

Validation

Massage Therapy Mississippi Curriculum Framework

Program CIP:

51.3501 – Massage Therapy/Therapeutic Massage 2020



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RESEARCH ABSTRACT

The curriculum framework in this document reflects these changes in the workplace and a number of other factors that impact technical programs. Federal and state legislation calls for articulation between high school and community college programs, integration of academic and vocational skills, and the development of sequential courses of study that provide students with the optimum educational path for achieving successful employment. National skills standards, developed by industry groups and sponsored by the U.S. Department of Education and Labor, provide vocational educators with the expectations of employers across the United States. All of these factors are reflected in the framework found in this document.

RECENT REVISION HISTORY:

2008-Research & Curriculum Unit, Mississippi State University

2015-Office of Curriculum & Instruction, Mississippi Community College Board

2020-Office of Curriculum & Instruction, Mississippi Community College Board

ADOPTION OF NATIONAL CERTIFICATION STANDARDS

The Federation of State Massage Therapy Boards (FSMTB)

The Federation of State Massage Therapy Boards (FSMTB) is an autonomous, not-for-profit organization comprised of state regulatory boards and agencies that regulate the massage therapy profession. The FSMTB was established in 2005 and operates under Section 501(c)(3) of the Internal Revenue Code. All revenue collected by the organization is used to enhance FSMTB programs, maintain and improve the quality of the Massage and Bodywork Licensing Examination (MBLEx) and provide support to FSMTB Member Boards in fulfilling their responsibility of protecting the public.

FSMTB is governed by a board of directors comprised of seven voting directors and two non-voting members (immediate past president and executive director). The seven voting positions are elected into office by the delegate assembly at the FSMTB Annual Meeting. When making nominations, the Nominating Committee considers diversity of ethnicity, gender, geographic distribution and professional experience. Ultimately, the mission of the board of directors and FSMTB is to support our member boards in their work to ensure that the practice of massage therapy is provided to the public in a safe and effective manner.

For more information on the Federation of State Massage Therapy Boards National Massage and Bodywork Licensing Examination Content Outline go to:

<https://fsmtb.org/>

Mississippi State Board of Massage Therapy

The State Legislature granted Statutory Authority for the Licensing of Professional Massage Therapist in 2001. Section 73-67-1 et seq., of the Mississippi code of 1972, Annotated provides for the regulation of the practice of massage as well as the use of the title "Licensed Massage Therapist" (LMT) for those who offer massage services to the public for fees. In 2004, authority to regulate Massage Therapy Schools, programs and instructors was granted. Effective July 1, 2008, the authority for the use of the title "Licensed Massage Therapist" was granted.

Source: *Miss Code Ann.* § 73-67-1 (Rev. 2008)

The Mississippi State Board of Massage therapy does not discriminate against any applicant, candidate, or licensee because of race, color, creed, sex, religion, national origin, age, physical handicap, disability, or political affiliation. Source: *Miss Code Ann.* § 43-33-723 (2001); § 25-9-103 (2001)

For more information on the Mississippi State Board of Massage Therapy Rules and Regulation please go to:

<https://www.msbmt.ms.gov/SitePages/Home.aspx>

INDUSTRY JOB PROJECTION DATA

Massage therapist occupations require an education level of a postsecondary career and technical certificate.. A summary of occupational data from the Mississippi Occupational Employment Projections is displayed below:

Occupational Employment Projections, Year 2016 Projected to Year 2026 State of Mississippi

Standard Occupational Classification (SOC)		2016 Employment	2026 Projected Employment	Projected Employment Growth 2016-2026		Total Projected Avg. Annual Job Openings
Code	Occupation			Number	Percent	
31-9011	Massage Therapists	260	300	40	15.4%	35

ARTICULATION

There are currently no Massage Therapy programs offered at Secondary level. Dual credit and partnerships are encouraged at the local level.

TECHNICAL SKILLS ASSESSMENT

Colleges should report the following for students who complete the program with a career certificate, technical certificate, or an Associate of Applied Science Degrees for technical skills attainment. To use the approved Alternate Assessment for the following programs of study, colleges should provide a Letter of Notification to the Director of Career Technical Education at the MS Community College Board. Please see the following link for further instructions: <http://www.mccb.edu/wkfEdu/CTDefault.aspx>.

CIP Code	Program of Study
51.3501	Massage Therapy
Level	Standard Assessment
Accelerated /15 Hour	
Level	Standard Assessment
Career	<p>Massage and Bodywork Licensing Examination (MBLEx) OR Students will be assessed using the OR Mississippi Professional Exam Part I and Part II AND Mississippi State Law Exam (MSLE) *All students must take the MSLE regardless of the licensure exam(s) you choose to take. However, there is an exemption (and a waiver required) if the student is not going to request licensure in the State of Mississippi to practice. Should the individual return to Mississippi, the test will be a requirement for licensure.</p>
Level	Standard Assessment
Technical/AAS	

PROGRAM DESCRIPTION

The Massage Therapy program is offered as a one-year certificate program or a two-year Associates of Applied Science program designed to prepare students for careers as professional massage therapists. The curriculum prepares students to develop knowledge and skills for practicing massage therapy. Core courses emphasize massage therapy principles, ethics, business application, pathology, anatomy and physiology, technique modalities, and kinesiology. Students completing this program should be able to find jobs in employment settings such as spas, clinics, fitness centers, wellness centers, corporations, sports organizations, doctors' offices, and private practices.

