



Professional Clinical Massage Therapy Program

PMT 001 Orientation to Massage Therapy

5.5 Credit Hours

This course is a prerequisite for all other modules in the program. Orientation to massage therapy will introduce the students to the basic anatomy of the human body, fundamentals of Swedish full body massage, draping techniques, introduction to Eastern Theory, structural boney landmarks and attachment sites of muscles, soft tissue pain and degenerative processes, basic client assessment skills, and an introduction to somatic psychology. Also included is training in basic cardiopulmonary resuscitation and first aid.

PMT 252 Massage Principles & Practice I

0.5 Credit Hour

Students will be exposed to more in-depth practice of the Swedish massage routine during this course. Also covered will be the fundamentals of Health, Hygiene, Sanitation and Safety of a massage practice. This course will include lecture and discussion on Professional Standards, Boundaries, and Therapeutic Relationships (Somatic Psychology).

PMT 253 Massage Principles & Practice II

1.0 Credit Hour

During this course, students will be exposed to more in-depth practice of the Swedish massage routine. In this course the students will examine the effects of massage on the various system of the body (Massage Physiology). The students will explore therapist/client communication (Somatic Psychology).

PMT 254 Massage Principles & Practice III

1.0 Credit Hour

This course will expose students to more in-depth practice of the Swedish massage routine. Students will step away from the traditional Swedish massage routine and become more creative, implementing their own touch to their Swedish massage. The students will also be exposed to the history of traditional westernized massage theory and discuss the history and creation of touch therapies.

PMT 255 Massage Principles & Practice IV

0.5 Credit Hour

This course will broaden the Swedish massage routine. Students will be exposed to

additional subroutines that may be added to their Swedish massage routine. The student will also be introduced to the benefits, disadvantages and situations where chair massage can be used within a massage session. The students will learn the indications, contraindications, strokes and positioning of a client that is pregnant (pregnancy massage).

PMT 262 Massage Principles & Practice V

0.5 Credit Hour

This course will expose students to more in-depth practice of the Swedish massage routine. Also included are the proper techniques and methods used in the application of water in its many forms to the human body. Students will also be introduced to the methods of hydrotherapy used within a Spa setting. The students will be exposed to somatic emotional releases through lecture and open discussion; and learn appropriate methods to make the client feel comfortable and safe during such a release.

PMT 263 Massage Principles & Practice VI

0.5 Credit Hour

This course will broaden the Swedish massage routine. This course will explore the legal and professional aspect of business practices of a massage therapist. Also included will be various techniques used for pre and post event sports massage.

PMT 265 Massage Principles & Practice VII

0.5 Credit Hour

This course will include further practice to improve the students' Swedish massage routine. Students will be introduced to the adaptive massage and management issues. Students will learn to adapt to each massage client's condition and become familiar with the Americans with Disabilities Act. Also included will be client documentation techniques such as client intake, assessment and treatment notes.

PMT 151 Anatomy & Physiology I

1.0 Credit Hour

Students will examine the circulatory system. Included will be the anatomy, physiology and common pathologies found in this system. Students will also examine the fundamental theories of Eastern philosophy applicable to massage therapy.

PMT 152 Anatomy & Physiology II

1.0 Credit Hour

This course will cover the integumentary system, including the anatomy, physiology and common pathologies of the skin. Students will learn what certain pathologies look like in order to protect their client. This course will also include an expansion on the fundamental theory of Eastern philosophy applicable to massage therapy.

PMT 154 Anatomy & Physiology III

1.0 Credit Hour

The anatomy, physiology and common pathologies of the nervous system are covered in this course. Students will learn about the structure and types of nervous tissues. The

students will also learn about the effects of stress on the nervous system.

PMT 155 Anatomy & Physiology IV

1.0 Credit Hour

This course will include instruction on the respiratory system anatomy, physiology and common pathologies. The student will explore all levels of the respiratory tract from the nasal and oral pharynx to the oxygen exchange in the lungs. In addition, this course includes an expansion on the fundamental theory of Eastern philosophy applicable to massage therapy.

