are 2nd trimester

Science (253 Clock Hours)

- MTX 1010 (100 Clock Hours): Anatomy and Physiology
  - This course is designed for the student to gain a basic understanding of the structure and function of the human body. Emphasis is placed on the skeletal and muscular systems. We also work with all of the other systems to understand how massage effects each system and how it helps the function of the body to maintain homeostasis.
- MTX 1020 (100 Clock Hours): Kinesiology
  - This course is designed for the student to gain a working understanding of the structure and function of the human body. Emphasis is placed on movement and rehabilitation of the muscles of the body.
- MTX 2010 (50 Clock Hours): Pathology
  - This course will introduce students to many of the common pathologies that they may encounter, as well as some of the more not so common pathologies. The information that the students learn here will help them make informed decisions on what type of massage their client can safely receive.
- MTX 2015 (3 Clock Hours): HIV/AIDS
  - This course will cover the general information on HIV/AIDS, how it contracted, how it effects the client, and as a massage therapist how it should be handled for safety of both the client's health and the therapist's health.

Massage (387 Clock Hours):

- MTX 1030 (15 Clock Hours): Myofascial Massage
  - This course is designed for the student to learn the subtle working of myofascial massage and will learn how to feel for fascial restrictions through palpation and fascial manipulation.
- MTX 1090 (60 Clock Hours): Swedish Massage
  - Swedish massage will teach each student the basic strokes that can be used to complete a full body Swedish massage. The stroke categories that will be taught are: effleurage, petrissage, friction, vibration, and tapotement. Along with these basic foundational strokes the students will also learn Swedish gymnastics (stretching) that can be done during a full body massage, or for therapeutic reasons as well. Appropriate draping of the body will be covered at the beginning of this course so that the students keep all clients modestly covered at all times with the exception of the area that they are working on.
- MTX 1095 (30 Clock Hours): Relaxation Clinicals

- This part of the course uses the information that the students have learned during the first half of the first semester about Swedish massage. The students will begin with their customer service skills, move into talking through the health history intake and informed consent, to performing a one-hour massage based on the information that was given during the interview, performing an exit interview with the client, and completing SOAP notes for the service that they performed.
- MTX 2090 (70 Clock Hours): Therapeutic Massage
  - This course will teach each of the students to work with many different special populations as well as the normal population on a therapeutic massage. For purposes of this course description therapeutic massage is defined as a massage that will check the function and ROM of joints, the health of the muscles of the body that may have dysfunction, and common problems that arise from all of the above. We will teach each student how to critically think through what they might be able to do for their client in their client's situation. We also teach them what they cannot do and to fully understand why they cannot do something in certain situations.
- MTX 2070 (50 Clock Hours): Rehabilitation Massage
  - This course will teach the students to work with specific rehabilitative issues that work hand in hand with medical massage and specifically with joint replacement rehabilitation.
- MTX 2020 (25 Clock Hours): Seated Massage
  - This course will teach the student the history of seated massage as well as how to work different brands of chairs, and then of course a basic routine that can be used for seated massage. This class will help students be ready to do marketing for their future career, and chair massage events for community outreach.
- MTX 2095 (35 Clock Hours): Deep Tissue
  - This course teaches the student about deep tissue techniques, as well as when it is indicated, and when it is contraindicated. It will also teach the students about how to feel for, and work out trigger points. The students will be taught to keep the client from going through a lot of discomfort.
- MTX 2060 (40 Clock Hours): Medical Massage
  - The medical massage course will teach the students how to use critical thinking skills to determine what they can do in the form of massage for clients that are pre-surgery, post-surgery, and in rehabilitative states. They will be working with direction of movements for lymphatic issues after surgery or trauma, as well as working with the knowledge of what medications do for each system of the body so that a massage can be delivered without harming the client. They will also be looking at how "normal" hospital stats are important to know in a clinical setting, and how to apply that knowledge to our massage.
- MTX 2075 (10 Clock Hours): Massage of the Medically Frail
  - This course will emphasize specific issues and what we can possibly do about that. We will also touch on geriatric massage, as well as end of life massage. This course is very similar to the medical massage that we are taught, however it focuses on those that are frailer than most people just having a general surgery.
- MTX 2099 (40 Clock Hours): Therapeutic Clinic

- This course will teach the students how to plan and execute an appropriate therapeutic massage for many different real-life scenarios.
- MTX 2050 (12 Clock Hours): Self Care
  - This course in self-care will help the therapist understand the strains and pains of doing multiple massages a day, for 4-7 days a week. It will show the therapist different ways to perform self-care through hydrotherapy, self-massage, the use of self-care tools, as well as proper nutrition and hydration.

Allied Health (79 Clock Hours):

- MTX 0001 (6 Clock Hours): Worker Characteristics
  - Throughout the trimester students will be taught and graded on work ethics topics. The topics to be covered are attendance, appearance, character, teamwork, attitude, productivity/safety, organizational skills, communication, cooperation, and respect.
- MTX 1040 (4 Clock Hours): CPR/First Aid
  - This course is conducted by a certified CPR trainer. The trainer will go through the American Heart Association's 4 hour course for knowledge testing and performance of CPR. Students will complete this course in the first semester of their studies in massage therapy.
- MTX 1050 (10 Clock Hours): SOAP Charting
  - SOAP Charting will help each student learn how to properly document their massages for their own records and as legal documentation of what happened during each and every massage.
- MTX 1060 (20 Clock Hours): Special Populations
  - The Special Populations course will teach the students about massage for all stages of life. We will work with geriatric massage, infant massage and how to teach it to parents, pre- and post-natal massage, and pediatric massage.
- MTX 1080 (5 Clock Hours): Medical Terminology
  - The Medical Terminology course will teach students the definition of part of the medical terms commonly used for massage therapy and how to use the terms properly
- MTX 2040 (15 Clock Hours): Business Information
  - The Business Information course will teach students the basic understanding of running their own business, taking care of their own taxes, and making sure that they keep up with all necessary documentation.
- MTX 2030 (10 Clock Hours): Hydrotherapy
  - This course in hydrotherapy will teach the students about the different types of hydrotherapy that can be available to us in the massage profession. It also discusses the difference in different establishments and the different types of hydrotherapy used due to the establishment type. It will also teach the students about the indications and contraindications for the use of hydrotherapy in a massage or spa session.
- MTX 2080 (15 Clock Hours): Therapeutic Communication
  - This course will teach each student how to communicate therapeutically with colleagues, other healthcare professionals, insurance providers, and patient

communications. This will include email, texts, and phone calls. We will also be teaching students about appropriate communication keeping HIPAA Laws in mind.

Ethics (20 Clock Hours):

- MTX 1070 (20 Clock Hours): Ethics
  - This ethics course will discuss in great detail client/therapist interactions and what is appropriate and what is not, as well as appropriate ways to handle compromising situations. It will also cover HIPAA compliance as it falls under ethical boundaries as well.

Law (5 Clock Hours):

- MTX 0005 (5 Clock Hours): TN Law and Regulations
  - This course will teach each student where to find information on the TN Massage Therapy Board Licensure website. It will also, stress those areas of the Law and Regulations that are most important for them to remember as a licensed massage therapist. This content of teaching for this area of study is determined by the TN Massage Therapy Licensure Board.