

TERM 1	COURSE	UNITS	HOURS
TTS101	Technology Training for Online Students	0	0
WS111	Anatomy and Physiology 1: Bones and Muscles	2.5	45
OM121	East/West Physiology 1	3	45
BT130*	Tui Na Hand Techniques	1.5	30
OM102	Philosophy and History of Asian Medicine	3	45
BU100	Public Safety Seminar	0	0
BU102	Public Safety and Counseling	2.5	37.5
BT180*	Western Massage 1	2.5	45
<b>Total for Term:</b>		<b>15</b>	<b>247.5</b>
TERM 2	COURSE	UNITS	HOURS
WS212	GE3: Anatomy and Physiology 2)	3	45
OM222	East/West Physiology 2	3	45
BT124*	Taiji/Qi Gong	1.5	30
AC111	Acupoints for Massage Therapists)	2.5	45
BT271a	Myology for Postural Alignment)	2	45
BT280*	Western Massage 2	2	45
<b>Total for Term:</b>		<b>14</b>	<b>255</b>
TERM 3	COURSE	UNITS	HOURS
WS213	Anatomy and Physiology 3: Neuroanatomy	3	45
WS214	Biomedical Pathology for Massage Therapists 1	3	45
WS240a	Orthopedic Assessment	1.5	37.5
CL266*	Massage Practicum 1	2	60
BT230*	Tui Na Structural Techniques	1.5	30
BT251a	Introduction to Kinesiology	2.5	45
CR0	CPR/First Aid		
<b>Total for Term:</b>		<b>13.5</b>	<b>262.5</b>
TERM 4	COURSE	UNITS	HOURS
WS233	Orthopedic)Sports Pathology	3	45
WS218	Biomedical Pathology for Massage Therapists 2)	3	45
BT281*	Western Massage 3	2	45
HM222	Essential Oils for Massage Therapists)	3	45
CL227*	Massage Practicum 2	2	60
<b>Total for Term:</b>		<b>13</b>	<b>240</b>
TERM 5	COURSE	UNITS	HOURS
	Elective	2	45
BU212a	Business Fundamentals for Massage Therapists	3	45
BT209*	Integrated East/West Massage	2	45
CL228*	Massage Practicum 3	2	60
<b>Total for Term:</b>		<b>9</b>	<b>195</b>
<i>* DENOTES PRACTICAL CLASS WITH 100% ATTENDANCE POLICY</i>			
<b>PROGRAM TOTAL:</b>		<b>64.5</b>	<b>1200</b>

## SPECIALTY ELECTIVE COURSE OPTIONS COULD INCLUDE (ON A ROTATING BASIS)

- BT282 Prenatal Massage Therapy
- BT200 Advanced Massage Modalities
- BT283 Advanced Sports and Orthopedic
- (T) BT213a Tui Na Treatment of Disharmonies

- BT240 Advanced Shiatsu
- Advanced Thai Massage
- BT245 Advanced Thai Massage
- WS525.L1 Anatomy and Physiology 1 Lab



# THE MODALITIES

## SHIATSU

Shiatsu (Japanese from ‘shi’, meaning finger, and ‘atsu’, meaning pressure) is a traditional hands-on therapy originating in Japan. Shiatsu is an evolving form, and its various styles incorporate (to differing degrees) aspects of Japanese massage traditions, Chinese medicine practice, and Western anatomy and physiology. This modality is usually performed on the floor and uses pressure points, applied through the fingers instead of the entire palm, so pressure may feel more firm. Shiatsu has been used to treat a wide array of conditions including headaches, insomnia, injury recovery, and more.

## THAI MASSAGE

This style of massage involves stretching and pressure point techniques along specific energy channels. This form of bodywork is usually performed on the floor, and the client wears comfortable clothes that allow for movement. It’s known in Thailand as “nuat phaen boran”; literally “the ancient-manner massage”. Thai massage uses a lot of deep stretching and yoga-like poses, so it’s often recommended for people involved in sports, dance, etc., whose muscles need some good stretching.

## TUI NA

This is a form of Chinese manipulative therapy often used in conjunction with acupuncture, moxibustion, fire cupping, tai ji, and qi gong. Tui na is a hands-on body treatment that uses Chinese Taoist principles to bring the body to balance. The practitioner may brush, knead, roll/press, and rub the areas between each of the joints (known as the eight gates) to open the body’s defensive (wei) qi and get the energy moving in both the meridians and the muscles. Tui na works well for those with illnesses, lower back pain, or just regular everyday built-up tension.

## WESTERN MASSAGE

In addition to learning circulatory/Swedish massage, a set of foundational Western massage techniques focused on full-body relaxation, students learn specific clinical massage therapy techniques focused on relieving pain and musculoskeletal complaints. Specific, Western therapeutic approaches teach students to evaluate, assess, and appropriately address injuries and chronic complaints. Students integrate trigger point, neuromuscular, myofascial, and lymphatic techniques with effective stretching and gentle-joint mobilization for effective manual therapy.

More than one in four Americans report having had a massage from a massage therapist in the past five years, spending a total of between \$4 and \$6 billion on 114 million visits each year.  
(Massage Magazine)

**DID YOU KNOW that massage is probably the oldest and simplest form of healthcare? It is depicted in Egyptian tomb paintings. It is mentioned in ancient Chinese, Japanese, and Indian texts. The ancient Greek physician Hippocrates described the practice of anatripsis (the use of friction or rubbing as therapy) in his texts.**