PMT 156 Anatomy & Physiology V

1.0 Credit Hour

During this course, students will examine the anatomy, physiology and common pathologies of the muscular system. This course will cover the attachment sites, types of muscular tissues, degrees of injuries to muscular tissues and superficial muscular nomenclatures.

PMT 157 Anatomy & Physiology VI

1.0 Credit Hour

The endocrine system anatomy, physiology and common pathologies are presented in this course. Students will explore the chemical and hormonal exchanges throughout the entire body. Also included is an expansion on the fundamental theory of Eastern philosophy applicable to massage therapy.

PMT 158 Anatomy & Physiology VII

1.0 Credit Hour

This course will cover the digestive system anatomy, physiology and common pathologies. Students will follow food as it passes from the oral cavity until it is expelled from the body. There will also be a thorough investigation into the precautions used for clients with contractible diseases such as HIV and AIDS. Students will also discuss the common medical errors performed by massage therapists.

PMT 160 Structural Anatomy & Kinesiology I

1.0 Credit Hour

This course will cover the muscles of the anterior torso compartment. The students will learn the names, attachment sites, actions and nerve innervations of the muscles from the anterior pubic bone to the top of the head. This course will also cover the joints and specific movements of the joints found within this region.

PMT 163 Structural Anatomy & Kinesiology II

1.0 Credit Hour

During this course, the students will be exposed to the muscles of the lateral lower extremity compartment. Students will learn the names, attachments, actions and nerve innervations of muscles found in the lateral ankle, leg and thigh. This course will also cover the hip joints planes of motion. Students will also learn the processes, effects and contraindications of proprioceptive neuromuscular facilitation stretching.

PMT 164 Structural Anatomy & Kinesiology III

1.0 Credit Hour

The muscles of the anterior lower extremity are covered in this course. Students will learn about the names, actions, attachments and nerve innervations of the muscles of the dorsal foot, anterior leg and anterior thigh. Students will also be exposed to the bones, ligaments and tendons that form, secure and attach at the knee. The student will also learn how Chiropractic and Massage therapy is integrated in the workforce.

PMT 165 Structural Anatomy & Kinesiology IV

1.0 Credit Hour

During this course, the students will be exposed to the muscles of the upper extremity. Students will learn the names, actions, attachments and nerve innervations of the muscles of the hand, forearm, and arm. Along with the muscles, students will learn about the bones and joints of the hand, wrist, elbow and shoulder. Also in this course, students will learn about the ethical responsibilities of a massage therapist.

PMT 166 Structural Anatomy & Kinesiology V

1.0 Credit Hour

This course will cover the names, actions, origins and insertions of the muscles found within the posterior torso compartment; more specifically, the muscles of the posterior torso as well as the names and classifications of the joints they cross. Also included in this course is a business class covering common marketing skills used to enhance or begin a massage practice.

PMT 167 Structural Anatomy & Kinesiology VI

1.0 Credit Hour

During this course, the students will learn the muscles of the posterior torso compartment; to be more specific, the muscles of the rotator cuff and shoulder girdle, as well as the names and classifications of the joints they cross. Students will also be introduced to cranio-sacral therapy, the cranial-rhythm, and benefits of cranio-sacral therapy.

PMT 168 Structural Anatomy & Kinesiology VII

1.0 Credit Hour

The muscles of the posterior lower extremity are covered in this course. The classes will consist of lecture and discussion of the names, attachments, actions, and nerve innervations of the muscles of the posterior lower extremity. This course will also include business legalities, client confidentiality, and responsible documentation (HIPPA).

PMT 510 Clinical Neuromuscular Therapy I

0.5 Credit Hour

This course will cover the anterior torso compartment. In this compartment, the instructor will discuss the pain, distortions, and pathologies created by the muscles of the anterior torso. The students will be able to assess their client's posture to determine the distortions created by these muscles. Students will be taught proper treatment protocols

for the muscles of the anterior torso. The students will also learn ethical touch and draping, along with somatic emotional issues associated with the anterior torso compartment and muscles.