This program is set up to prepare the student to take the Massage and Bodywork Licensing Examination in order to be a Licensed Massage Therapist within the state of Mississippi. Passing a Mississippi State Board of Massage Therapy (MSBMT) approved exam is a requirement for a Massage Therapy license. This program will also prepare students who wish to practice outside of the state of Mississippi. In addition to preparing for the exam, students will also be expected to:

- Attendance is crucial due to the nature of practical learning
- Practice massage sessions are required outside of class
- You will be expected to conduct these sessions professionally, using appropriate release forms, health history forms, and feedback forms as required.
- Students will need to understand that massage therapy requires standing next to a massage table during the majority of the session.
- Students will need to understand that this job requires the lifting and moving of equipment, such as the massage table.
- Students will be responsible for looking for client files and re-filing them accordingly.
- Students will be responsible for setting up and breaking down tables.

Industry standards referenced are from the Federation of State Massage Therapy Boards National Certification Examination for Therapeutic Massage and Bodywork Content Outline.

SUGGESTED COURSE SEQUENCE

Accelerated Career Pathway

Course Number	Course Name	Semester Credit Hours	SCH Breakdown		Total Contact Hours	Contact Hour Breakdown		Certification Name
			Lecture	Lab		Lecture	Lab	
MGT 1111	CPR and First Aid Standards	1	1		15	15		
MGT 1214	Introduction to Massage Therapy	4	4		60	60		
	Electives	6						
	TOTAL	11	5		75	75		

Certificate Required Courses

Course Number	Course Name	Semester Credit Hours	SCH Breakdown		Total Contact Hours	Contact Hour Breakdown		Certification Name
			Lecture	Lab		Lecture	Lab	
MGT 1111	CPR and First Aid	1	1		15	15		M-BLEX exam OR MPE I and MPE II and Mississippi State Law Exam (MSLE)
MGT 1214	Introduction to Massage Therapy	4	4		60	60		
MGT 1224	Massage Therapy I	4	4		60	60		
MGT 1233	Massage Therapy Lab I	3		6	90		90	
MGT 1281	Massage Therapy Clinical Lab I	1		2	30		30	
MGT 1244	Massage Therapy II	4	4		60	60		
MGT 1253	Massage Therapy II Lab	3		6	90		90	
MGT 1263	Massage Therapy Clinical Lab II	3		6	90		90	
MGT 1272	Specialized Modalities	2	2		30	30		
MGT 1343	Pathology and Medical Terminology	3	3		45	45		
MGT 1333	Kinesiology	3	3		45	45		
BIO 1513 OR MGT 2514	Anatomy and Physiology I	3	3		45	45		
MGT 1612	Board Preparation	2	2	0	30			
BIO 1523 OR MGT 2524	Anatomy and Physiology II	3	3		45	45		
	TOTAL	39	28	20	720	420	300	

NOTE: *All students must take the MSLE regardless of the licensure exam(s) you choose to take. However, there is an exemption (and a waiver required) if the student is not going to request licensure in the State of Mississippi to practice. Should the individual return to Mississippi, the test will be a requirement for licensure.

Technical Certificate Required Courses

Course Number	Course Name	Semester Credit Hours	SCH Breakdown		Total Contact Hours	Contact Hour Breakdown		Certification Information
			Lecture	Lab		Lecture	Lab	Certification Name
MGT 2223	Massage Therapy III	3	2	2	60			
MGT 2273	Specialized Modalities II	3	2	2	60			
TOTAL		6						

General Education Core Courses

To receive the Associate of Applied Science Degree, a student must complete all of the required coursework found in the Career Certificate option, Technical Certificate option and a minimum of 15 semester hours of General Education Core. The courses in the General Education Core may be spaced out over the entire length of the program so that students complete some academic and Career Technical courses each semester or provided primarily within the last semester. Each community college will specify the actual courses that are required to meet the General Education Core Requirements for the Associate of Applied Science Degree at their college. The Southern Association of Colleges and Schools (SACS) Commission on Colleges Standard 2.7.3 from the Principles of Accreditation: Foundations for Quality Enhancement¹ describes the general education core.

Section 2.7.3 In each undergraduate degree program, the institution requires the successful completion of a general education component at the collegiate level that (1) is substantial component of each undergraduate degree, (2) ensures breadth of knowledge, and (3) is based on a coherent rationale. For degree completion in associate programs, the component constitutes a minimum of 15 semester hours or the equivalent. These credit hours are to be drawn from and include at least one course from the following areas: humanities/fine arts, social/behavioral sciences, and natural science/mathematics. The courses do not narrowly focus on those skills, techniques, and procedures specific to a particular occupation or profession.

Academic Courses for Massage Therapy

Course Number	Course Name	Semester Credit Hours	SCH Breakdown		Total Credit Hours	Contact Hour Breakdown		Certification Information
			Lecture	Lab		Lecture	Lab	Certification Name
	Humanities/Fine Arts	3						
BIO 1513	Principles of Anatomy and Physiology I	3	3					
BIO 1523	Principles of Anatomy and Physiology II	3	3					
	Social/Behavioral Sciences	3						
	Instructor approved academic courses	3						
TOTAL		15						

¹

Southern Association of Colleges and Schools Commission on Colleges. (2012). *The principles of accreditation: Foundations for quality enhancement*. Retrieved from <http://www.sacscoc.org/pdf/2012PrinciplesOfAccreditation.pdf>

Technical Electives

Course Number	Course Name	Semester Credit Hours	SCH Breakdown			Total Contact Hours	Contact Hour Breakdown			Certification Information
			Lecture	Lab	Clinical/ Internship		Lecture	Lab	Clinical/ Internship	Certification Name
SSP 1002	Smart Start Pathway 101	2								
MGT 2233	Massage Therapy IV	3								
WBL 191(1-3) WBL 192(1-3) WBL 193(1-3) WBL 291(1-3) WBL 292(1-3) WBL 293(1-3)	Work-Based Learning	(1-6)			3-18	45-270			45-270	
MGT 291	Special Project in Massage Therapy	(1-3)								
	Any other instructor approved technical elective per local Community college.									

