



OFFICE OF PROFESSIONAL AND  
CONTINUING EDUCATION

**Office of Professional & Continuing Education**

**301 OD Smith Hall | Auburn, AL 36849**

<http://www.auburn.edu/mycaa>

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**Auburn University is an equal opportunity educational institution/employer.**

## Education and Training Plan

Massage Therapy Certificate Program (650 Hours)

Student Full Name: \_\_\_\_\_

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

### **Program Qualifies for State Licensure**

**Instructor Led**

### **Massage Therapy Certificate Program (650 Hours)**

Course Code:	AU-MT-650
Program Duration:	6-9 months
Course Contact Hours:	650
Student Tuition:	\$7,299 (includes \$3,299 scholarship*)

### **Massage Certificate Program:**

This state-of-the-art program is delivered in a blended curriculum capturing the best of the instructor-supervised online course experience as well as instructor-based hands-on training. Students will be prepared for state licensure and professional practice. Comprehensive bioscience and theory courses provide students with the necessary knowledge to apply to the direct hands on massage techniques that are studied. The faculty instructing this program consists of veteran therapists and educators that have a passion to share this exciting body of work.

## Education and Certifications

- Students should have or be pursuing a high school diploma or GED.
- Upon successfully completing this 650 - hour course, you will be eligible to take the MBLEx National Exam and apply for state licensure.

*\*Terms of scholarship include agreeing to work at sponsoring spa/clinic for a specified amount of time. Scholarship requires employer participation and may not be available in all areas.*

**Auburn University contact:** If students have any questions regarding this program including national certification and externships, they should call **Shavon Williams of Auburn University** at | 334-844-3108 or via email at [szw0063@auburn.edu](mailto:szw0063@auburn.edu)

Note: No refunds can be issued after the start date published in your Financial Award document.

## **About Auburn University!**

Welcome to Auburn University! Auburn University was established in 1856 as the East Alabama Male College, 20 years after the city of Auburn's founding.

**OUR MISSION:** The Office of Professional and Continuing Education (OPCE) makes the educational resources of Auburn University available for non-credit education programs and conferences designed to promote lifelong learning, regardless of age, interest, or location. Our programs fall into five general categories: Professional Development, Certificate Programs, Personal Enrichment, Summer Youth Programs, and Conferences.

<http://www.auburn.edu/mycaa>

## Program Structure:

The Program is broken into 2 Modules. Module I is delivered online in a state-of-the-art Learning Management System available on any device and includes embedded e-books and apps. Module I is Mentor/Instructor led and the program encourages interaction between students and interaction between Instructor/Mentor and student. Module II is hands-on and conducted at an approved external instructional site at a local spa or massage clinic.

MODULE I ONLINE	Hours
Anatomy, Physiology & Pathology	115
Kinesiology I – The Study of Human Motion	42
Therapeutic Kinesiology – Musculoskeletal Applications	44
Theory of Massage & Bodywork	60
The Business and Ethics of Massage Therapy	44

MODULE II Clinical Externship	Hours
Western Massage	120
Trigger Point Therapy	45
Reflexology	40
Myofascial Massage	40
CPR / First Aid	10
HydroTherapy	20
Clinical Practicum	70

All books are ebooks and are included in the tuition. They are embedded in each individual course and accessed at the beginning of the course. There will be no hard copies shipped but there is an option to have the ebooks printed for a small fee.

### Module I Breakdown:

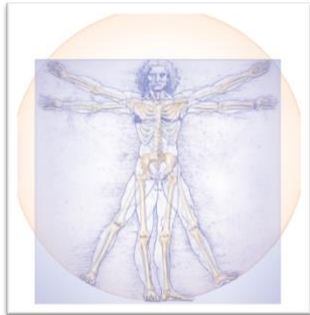


#### **Anatomy, Physiology & Pathology:**

This course provides an overview of the anatomical structures and physiology of the human body. The course discusses each body system in terms of the major anatomical structures and functions and explains how each system participates in homeostasis of the body. In addition, the course discusses selected major pathologies, including disease definitions and causes, signs and symptoms, diagnostic procedures, and possible treatments. Studies will focus on the origins, signs and symptoms, and treatments of each systemic disease, while musculoskeletal pain and dysfunction is highlighted for the massage therapist. The positive effects that therapeutic massage and bodywork offer are also considered. Finally, the course discusses common issues and changes that occur in each body system throughout the lifespan.

