

CORE CURRICULUM REQUIREMENTS

Individuals who have not passed National Certification Examination for Therapeutic Massage and Bodywork are required to have taken a program consisting of the following:

- A. Core curriculum. The curriculum must include a minimum of supervised 500 clock hours of classroom and clinical instruction.

- B. Curriculum content. The program curriculum must include at least the required subject matter described below and the hours allotted to each required area. The following are the minimum program elements that a curriculum must contain:

- 1. Human Anatomy, Physiology, and Pathology (120 hours minimum).

Course #: _____
Course Name: _____
Number of Hours: _____

Course #: _____
Course Name: _____
Number of Hours: _____

Course #: _____
Course Name: _____
Number of Hours: _____

- 2. Massage Therapy Theory, Technique, and Practice which includes, but is not limited to the following: Gliding Strokes; Kneading; Direct Pressure; Deep Friction; Superficial Warming Techniques; Percussion; Compression (pumping); Vibration; Jostling; Shaking; Rocking.

Course #: _____
Course Name: _____
Number of Hours: _____

Course #: _____
Course Name: _____
Number of Hours: _____

Course #: _____
Course Name: _____
Number of Hours: _____

3. Contraindications, benefits, universal precautions, body mechanics, business, history, ethics, and legalities of massage and professional standards regarding draping and modesty.

Course #: _____
Course Name: _____
Number of Hours: _____

Course #: _____
Course Name: _____
Number of Hours: _____

Course #: _____
Course Name: _____
Number of Hours: _____

4. A minimum of 100 hours of supervised hands-on practice.

Course #: _____
Course Name: _____
Number of Hours: _____

Course #: _____
Course Name: _____
Number of Hours: _____

Course #: _____
Course Name: _____
Number of Hours: _____

Total Hours of Supervised Hands-on Practice: _____

TOTAL CURRICULUM HOURS: _____
(Must be at least 500.)

- C. First Aid/CPR. Proof of current certification of completion of First Aid and CPR courses taught by an instructor certified by a nationally recognized organization. CPR or First Aid instruction hours may not be counted as part of the 500 minimum hours.
- D. Demonstration of course completion. The applicant must submit an official transcript of the massage therapy program. At a minimum, the official transcript must contain the student's name and address, the number of hours of classroom instruction completed in each subject, the name and address of the institution, date of admission and date of graduation.