MASSAGE THERAPY COURSES

Course Number and Name: MGT 1111 CPR and First Aid

Description: This course develops the knowledge and skills necessary to provide emergency care for the injured or ill until appropriate professionals take over.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
1	1		15

Prerequisite: None

Student Learning Outcomes:

1. List the Emergency Action Steps. (MSBMT 4.2 B-3-b)
2. Administer appropriate techniques for an adult, child, and infant. (MSBMT 4.2 B-3-b)
 - a. Administer rescue breathing.
 - b. Administer first aid to a conscious and unconscious person.
 - c. Administer cardiopulmonary resuscitation (CPR).
3. Administer first aid in a variety of situations. (MSBMT 4.2 B-3-b)
 - a. Administer first aid for burns, eyes and nose injuries, bites, and stings.
 - b. Administer first aid for injuries to muscles, bones, and joints.
 - c. Administer first aid for diabetic emergencies, strokes, seizures, and heat or cold exposure.
 - d. Control bleeding, and administer first aid for shock.
 - e. Respond to poisoning emergencies.
4. Identify the signals of a heart attack, and administer the appropriate first aid. (MSBMT 4.2 B-3-b)
5. Identify ways to prevent injury and/or illnesses. (MSBMT 4.2 B-3-b)
6. Develop an interest in and knowledge of prevention of accidents. (MSBMT 4.2 B-3-b)
7. Qualify for appropriate certifications. (MSBMT 4.2 B-3-b)

Course Number and Name: MGT 1214 Introduction to Massage Therapy

Description: This course teaches the student theories and principles of therapeutic massage and includes the effects, benefits, indications and contraindications, history of massage therapy, Mississippi laws and regulations pertaining to massage therapist, educational and licensing requirements, professional ethics, equipment and products, client evaluations, draping techniques, massage environment, massage therapy in a health-care system, sanitary and safety practices, therapist body mechanics, conditioning, strengthening, flexibility, and human relationship skills..

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
4	4		60

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Explore the history of massage. (MSBMT 4.2 B-1-b)
 - a. Describe the use of massage in Ancient River Valley Civilizations, Ancient Greece, and Ancient Rome.
 - b. Discuss massage practices in the Middle Ages and the Renaissance.
 - c. Examine massage practices in the 18th-20th centuries.
 - d. Investigate contemporary massage therapy.
2. Investigate ethics and professionalism. (MSBMT 4.2 B-1-a; FSMTB Ethics, Boundaries, Laws, Regulations A-K)
 - a. Explore characteristics of the profession including education, scope of practice, code of ethics, and standards of practice.
 - b. Describe scope of practice including legal regulations, education, competency, limits of practice, accountability, and ethics for the profession.
 - c. Examine practices of professionalism including conduct, business practices, client relationships, and professional relationships.
3. Examine factors related to communication, documentation, and treatment plans. (MSBMT 4.2 B-3-c, 4-a-b; FSMTB Client Assessment, Reassessment & Treatment Planning B-C)
 - a. Explore effective communication and interviewing skills including reflective listening and nonverbal communication.
 - b. Evaluate documentation and treatment plans including reasons for documenting and documentation forms used.
 - c. Analyze subjective information such as client history, interview, functional stress assessment, and cumulative effects of stress.
 - d. Analyze objective information such as activity and analysis information, prioritizing functional limitations, and setting treatment goals.
 - e. Discuss plan information.
 - f. Describe methods used for developing SOAP notes and SOAP note variations.
 - g. Explore the planning process including the initial session and subsequent sessions.
 - h. Discuss aspects related to future treatment while considering healing time, the duration of future sessions, frequency of future sessions, length of treatment, techniques and areas to include or avoid, and reevaluation.
 - i. Examine self-care recommendations including considerations for self-care, hydrotherapy, stretches, rest, nutrition, body awareness, and ergonomics.
 - j. Investigate the need for referral to other health-care professionals and follow-up communication. Discuss methods for presenting the treatment plan including

treatment recommendations and referral recommendations.

4. Investigate various types of assessment^(MSBMT 4.2 B-2-c, f; FSMTB Kinesiology F, Client Assessment, Reassessment, & Treatment Planning D-F)
 - a. Examine general assessments such as wellness versus therapeutic massage assessments, fascia, compensation patterns, and assessment documentation.
 - b. Explore postural assessment including ideal posture, anterior postural assessment, posterior postural assessment, lateral postural assessment, postural deviations, and feet.
 - c. Describe gait assessment.
 - d. Analyze range of motion assessment including active range of motion and passive range of motion.
 - e. Discuss assessment of the appearance of tissues.
 - f. Explore types of palpation assessment including assessment of skin temperature, textures and movement of soft tissues, and rhythms.
 - g. Describe functional assessments.
 - h. Investigate post-treatment assessment.
5. Explore various types of modalities^(MSBMT 4.2 B-3-a,f; FSMTB Benefits & Physiological Effects of Techniques that Manipulation Soft Tissue A-F)
 - a. Investigate techniques for Swedish, deep tissue, neuromuscular, circulatory enhancement, energy, Asian/Eastern, structural and postural integration, and movement.
 - b. Examine special techniques.
6. Differentiate considerations for special populations.^(MSBMT 4.2 B-3-f; FSMTB Pathology, Contraindications, Areas of Caution, Special Populations B, D)
 - a. Investigate considerations for fully clothed clients such as corporate massage and corporate accounts.
 - b. Explore considerations for athletes including pre-event massage, post-event massage, restorative massage, and recovery and rehabilitation.
 - c. Analyze consideration for pregnant women during the first trimester, second trimester, and third trimester as well as considerations for prenatal and postpartum massages.
 - d. Examine considerations for infants.
 - e. Explore considerations for geriatric clients.
 - f. Analyze considerations for chronically ill patients including hospice massage.
 - g. Investigate considerations for disabled clients including clients with visual and hearing impairment, physical disabilities, and psychological issues.
7. Investigate self-care for the massage therapist.
 - a. Analyze the role of balance.
 - b. Explore the importance of physical, psychological, social, and spiritual self-care.
8. Examine types of equipment and environmental considerations^(MSBMT 4.2 B-1-c, d; FSMTB Guidelines for Professional Practice A, D, F)
 - a. Describe various equipment specifications.
 - b. Investigate various types of equipment including tables, massage chairs, massage mats, and accessory equipment (bolsters, face cradles, table extensions, and massage tools).
 - c. Examine types of lubricants such as oils, lotions, creams, gels, and powders as well as lubricant storage and application of lubricants.
 - d. Describe aspects of draping.
 - e. Analyze environmental considerations including location and the treatment room atmosphere.
 - f. Evaluate factors related to hygiene, sanitation, and safety including disease, preventing transmission of pathogens, and safety.
9. Analyze characteristics of entrepreneurial opportunities.^(FSMTB Guidelines for Professional Practice G)
 - a. Identify major advantages and disadvantages associated with going into business independently.