- Lesson 1: Introduction to Body Structure and Function
- Lesson 2: The Integumentary System
- Lesson 3: The Skeletal System
- Lesson 4: The Muscular System
- Lesson 5: The Nervous System & Special Senses
- Lesson 6: The Cardiovascular System
- Lesson 7: The Immune System
- Lesson 8: The Respiratory System

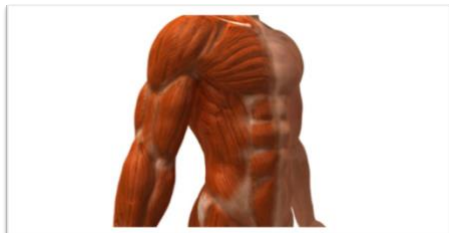
- Lesson 9: The Digestive System
- Lesson 10: The Urinary System
- Lesson 11: The Endocrine System
- Lesson 12: The Reproductive System



### **Kinesiology I – The Study of Human Motion:**

This course provides students with the fundamental concepts and applications of kinesiology for massage practice. The class covers basic kinesiology principles as they apply to musculoskeletal anatomy and neuromuscular physiology. It emphasizes practical applications for hands-on practice, biomechanics applications for activities of daily living, and whole-body patterns in posture and gait. Students will practice applying kinesiology principles to therapeutic massage methods through a number of experiential exercises designed to keep the students engaged and help them learn through the body as well as the mind.

- Lesson 1: Introduction to Kinesiology
- Lesson 2: The Skeletal System and Joint Motion
- Lesson 3: The NeuroMuscular System
- Lesson 4: Biomechanics, Posture, Gait, & Palpation



### **Kinesiology II – Musculoskeletal Applications:**

This course offers a well-organized study of the bones, joints, and muscles, illustrated with beautiful full-color photographs, precise anatomical drawings, and clear mechanical drawings, and exciting interactive animations that allow the student to fully engage a 3-dimensional analysis of each major joint and muscle. These topics are presented in a specific order that reflects the Ida P. Rolf method for developing structural integrity of the myofascial systems in the body. Each topic includes palpation exercises to help you become comfortable with locating bony landmarks and exploring joint structures and motions, as well as learning the locations, actions, and trigger points of the muscles.

- Lesson 1: Bony Landmarks and Muscles of Respiration
- Lesson 2: Bony Landmarks and Muscles of the Ankle and Foot
- Lesson 3: Bony Landmarks and Muscles of the Knee
- Lesson 4: Bony Landmarks and Muscles of the Hip and Pelvis
- Lesson 5: Bony Landmarks and Muscles of the Spine
- Lesson 6: Bony Landmarks and Muscles of the Head and Neck
- Lesson 7: Bony Landmarks and Muscles of the Shoulder Girdle

## Lesson 8: Bony Landmarks and Muscles of the Arm and Hand



### **Theory of Massage & Bodywork:**

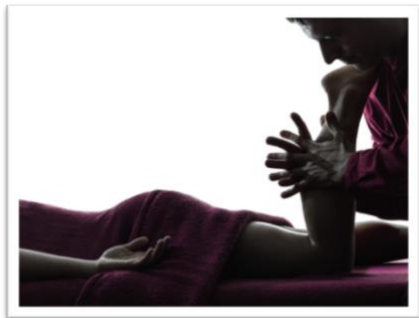
Students will learn the entire theoretical and scientific basis for each style of massage & bodywork and be prepared to apply that knowledge throughout their professional practice. An overview of the history of massage is considered to give students a historical understanding of the origins of massage and bodywork and insight as to how contemporary therapeutic modalities have developed over time. Client preparation, draping, and product options to be used during treatments are all addressed in order to prepare therapists for practical applications. Finally, the effects and benefits, as well as the contraindications and indications are analyzed to ensure professional competency and client safety. This course is a complete overview to prepare you for your continued studies as a massage therapist.

Lesson 1: The History and Perspective of Massage

Lesson 2: The Benefits and Applications of Massage

Lesson 3: Contraindications and Massage Guidelines

Lesson 4: Western Massage Techniques and Joint Movements



### **The Business and Ethics of Massage Therapy:**

This course provides excellent interactive instruction about the many facets of the massage therapy business. Instruction focuses on the basic knowledge and skills of business and professional development, including career path opportunities, writing resumes, goal setting, business plans, self-care, and job interview comportment. Students will also have the knowledge and tools for basic entrepreneurship, including marketing for massage therapy. Finally, the course emphasizes utmost professionalism and ethical behavior. Students will gain valuable insight about the industry and business controls in the marketplace and gain competency in their ability to become state-licensed as a professional massage therapist. Ethics and professionalism is extremely important with any therapeutic practice and these topics focus on the real-world ethical challenges professionals' face, providing clear rationales for ethical behavior. The

content encourages introspection, conversation, critical thinking, and problem solving, and promotes meaningful conversation about ethical concepts and dilemmas.

