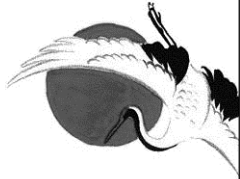


# COURSE DESCRIPTIONS

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## Oriental Bodywork

### **001, 002, 003, 004 MHS Anatomy, Physiology & Kinesiology I, II, III, IV (7)**

This set of courses presents a systemic approach to the structure and function of the human body. Major emphasis is placed on the skeletal, muscular, digestive, respiratory, cardiac, reproductive, endocrine, nervous and the urinary systems. Level IV consists of an overall review and course final examination.

*(Prerequisites: Courses are completed consecutively)*

### **005 MHS Self Care and Client Instruction (1)**

The purpose of this course is to present the various principles of body mechanics and the proper use of the body while giving a massage. Students will learn methods of working efficiently to prevent dysfunction or pain and areas of the body commonly affected by improper use of the body in the practice of massage. Effects of stress, diet, exercise, lifestyle and behavior patterns will be reviewed as well as the role the massage professional plays as a cohesive part of a wellness support team.

*(Prerequisites: None)*

### **006 MHS Nutrition (1)**

This course provides a concise overview of basic nutrients without being overwhelmed with biochemistry. The course also includes a general view of how nutrition affects the various body systems. Case studies and critical thinking exercises promote the application of course content.

*(Prerequisites: None)*

### **007 MHS Pathology I (1)**

This course provides the information necessary to make important decisions regarding the application of massage based on the benefits that therapeutic massage provides. Students will explore 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 presented accompanied with guidelines for decision-making. Case studies to model the decision-making process are presented. A general awareness of common prescription medications and the possible interactions massage may have with a pharmaceutical are also included.

*(Prerequisites: None)*

### **008 MHS Pathology II (1)**

This course is a continuation of Pathology I. Students explore various approaches to care based on the client's condition and realistic goals that may be achieved through the use of therapeutic massage. Students are presented with various case studies and will determine indications and contraindications for massage. Additionally, students apply proper hygiene and sanitation practices utilized in a professional setting.

*(Prerequisites: 007 MHS)*

## Oriental Bodywork

### **009 MHS Medical Terminology, CPR and First Aid (1)**

**Medical Terminology** –This course provides a key to understanding the accepted language of the medical sciences. Students will learn how to speak, write and understand scientific language and maintain client records effectively. The course provides an outline of the medical terminology most often encountered by the massage professional, particularly as it relates to charting and record-keeping procedures.

**CPR and First Aid** – This course is an American Heart Association Lifeline approved instruction in first aid and CPR (cardiopulmonary resuscitation), using manikins as training aids. Students will learn what to do and how to respond to an emergency situation before the victim can receive professional medical care. Additionally, the course emphasizes the value of a safe and healthy life-style. Behavior and situations that contribute to risk of injury and/or illness are discussed along with precautions to encourage necessary life-style change. Upon successful completion of the course, students will receive an American Heart Association HealthCare Provider certificate for Adult, Child and Infant CPR and First Aid/Safety.

*(Prerequisites: None)*

### **010, 011, 012 MWM Classic Western Massage I, II, III (6)**

This set of courses presents a series of studies on Classic Western Massage for the beginning student. The courses educate students on the Theory and Practice of the ancient art of Swedish Massage, history of massage, essential information regarding function and structure of the human body as it pertains to massage, the basic techniques of massage, body mechanics, massage manipulation techniques, assessment procedures, indications and contraindications and preparation for application of these techniques in the Student Clinic environment.

*(Prerequisites: Courses are completed consecutively)*

### **013 MWM Serving the Special Needs Population (2)**

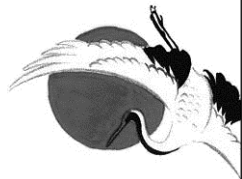
The purpose of this course is to present a basic understanding of the various types of special needs situations to assist the therapist in developing a massage environment to best serve individuals with special needs. The course provides an avenue for the student to demonstrate the communication skills important when working with a client who has special needs, reviews how to integrate therapeutic massage into the health care environment and how to modify the massage environment to best support those with physical disabilities.

*(Prerequisites: 010, 011 & 012 MWM)*

### **014 MWM Myofascial Release (1)**

Myofascial Release is a therapeutic treatment utilizing gentle stretching to produce a healing of the body tissues thus, eliminating pain and restoring motion. This course provides an introductory overview of Myofascial Release Techniques and how they are applied in the context of massage therapy. The course explores the various evaluation and treatment techniques designed to provide soft tissue mobilization and break up of restrictions.