Course Number and Name: MGT 1224 Massage Therapy I

Description: This course examines basic skills in massage therapy for various modalities. Each modality will move into the next progressive phase enhancing the student's knowledge.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
4	4		60

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Explore the history and theory for various modalities. (MSBMT 4.2 B-1-b, B-3-a, f; FSMTB Benefits & Physiological Effects of Techniques that Manipulate Soft Tissue A-D, F, Pathology, Contraindications, Areas of Caution, Special Populations A-D)
 - a. Describe the theory and history of Swedish therapy.
 - b. Investigate the history and theory of reflexology.
 - c. Be able to identify contraindications when working with the pre-natal mother in techniques specific to her.
 - d. Examine the theory of pre-event and post-event sports massage.
 - e. Identify muscles and their origin, insertion, and action.
 - f. Be able to perform chair massage and display knowledge of proper body mechanics and marketing skills.

2. Examine skills in massage therapy for various modalities. (MSBMT 4.2 B-1-b, B-3-a, f; FSMTB Benefits & Physiological Effects of Techniques that Manipulate Soft Tissue A-D, F, Pathology, Contraindications, Areas of Caution, Special Populations A-D)
 - a. Explore basic skills in massage therapy, including application of the five basic strokes (effleurage, petrissage, friction, tapotement, and vibration) in the context of full body relaxation massage using proper body mechanics, injury prevention, table management, and draping methods.
 - b. Investigate basic skills in reflexology, including application of the technique.
 - c. Examine basic skills in working with the pre-natal mother including proper draping techniques, contraindications for massage and bodywork, and positioning requirements while using proper body mechanics and techniques for the side-lying position.
 - d. Learn the skills necessary to provide pre-event and post-event sports massage including stretching techniques specific for the athlete such as table care, body mechanics, and injury prevention at sporting events.
 - e. Enhance palpatory skills by learning the names, origins, and insertions of the major muscles of the body with hands-on experience.
 - f. Analyze skills for working with the seated client using a massage chair and a regular chair considering proper body mechanics, adjustments available for the massage chair, hygienic precautions, and marketing advantages.

Course Number and Name: MGT 1233 Massage Therapy I Lab

Description: This course develops basic skills in massage therapy for various modalities in a laboratory setting. Each modality will move into the next progressive phase enhancing the student's knowledge.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3		6	90

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Perform a range of skills learned in massage therapy for various modalities. . (MSBMT 4.2 B-1-c-d, 3-e, f; FSMTB Benefits & Physiological Effects of Techniques that Manipulate Soft Tissue A-F)
 - a. Provide a one-hour full body massage using the basic strokes and palpation skills of Classical Swedish massage.
 - b. Provide a one-hour full body massage geared toward pre-natal clients.
 - c. Provide a one-hour reflexology session.
 - d. Demonstrate skills needed to provide pre-event or post-event sports massage.
 - e. Perform chair massage sessions.
 - f. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques.
2. Investigate issues in massage therapy. (MSBMT 4.2 B-1-b, 3-a; FSMTB Pathology, Contraindications, Areas of Caution, Special Populations A-E, Benefits & Physiological Effects of Techniques that Manipulate Soft Tissue C, F)
 - a. Describe and understand the theories and history of massage and their context.
 - b. Understand the benefits, cautions, and general contraindications of massage.
3. Write session notes following the basic SOAP note format. (MSBMT 4.2 B-4-a, b; FSMTB Guidelines for Professional Practice G)
4. Identify origins and insertions of muscles in the body using palpatory skills.
 - a. Name all major muscle groups.
 - b. Name individual muscles in each of the major muscle groups.
 - c. Identify origin, insertion, and action of major muscle groups.
5. Practice selected skills in a clinical setting.
 - a. Provide a clinical setting using the basic guidelines of each modality.
 - i. Be able to provide a client session of Swedish Massage using the guidelines provided in Massage Therapy I.
 - ii. Be able to provide a client session of reflexology using the guidelines provided in Massage Therapy I.
 - iii. Be able to provide a client session of prenatal using the guidelines provided in Massage Therapy I.
 - iv. Be able to provide a client session of sports massage using the guidelines provided in Massage Therapy I.
 - b. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques in a clinical setting.
 - i. Use proper body mechanics, bolstering, and draping within the clinical setting.
 - ii. Utilize self-care habits to work effectively with clients.
 - c. Understand the benefits, cautions, and general contraindications of massage and bodywork in a clinical setting.
 - i. Write session notes following the basic SOAP note format.
 - ii. Use appropriate abbreviations, and utilize the recommended SOAP format for all session notes.

Course Number and Name: MGT 1244 Massage Therapy II

Description: Students will develop basic skills in massage therapy. Each modality will move into the next progressive phase enhancing the student's knowledge.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
4	4		60

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Examine the history of traditional Chinese medicine and Japanese Shiatsu. (MSBMT 4.2 B 1-c-d, 3-a; FSMTB Benefits & Physiological Effects of Techniques that Manipulate Soft Tissue A-D, F)
 - a. Learn the differences between Chinese and Japanese Bodywork styles and their historical relevance.