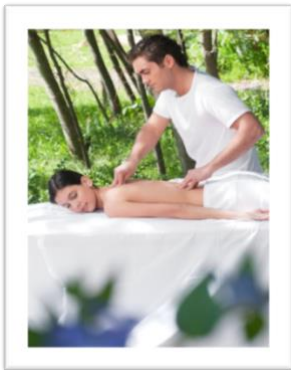
Lesson 1: Considerations for a Massage Therapy Career

Lesson 2: Professional Issues and Self Care

Lesson 3: Marketing for Massage

Lesson 4: Ethics & Professionalism in Massage Therapy

## Module II Breakdown:



### **Western Massage:**

This course explores the fundamental skills of massage therapy. It serves to orient practitioners in training to become comfortable and familiar in human therapeutic touch, as well as to solidify a foundation that will continually be added to throughout your career. The practice of Traditional Swedish Massage will be instrumental and serve as a foundation for each student as they progress through the program. Upon completion of this course, each student will be competent to perform a full body therapeutic massage.

Lesson 1: Western Massage Techniques

Lesson 2: Joint Movements

Lesson 3: Full-Body Western Massage

Lesson 4: Regional Applications of Massage – Upper Body

Lesson 5: Regional Applications of Massage – Lower Body



### **Trigger Point Therapy:**

One of the highest requested and practiced forms of massage is trigger point therapy. In this course students will gain a knowledgeable and practical foundation for which to begin their practice of working with the neuro-muscular systems of the body. Trigger Point Therapy involves the identification and deactivation of painful fibrous nodules in muscle and connective tissue called trigger points. Instruction, demonstration and supervised practice are all components of this course. As students integrate this modality into their therapeutic sessions, their level of effectiveness with the client is highly increased!

Lesson 1: Introduction to Trigger Point Therapy

Lesson 2: Referral Patterns

Lesson 3: Deactivation Techniques



### **Reflexology**

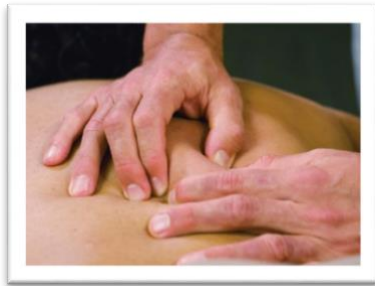
Reflexology explores the history and philosophy of reflexology and demonstrates the reflexology patterns on the feet. Pressure applied to specific points and patterns on the feet stimulates corresponding areas in other parts of the body; pressure applied to reflexes is mapped to marshal the body's innate healing forces and to help normalize body functions.

Practical application of reflexology addresses a full hour treatment and gives the practitioner a way to incorporate reflexology into a Swedish massage.

Lesson 1: The History & Theory of Reflexology

Lesson 2: Reflexology Sessions

Lesson 3: Reflexology Techniques



### **Myofascial Massage**

This course is designed to begin to understand and use manual myofascial techniques in bodywork treatments. Myofascial massage addresses the body's fascial anatomy with the intent to release restrictions in superficial fascia, deep fascia surrounding muscles, and fascia related to body alignment in order to facilitate release and optimize movement and comfort in the human body.

Lesson 1: Myofascial Massage Overview

Lesson 2: The Nature of Fascia

Lesson 3: Guidelines for Applications

Lesson 4: Basic Myofascial Techniques

Lesson 5: Myofascial Techniques for the Back



## CPR and First Aid

The American Heart Association (AHA) Heartsaver First Aid with CPR and AED course provides first responders with training in basic first aid procedures, including the first aid skills recommended by OSHA, CPR and AED. Students who complete the course qualify for the AHA Heartsaver First Aid with CPR and AED course completion card.

The course outcomes of this course are to enable the student to:

- Demonstrate basic first aid skills needed to control bleeding and immobilize injuries.
- Demonstrate the skill needed to assess the ill or injured person.
- Demonstrate skills to assess and manage foreign body airway obstruction in infants, children and adults.
- Demonstrate skills to provide one- and two- person cardiopulmonary resuscitation to infants, children and adults.
- Recall rationale and technique for automated external defibrillation.
- Demonstrate proper use of pocket mask during resuscitation attempts.

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## HydroTherapy:

Hydrotherapy is the use of water in health and healing practices. The trio of water, massage, and exercise is a natural combination found all over the globe in bathhouses, spas, and health clubs. The word *spa* is an acronym for the Latin *salus per aquam* meaning “health from water.” A more general term for therapeutic applications of hot and cold, whether or not water is involved, is **temperature therapy**. This course explores some of the more common hydrotherapy methods and hot and cold applications within the scope of massage therapy.

Lesson 1: Introduction to Massage Therapy

Lesson 2: Contraindications & Safe Use of Hydrotherapy

Lesson 3: Hydrotherapy Applications





### **Clinical Practicum:**

Students will complete 70-hours of documented massage therapy treatments in order to complete the program. This allows students to directly apply the knowledge and experience in the classroom to real life situations, so that learning can be realized, constructive feedback can be shared, practical applications refined, and continued development for each student as a massage therapist.