PMT 511 Clinical Neuromuscular Therapy II

0.5 Credit Hour

This course will cover the lateral lower extremity compartment. In this compartment, the instructor will discuss the pain and pathologies, distortions, and degenerative process created by the muscles of the lateral lower extremity. The students will be able to assess their client's posture to determine the distortions created by these muscles. Students will learn proper treatment protocols for the muscles discussed in class. This course will also cover proper application of ice to the muscles in this compartment (Hydrotherapy). The students will learn communication with the client, client comfort, prevention and methods of dealing with somatic emotional releases associated with this muscle group.

PMT 512 Clinical Neuromuscular Therapy III

0.5 Credit Hour

This course will cover the anterior lower extremity compartment. In this compartment, the instructor will discuss the pain and pathologies associated with distortions and the degenerative process created by the muscles of the anterior lower extremity. The student will learn to assess their client's posture and distortions associated with the muscles of the anterior lower extremity, as well as learn the proper treatment protocols for these muscles. The students will also learn communication with the client, client comfort, prevention and methods of dealing with somatic emotional releases associated with this muscle group.

PMT 513 Clinical Neuromuscular Therapy IV

0.5 Credit Hour

This course will cover the upper extremity compartment. In this compartment, the instructor will discuss the pain referrals and pathologies, distortions, and degenerative process created by the muscles of the upper extremity. The students will learn to assess their client's posture and distortion created by the muscles of the upper extremity, as well as the treatment protocols for these muscles. This course will also cover proper application of ice to the muscles in this compartment post-treatment (Hydrotherapy).

PMT 514 Clinical Neuromuscular Therapy V

0.5 Credit Hour

This course will cover the posterior torso compartment. In this compartment, the instructor will discuss the pain, distortions, degenerative processes and pathologies created by the muscles of the posterior torso. The students learn to assess their client's posture and distortion created by the muscles of the posterior torso, as well as the treatment protocols for these muscles. This course will also cover proper application of ice to the muscles in this compartment post-treatment (Hydrotherapy). The students will also learn communication with the client, client comfort, prevention and methods of dealing with somatic emotional releases associated with this muscle group.

PMT 515 Clinical Neuromuscular Therapy VI

0.5 Credit Hour

During this course, the students will cover the posterior torso compartment; specifically the rotator cuff and muscles of the shoulder girdle. In this compartment, the instructor will discuss the pain, distortions, degenerative processes and pathologies created by the muscles of the rotator cuff. Students will learn to assess the posture and distortions created by these muscles. This course will also include the proper application of ice to the muscles of this compartment (Hydrotherapy). The instructor will also lecture and discuss the state laws and requirements for licensure as a massage therapist. The students will learn communication with the client, client comfort, prevention and methods of dealing with somatic emotional releases associated with this muscle group.

PMT 516 Clinical Neuromuscular Therapy VII

0.5 Credit Hour

This course will cover the posterior lower extremity compartment. In this compartment, the instructor will discuss the pain, distortions, degenerative processes and pathologies created by the muscles of the posterior lower extremity. The students will learn to assess their client's posture and distortion created by the muscles of the posterior lower extremity, as well as the treatment protocols for these muscles. This course will also include the proper application of ice to the muscles of this compartment (Hydrotherapy). Students will learn communication with the client, client comfort, prevention and methods of dealing with somatic emotional releases associated with this muscle group.

PMT 801 Massage Therapy Clinical Practicum

2.0 Credit Hours

During the clinical practicum, students provide massage therapy under faculty supervision to clients. This setting affords students the opportunity to develop their practical skills while applying the various techniques learned throughout the program. Students must perform a minimum of 90 hours as a graduation requirement. The students are responsible for signing up for clinical appointments which are scheduled on Fridays and/or Saturdays. Students will not be compensated for services to clients.