2. Examine skills in Massage Therapy and Bodywork of various modalities. (MSBMT 4.2 B 1-c-d, 3-a; FSMTB Benefits & Physiological Effects of Techniques that Manipulate Soft Tissue A-D, F)
 - a. Explore basic skills of Deep Tissue work including the use of loose fist compression, the use of elbows, and various techniques to go deeper into muscle groups using proper body mechanics.
 - b. Examine basic skills of neuromuscular therapy and how to use specific techniques to release acute and chronic conditions in specific muscles.
 - c. Explore basic traditional Chinese medicine theory and its relevance to Bodywork.
 - d. Learn the skills necessary to provide a basic Shiatsu session using both the bodywork table and the mat with proper body mechanics.
 - e. Continue to explore palpatory skills by learning origins, insertions, and actions of muscles and learning the pathways of the 12 Primary Meridians and two of the Extraordinary Vessels.
 - f. Explore the use of hydrotherapy applications on the human body.

Course Number and Name: MGT 1253 Massage Therapy II Lab

Description: Students will develop basic skills in massage therapy in a laboratory setting. Each modality will move into the next progressive phase enhancing the student's knowledge.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3		6	90

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Demonstrate skills in Massage Therapy and Bodywork of various modalities. (MSBMT 4.2 B 1-c-d, 3-a; FSMTB Benefits & Physiological Effects of Techniques that Manipulate Soft Tissue A-D, F)
 - a. Explore basic skills of Deep Tissue work including the use of loose fist compression, the use of elbows, and various techniques to go deeper into muscle groups using proper body mechanics.
 - b. Examine basic skills of neuromuscular therapy and how to use specific techniques to release acute and chronic conditions in specific muscles.
 - c. Explore basic traditional Chinese medicine theory and its relevance to Bodywork.
 - d. Learn the skills necessary to provide a basic Shiatsu session using both the bodywork table and the mat with proper body mechanics.
 - e. Continue to explore palpatory skills by learning origins, insertions, and actions of muscles and learning the pathways of the 12 Primary Meridians and two of the Extraordinary Vessels.
 - f. Explore the use of hydrotherapy applications on the human body.

2. Demonstrate the correct use of SOAP notes when working with clients. (MSBMT 4.2 B 4-a-b; FSMTB Client Assessment Reassessment & Treatment Planning B, C)
 - a. Utilize proper SOAP abbreviations and applications.

3. Practice selected skills in a clinical setting. (MSBMT 4.2 B 1-c, 2-f, 3-f; FSMTB FSMTB Benefits & Physiological Effects of Techniques that Manipulate Soft Tissue A-D, F, Guidelines for Professional Practice A-F)
 - a. Provide a session using the basic guidelines of each modality.
 - (1) Be able to provide a client session of Deep Tissue Massage using the guidelines provided in Massage Therapy II.
 - (2) Be able to provide a client session of Neuromuscular Session using the guidelines provided in Massage Therapy II.
 - (3) Be able to provide a client session of Shiatsu session using the guidelines provided in Massage Therapy II.
 - b. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques.
 - (1) Use proper body mechanics, bolstering, and draping within the clinical setting
 - (2) Utilize self-care habits to effectively work with clients and not become injured.
 - c. Understand the benefits, cautions, and general contraindications of massage and bodywork.
 - (1) Write session notes following the basic SOAP note format.
 - (2) Be able to use appropriate abbreviations and utilize the recommended SOAP format for all session notes.

Course Number and Name: MGT 1263 Massage Therapy Clinical Lab II

Description: This course applies the principles and theories of Introduction to Massage Therapy and Massage Therapy I and builds on the principles and theories taught in Massage Therapy II and is a continuation of Massage Therapy Clinical Lab I.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3		6	90

National Assessment: Components of the MBLEx

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Practice selected skills in a clinical setting. (MSBMT 4.2 4-a-c; FSMTB Benefits & Physiological Effects of Techniques that Manipulate Soft Tissue A-D, F, Guidelines for Professional Practice A-F)
 - a. Provide a session using the basic guidelines of each modality.
 - (1) Be able to provide a client session of Deep Tissue Massage using the guidelines provided in Massage Therapy II.
 - (2) Be able to provide a client session of Neuromuscular Session using the guidelines provided in Massage Therapy II.
 - b. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques.
 - (1) Use proper body mechanics, bolstering, and draping within the clinical setting
 - (2) Utilize self-care habits to effectively work with clients and not become injured.
 - c. Understand the benefits, cautions, and general contraindications of massage and bodywork.
 - (1) Write session notes following the basic SOAP note format.
 - (2) Be able to use appropriate abbreviations and utilize the recommended SOAP format for all session notes.
2. Interact with the general public and demonstrate assessment techniques, marketing techniques, and the ability to build rapport with their clients.
 - a. Demonstrate how to build rapport with the client, be attentive to the client, and demonstrate effective marketing techniques to engage the client.
 - b. Be able to be a team member with other student massage therapists and with faculty.