*(Prerequisites: None)*



## Oriental Bodywork *(continued)*

### **015 MBM Ethics and Practice Management (1)**

This course assists the student in developing the level of professionalism essential to the successful practice of therapeutic massage. Students will identify the types of professional services a massage practitioner legally and ethically can provide and will present guidelines for conduct in the professional setting. The course also presents specific information for those who want to develop a massage business and provides a review of business planning, marketing and goal setting practices.

*(Prerequisites: None)*

### **016 MOB Tuina Anmo I (2)**

This course is an introduction to the principles of medical massage and the relationship between the various theories of Traditional Chinese Medicine. Students are introduced to the Eight Traditional Methods of Massage and simple techniques utilized by the massage practitioner for treatment of headache, neck pain, arm, shoulder and back pain. Students will also learn various self-care exercises.

*(Prerequisites: 010, 011, 012 MWM)*

### **017 MOB Tuina Anmo II (2)**

This course is a continuation of Tuina-Anmo I. Students are introduced to the basic Traditional Chinese Medicine Theory on Diagnosis and will learn basic physical check up techniques applied in the application of Massage.

*(Prerequisites: 016 MOB)*

### **018 MOB Tuina Anmo III (2)**

This course is a continuation of Tuina-Anmo II. Students are introduced to common disease analysis and prescription for massage. Additionally, students will apply Traditional Chinese Medicine Theory to create their own healing methods and individualize client care. Students will also continue practice of the massage technique skills learned in Tuina-Anmo I and II.

*(Prerequisites: 016 & 017 MOB)*

### **019 MOB Tuina Anmo IV (2)**

This course is a continuation of Tuina-Anmo III. Students are introduced to the field of client rehabilitation, rehabilitation plan development and applications of massage for rehabilitation. Students will apply Traditional Chinese Medicine Theory, diagnosis and check-up techniques learned in previous segments to create a massage rehabilitation plan for application in the professional clinic environment setting.

*(Prerequisites: 016, 017 & 018 MOB)*

### **020 MOB Shiatsu (2)**

This course provides an introduction to the basic techniques of practical Shiatsu treatment. Students will gain an overall understanding of the physiological aspects of health and sickness and the basis for establishing the functional connection between physiology and the Shiatsu pressure points located throughout the body.

*(Prerequisites: None)*

# COURSE DESCRIPTIONS

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## **021 MOB Reflexology (2)**

This course provides a basic straightforward overview of Reflexology, the relationship between areas on the hands and feet and the body's organs, limbs and nerves. Students learn various Reflexology techniques and how they may be integrated in an overall body treatment plan.

*(Prerequisites: None)*

## **022 MOB Energetics I (1)**

This course familiarizes the student with issues and concepts related to various aspects of energy healing. Students are exposed to the universal principles of energy healing, the nature of the energy system and mindfulness. Students will explore the methods of Qi development and sensitivity to personal Qi as well as sensitivity to the Qi of others.

*(Prerequisites: None)*

## **023 MOB Energetics II (1)**

This is the second in a series of courses designed to familiarize the student with issues and concepts related to various aspects of energy healing. The course continues to familiarize the student with the methods of Qi development. Students will explore the methods of Qi development and sensitivity to personal Qi as well as sensitivity to the Qi of others.

*(Prerequisites: 022 MOB)*

## **024 MOB Energetics III (2)**

This is the third in a series of courses designed to familiarize the student with issues and concepts related to various aspects of energy healing. Students are exposed to the scientific concepts of energy healing, the nature of the subtle energy systems, and various methods of therapeutic interaction with those systems. Students will learn exercises and treatment forms for the whole body, selected areas, and special applications. Students are introduced to issues arising in the actual practice of energy healing with clients and will learn and apply concepts that assist in their personal development as therapists.

*(Prerequisites: None)*

## **025 MOB National Exam Review – Bodywork (2)**

The purpose of this course is to provide an extensive review and final exam for the Bodywork Component of the Oriental Bodywork Program. Students will review all aspects of the program and will complete final test examination and competency evaluation required for program graduation.

*(Prerequisites: Students enrolled in the Diploma Program must have completed all course requirements to participate in this class. Portfolio review is required before Certificate Program participants may participate in the review.)*