



600-Hour Oriental Bodywork Program (*continued*)

101 (2), 151 (2) MW** **Classic Western Massage I, II (4)**

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: None, Courses are completed consecutively)

109(3), 159 (3) WM** **Human Anatomy &, Physiology I, II (6)**

These courses present 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 urinary systems.

(Prerequisites: None, Courses are completed consecutively)

111 WM **Medical Terminology (1)**

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.

(Prerequisites: None)

115 HS **CPR and First Aid (1)**

This course is an American Heart Association Lifeline approved instruction in first aid and CPR (cardiopulmonary resuscitation), using mannequins 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)

123 OB **Shiatsu (1)**

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)

151 MW **Classic Western Massage II (2)**

(Please see 101 MW)

160 (2), 206 (2), 260 (2) CL** **Massage: Clinic Practicum I, II, III (6)**

These courses provide a supervised clinic experience in which students individually perform massage on clients from the community. Focus is placed on practical application and development of massage technique, body positioning, draping, charting and treatment planning.

(Prerequisites: 101 MW, Courses are completed consecutively)

162 HS Pathology (3)

This course is an introduction to disease disorders. Indications and contraindications for oriental bodywork therapy are discussed accompanied with guidelines for decision-making. Case studies to model the decision-making process are presented. A general awareness of common prescription medications and possible interactions are also included. Students learn proper hygiene and sanitation practices utilized in a professional setting.

(Prerequisites: None)

164 HS Introduction to 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)

174 OB Energetics (2)

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. 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)

199 MG 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)

201 (3), 251 (3) OB Tuina Anmo I, II (6)**

These courses provide 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. Additionally, students learn basic Traditional Chinese Medicine Theory on Diagnosis, physical check-up techniques and utilize these methods to develop treatment planning and individualize client care. Students are also introduced to the field of client rehabilitation, rehabilitation plan development and the application of Tuina for rehabilitation.

(Prerequisites: 101, 151 MW)

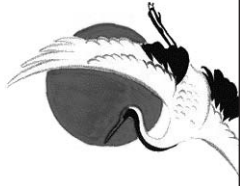
215 OB Advanced Massage Techniques (2)

This course is a study of advanced and specialized massage techniques. Topics may include geriatric, injury, myofascial, pediatric, prenatal, sports and special needs massage.

(Prerequisites: 101, 151 MW)

251 OB Tuina Anmo II (3)

(Please see 201 OB)



600-Hour Oriental Bodywork Program (*continued*)

259 WM Human Anatomy & Physiology Review (1)

This course is a comprehensive Health Sciences review and is focused on preparation for National Certification testing. An 80% or greater test score is required in this course to be eligible for graduation from the Program.

(Prerequisites: 109, 159 WM or transfer equivalent)

280 OB Reflexology (1)

This course provides a basic 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)

299 OB National Exam Review – Bodywork (1)

This course is a comprehensive Bodywork Review and is focused on preparation for National Certification testing. An 80% or greater test score is required in this course to be eligible for graduation from the Program.

(Prerequisites: Students enrolled in the Oriental Bodywork 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.)