Course Number and Name: MGT 1272 Specialized Modalities I

Description: Students will be introduced to several different traditions of massage and bodywork.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
2	2		30

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Perform various specialized modalities. ^(MSBMT 4.2B-3d, e-f)
 - a. Demonstrate an understanding and application of hydrotherapy.
2. Perform proper body mechanics and bolstering appropriate to each specialized modality. ^(FSMTB a-e)
 - a. Demonstrate proper body mechanics when performing each specialized modality.
 - b. Demonstrate bolstering techniques for each specialized modality.
3. Understand the benefits, cautions, and general contraindications of massage and bodywork. ^(MSBMT 4.2B.1b, FSMTB a-f)
4. Write session notes following the basic SOAP note format. ^(MSBT 4.2b-3c, FSMTB B-C G6)

Course Number and Name: MGT 1281 Massage Therapy Clinical Lab I

Description: This course applies the principles and theories of Introduction to Massage Therapy and Massage Therapy.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
1		2	30

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Practice selected skills in a clinical setting. (MSBMT 4.2B-3c;4.2B-3e;4.2B4a-c)
 - a. Provide a clinical setting using the basic guidelines of each modality.
 - (1) Be able to provide a client session of Swedish Massage using the guidelines provided in Massage Therapy I.
 - (2) Be able to provide a client session of reflexology using the guidelines provided in Massage Therapy I.
 - (3) Be able to provide a client session of prenatal using the guidelines provided in Massage Therapy I.
 - b. Demonstrate proper body mechanics, bolstering, draping, and self-care techniques in a clinical setting. (MSBMT 4.2B4a-c;FSMTB A-F)
 - (1) Use proper body mechanics, bolstering, and draping within the clinical setting.
 - (2) Utilize self-care habits to work effectively with clients.
 - c. Understand the benefits, cautions, and general contraindications of massage and bodywork in a clinical setting. (FSMTB A-H)
 - (1) Write session notes following the basic SOAP note format. (MSBMT 4.2B-4a-c;FSMTB A-H)
 - (2) Use appropriate abbreviations, and utilize the recommended SOAP format for all session notes.
2. Demonstrate how to interact with the general public, using appropriate assessment and marketing techniques in order to build rapport with clients.
 - a. Demonstrate how to build rapport with the client using effective marketing techniques to engage the client.
 - b. Demonstrate how to be a team member with other student massage therapists. (MSBMT 4.2B-3c; 4.2B-4a-c; FSMTB a-h)

Course Number and Name: MGT 1333 Kinesiology

Description: This course studies the mechanical aspects of human motion.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3	3		45

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Relate anatomical knowledge to the biophysical aspects of human motion. (MSBMT 4.2C-2c; FMTB A-f)
 - a. Identify the surface anatomy of the muscular, skeletal, and neurovascular systems' structures in the limbs, trunk, and superficial head and neck.
 - b. Identify the attachments, actions, and movements produced by individual muscles and muscle systems.

2. Relate specific physical parameters to human motion (e.g., force, velocity, acceleration, momentum, torque).
 - a. Identify the principles of kinematics and motion analysis as they apply to human movement.
 - b. Identify the functions and limitations of the musculoskeletal and neuromuscular systems.
 - c. Understand the types of human movement and their causes.
 - d. Identify the source(s) of movement dysfunction that may originate from muscular, nervous, and/or bony tissues.
 - e. Discuss gait deviations, and discuss potential source(s) of the deviations.

3. Relate the biophysical aspects and physical parameters of human body movement to everyday activities of the human body. (MSBMT 4.2b-2c; FSMTB a-f)
 - a. Understand assessments of movement capabilities based on qualitative anatomical analysis.
 - b. Critically evaluate and discuss relevant literature pertaining to movement and movement dysfunction of the upper and lower extremities.

Course Number and Name: MGT 1343 Pathology and Medical Terminology

Description: This course is designed to teach the student functional assessment of therapeutic massage in relation to pathology. The student learns pathology of multiple systems and determines its impact on the delivery of massage therapy services in his or her own practice. Discussion of the massage therapy scope of practice and its relationship to other allied health professions is included. Understanding methods of communication with other professionals and clients, exploring holistic self-care practices, and developing a systematic evaluation and documentation scheme are also covered.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3	3		45

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Discuss the role of massage therapy and adaptations in technique for clients with special conditions or pathologies in relation to the human organizational systems. (MSBMT 4.2b-2e;FSMTB 2-e)
2. Develop a vocabulary with which to communicate this knowledge to others. (MSBMT 4.2b-2e; 4.2b-3e)
3. Describe how pathology as a clinical specialty is essential to the proper practice of massage therapists.
4. Understand the importance of indications and contraindication massage with someone displaying pathological problems. (MSBT 4.2b-2d;4.2b-e; FSMTB a-e)

Course Number and Name: MGT 1612 Board Preparation

Description: A basic course to provide students with skills review for board certification.
*If student is already a Licensed Massage Therapist, another academic course may be taken.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
2	2		30

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Students will review all course content to better prepare for the MBLEx or MPE National Assessment. (MSBMT 9.14c)
2. Gain an understanding of Mississippi state laws concerning Massage Therapists.
 - a. Understand the laws through testing. (MSBMT 4.28-1A)
3. Develop a comprehensive plan for creating potential business.
 - a. Design a basic business card.
 - b. Identify how to select and use an appointment book.
 - c. Create a professional address and telephone list.
 - d. Identify how to use the telephone effectively when dealing with clients.
 - e. Identify how to deliver a professional introduction.
 - f. Develop a summary marketing plan.

Course Number and Name: MGT 2223 Massage Therapy III

Description: This course will provide students with additional knowledge and information in the area of techniques.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3	3		45

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Enhance palpatory skills to learn pathways of 12 Primary Meridians and 2 Extraordinary Meridians (MSBMT 4.2b-3a; FSMTB F)
2. Examine techniques used to analyze client's postural distortions. (FSMTB D)
3. Investigate techniques used to analyze client's gait distortions. (FSMTB G)
4. Explore techniques used to correct gait and posture. (FSMTB G)
5. Examine basic techniques used to provide a Shiatsu Session. (MSBMT 4.2b-3f; FSMTB F)
6. Explore basics of Geriatric Massage (FSMTB C)
7. Enhance Sports Massage techniques. (MSBMT 4.2b-3f;FSMTB G)

Course Number and Name: MGT 2233 Massage Therapy IV

Description: This course will provide students with additional knowledge and information in the area of techniques.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
3	3		45

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Explore basic skills of Craniosacral work. (MSBMT 4.2b-3f;FSMTB F)
2. Explore basic skills of Myofascial therapy. (MSBMT 2.2b-3f; FSMTB F)
3. Explore basic skills of Lymphatic drainage. (MSBMT 4.2b-3f;FSMTB F)
4. Explore basic Asian bodywork techniques. (MSBMT 4.2b-3f; FSMTB F)

Course Number and Name: MGT 2272 Specialized Modalities II

Description: This course will provide students more in-depth knowledge of additional traditions of massage and bodywork.

Hour Breakdown:

Semester Hours	Lecture	Lab	Contact Hours
2	2		30

Prerequisite: Instructor Approved

Student Learning Outcomes:

1. Demonstrate an understanding of the use of Hydrotherapy techniques that are used in a spa setting. (MSBMT 4.2b-3d; FSMTB e-f)

Course Number and Name:

MGT 291 (1-3) Special Project in Massage Therapy

Description:

A course designed to provide the student with practical application of skills and knowledge gained in the courses. The instructor works closely with the student to insure that the selection of a project will enhance the student's learning experience.

Hour Breakdown:

Semester Credit Hours	Lecture	Lab	Contact Hours
3		2-6	

Prerequisite:

Instructor approved

Student Learning Outcomes:

1. Develop a written plan which details the activities and projects to be completed.
 - a. Utilize a written plan which details the activities and projects to be done.
 - b. Perform written occupational objectives.
2. Assess accomplishment of objectives.
 - a. Prepare daily written assessment of accomplishment of objectives.
 - b. Present weekly written report to instructor on activities done.
3. Utilize a set of written guidelines for the special project.
 - a. Develop and follow a set of written guidelines.

Course Number and Name: WBL I, II, III, III, IV, V, and VI
 WBL 191(1-3), WBL 192(1-3), WBL 193(1-3), WBL 291(1-3), WBL 292(1-3), and WBL 293(1-3)

Description: A structured work-site learning experience in which the student, program area teacher, Work-Based Learning Coordinator, and worksite supervisor/mentor develop and implement an educational training agreement. Designed to integrate the student’s academic and technical skills into a work environment. May include regular meetings and seminars with school personnel and employers for supplemental instruction and progress reviews.

Hour Breakdown:

Semester Credit Hours	Lecture	Externship	Contact Hours
1-3		3-9	

Prerequisite: Instructor approved

Student Learning Outcomes:

1. Apply technical skills and related academic knowledge needed to be a viable member of the workforce.
 - a. Demonstrate technical skills necessary to complete job requirements.
 - b. Demonstrate academic skills necessary to complete job requirements.
 - c. Perform tasks detailed in an educational training agreement at the work setting.

2. Apply general workplace skills to include positive work habits necessary for successful employment.
 - a. Demonstrate appropriate human relationship skills in the work setting to include conflict resolution, team participation, leadership, negotiation, and customer/client service.
 - b. Utilize time, materials, and resource management skills.
 - c. Use critical thinking skills such as problem solving, decision making, and reasoning.
 - d. Acquire, evaluate, organize, maintain, interpret, and communicate information.

Appendix A: Recommended Tools and Equipment List

CAPITALIZED ITEMS

1. Hydrocollator (1 per program)
2. Massage chairs (1 per 2 students)
3. Massage tables (1 per 2 students)
4. Skeleton (1 per program)

Other equipment items can be added when deemed appropriate by the community college industry craft committee or by industry/business training requirements

NON-CAPITALIZED ITEMS

1. Blinds for windows (Required by state law)
2. Bolsters (1 per massage table)
3. CDs (10 to 20 per program)
4. Charts (1 of each of the following)
 - a. Bones
 - b. Lymphatics
 - c. Meridians
 - d. Muscles
 - e. Nerves
 - f. Reflexology
 - g. Trigger Points
5. Clocks (1 per workspace)
6. Small cups (1 case per program)
7. Disposable face cradle covers (500 per program)
8. First aid kit (1 per program)
9. Futons with covers (1 per 2 students)
10. Hand towels (5 to 6 per student)
11. Hooks for privacy curtains (1 for each work space)
12. Hot packs or covers (1 per massage table)
13. Hot towel cabi (2 per program)
14. Large oval roasters (2 per program)
15. Lotion bottle (1 per instructor)
16. Lotion holder (1 per instructor)
17. Massage lotion (1 gallon per program)
18. Paraffin wax - blocks
19. Paraffin wax warmer (1 per 10 students)
20. Privacy curtains or tracs (1 per workspace)
21. Purell (1 case per program)
22. Stereo system (1 per program)
23. Stones (for hot stone) (200 per program)
24. Stools for massage tables (1 per 2 students)
25. Tissue (1 case per program)
26. Water dispenser (1 per program)
27. Waste Basket for each cubicle
28. Lamps for each cubicle

Other equipment items can be added when deemed appropriate by the community college industry craft committee or by industry/business training requirements

RECOMMENDED INSTRUCTIONAL AIDS

It is recommended that instructors have access to the following items:

1. Copy machine
2. Desktop computer
3. DVD/VCR player

4. Laptop computer
5. LCD projector
6. Overhead projector with cart
7. Paper shredder
8. TV with stand
9. File cabinet

Other equipment items can be added when deemed appropriate by the community college industry craft committee or by industry/business training requirements

Appendix B Curriculum Definitions and Terms

- Course Name – A common name that will be used by all community colleges in reporting students
- Course Abbreviation – A common abbreviation that will be used by all community and junior colleges in reporting students
- Classification – Courses may be classified as the following:
 - Career Certificate Required Course – A required course for all students completing a career certificate.
 - Technical Certificate Required Course – A required course for all students completing a technical certificate.
 - Technical Elective – Elective courses that are available for colleges to offer to students.
- Description – A short narrative that includes the major purpose(s) of the course
- Prerequisites – A listing of any courses that must be taken prior to or on enrollment in the course
- Corequisites – A listing of courses that may be taken while enrolled in the course
- Student Learning Outcomes – A listing of the student outcomes (major concepts and performances) that will enable students to demonstrate mastery of these competencies

The following guidelines were used in developing the program(s) in this document and should be considered in compiling and revising course syllabi and daily lesson plans at the local level:

- The content of the courses in this document reflects approximately 75% of the time allocated to each course. The remaining 25% of each course should be developed at the local district level and may reflect the following:
 - Additional competencies and objectives within the course related to topics not found in the state framework, including activities related to specific needs of industries in the community college district
 - Activities that develop a higher level of mastery on the existing competencies and suggested objectives
 - Activities and instruction related to new technologies and concepts that were not prevalent at the time the current framework was developed or revised
 - Activities that include integration of academic and career–technical skills and course work, school-to-work transition activities, and articulation of secondary and postsecondary career–technical programs
 - Individualized learning activities, including work-site learning activities, to better prepare individuals in the courses for their chosen occupational areas
- Sequencing of the course within a program is left to the discretion of the local college. Naturally, foundation courses related to topics such as safety, tool and equipment usage, and other fundamental skills should be taught first. Other courses related to specific skill areas and related academics, however, may be sequenced to take advantage of seasonal and climatic conditions, resources located outside of the school, and other factors. Programs that offer an Associate of Applied Science Degree must include all of the required Career Certificate courses, Technical Certificate courses **AND** a minimum of 15 semester hours of General Education Core Courses. The courses in the General Education Core may be spaced out over the entire length of the program so that students complete some academic and Career Technical courses each semester. Each community college specifies the actual courses that are required to meet the General Education Core Requirements for the Associate of Applied Science Degree at their college.
- In order to provide flexibility within the districts, individual courses within a framework may be customized by doing the following:

- Adding new student learning outcomes to complement the existing competencies and suggested objectives in the program framework
- Revising or extending the student learning outcomes
- Adjusting the semester credit hours of a course to be up 1 hour or down 1 hour (after informing the Mississippi Community College Board [MCCB] of the change)

Appendix: C: Recommended Textbook List

RECOMMENDED MASSAGE THERAPY TEXTBOOK LISTS		
CIP: 51.3501- MASSAGE THERAPY		
Title	Author	ISBN
Mosby's Fundamental of Therapeutic Massage	Sandy Fritz	ISBN: 9780323661836
Massage Therapy: Principles & Practice	Susan G. Salvo	ISBN: 9780323581288
A Massage Therapist's Guide to Pathology	Ruth Werner	ISBN: 97809982663
Anatomy & Physiology: The Massage Connection	Kalyani Premkumar	ISBN: 9781469890586
Study Guide: Anatomy & Physiology: The Massage Connection	Kalyani Premkumar	ISBN: 9781605472836
MBLEX Test Prep: Comprehensive Study Guide & Workbook	David Merlino	ISBN: 9781732835672
Deep Tissue	Jane Johnson	ISBN: 9780736084703
Japanese Full Body Shiatsu	RJ Nikola	ISBN: 9780965900713
Trail Guide to the Body: Student Workbook	Andrew Biel	ISBN: 9780991466672
Trail Guide to the Body	Andrew Biel	ISBN: 9780998785066
Trail Guide to Movement	Andrew Biel	ISBN: 9780998785059
Creatures of Water	RJ Nikola	ISBN: 9780965900706

Appendix: D: Course Crosswalk

Course Crosswalk Massage Therapy CIP 48.0703 – Construction Option CIP 48.9999 Precision Production					
<i>Note: Courses that have been added or changed in the 2018 curriculum are highlighted.</i>					
Existing			Revised		
2015 MS Curriculum Framework			2020 MS Curriculum Framework		
Course Number	Course Title	Hours	Course Number	Course Title	Hours
MGT 1111	CPR and First Aid	1	MGT 1111	CPR and First Aid	1
MGT 1214	Introduction to Massage Therapy	4	MGT 1214	Introduction to Massage Therapy	4
MGT 1224	Massage Therapy I	4	MGT 1224	Massage Therapy I	4
MGT 1233	Massage Therapy Lab I	3	MGT 1233	Massage Therapy Lab I	3
MGT 1281	Massage Therapy Clinical Lab I	1	MGT 1281	Massage Therapy Clinical Lab I	1
MGT 1244	Massage Therapy II	4	MGT 1244	Massage Therapy II	4
MGT 1253	Massage Therapy II Lab	3	MGT 1253	Massage Therapy II Lab	3
MGT 1263	Massage Therapy Clinical Lab II	3	MGT 1263	Massage Therapy Clinical Lab II	3
MGT 1272	Specialized Modalities	2	MGT 1272	Specialized Modalities	2
MGT 1343	Pathology and Medical Terminology	3	MGT 1343	Pathology and Medical Terminology	3
MGT 1333	Kinesiology	3	MGT 1333	Kinesiology	3
BIO 1513 OR MGT 2514	Anatomy and Physiology I	3	BIO 1513 OR MGT 2514	Anatomy and Physiology I	3
MGT 1612	Board Preparation	2	MGT 1612	Board Preparation	2
BIO 1523 OR MGT 2524	Anatomy and Physiology II	3	BIO 1523 OR MGT 2524	Anatomy and Physiology II	3
			MGT291(1-3)	Special Project in Massage Therapy	(1-3)
			WBL 191 (1-3) 291 (1-3)	WBL I, II, III, III, IV, V, and VI WBL 191(1-3), WBL 192(1-3), WBL 193(1-3), WBL 291(1-3), WBL 292(1-3), and WBL 293(1-3)	(1-3)