

Withlacoochee Technical College
Massage Therapy Program Syllabus
2021-2022

Instructor

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Program Description 750 Hours

The WTC Massage Therapy Program offers a sequence of courses that provides coherent and rigorous content aligned with challenging academic standards and relevant technical knowledge and skills needed to prepare for further education and careers in the Health Science career cluster; provides technical skill proficiency, and includes competency-based applied learning that contributes to the academic knowledge, higher-order reasoning and problem-solving skills, work attitudes, general employability skills, technical skills, and occupation-specific skills, and knowledge of all aspects of Health Science career cluster.

The program is designed to prepare students for employment as Florida licensed massage therapists, all other service workers. **SOC Code 31-9011 Massage Therapists, 31-9099 Healthcare Support Workers, All Other.**

The content includes but is not limited to the theory and practice of massage, theory and practice of hydrotherapy, hygiene, practice demonstration, human anatomy and physiology, legal aspects of massage practice, allied modalities, leadership and human relations skills, health and safety, CPR, and employability skills. Colonic irrigation is optional post initial licensure.

Textbooks

Refer to [WTC Massage Therapy Textbooks](#)

Grading Scale

You must maintain a “C” or better average in Occupational Completion Points (OCP) A & B in order to obtain program completion.

100-90	A
89-80	B
79-70	C
69-60	D
Below 60	F

State Curriculum Frameworks

Detailed information about the program’s standards can be found at the Florida Department of Education website. The link below will access the curriculum frameworks for this program:

[Florida Department of Education Massage Therapy Curriculum Frameworks](#)

Florida Department of Education Occupational Completion Points

A	MSS0204	Massage Therapy 1	375 hours	31-9099
B	MSS0209	Massage Therapy 2	375 hours	31-9011

Course of Study Classroom Hours as stated in F.A.C. 64B7-32.003

Anatomy and Physiology	150
Basic Massage Theory and History	100
Clinical Practicum	125
Allied Modalities	76
Business	15
Theory and Practice of Hydrotherapy	15
Florida Laws and Rules (Chapters 456 and 480, F.S. and Chapter 64B7, F.A.C.)	10
Professional Ethics	4
HIV/AIDS Education	3
Medical Errors	2

Progress

The WTC Massage Therapy Program is a lock step program where students progress daily at the same pace.

Industry Certification: Federation of State Massage Therapy Boards/ Massage & Bodywork Licensing Exam

- Passing the Federation of State Massage Therapy Boards Massage & Bodywork Licensing Exam provides you with a Nationally recognized Industry Certification.
- Visit the [Federation of State Massage Therapy Boards](#) website for exam information.

Licensure - Florida Board of Massage Therapy/Florida Department of Health

- Once you have passed the Massage & Bodywork Licensing Exam you will be able to apply to be a Licensed Massage Therapist.
- Visit the [Florida Board of Massage Therapy website](#) for licensing information.

Program Evaluation

- Classroom Assignment Grade 15%
- Classroom Test Grade 25%
- Daily Assignment Grade 15%
- Employability/Attendance Grade 30%
- Lab Grade 15%

Physical Requirements

- Perform physical activity for periods of 1-2 hours with minimal breaks
- Lift a minimum of 30 lbs. in order to move massage tables & equipment

Safety

- Explain the ways a massage establishment should be planned and maintained to promote health and safety including fire, disaster and evacuation procedures.
- Outline practices conducive to personal health, hygiene and appearance.
- Demonstrate knowledge of measures conducive to eliminating medical errors
- Demonstrate an understanding of diseases caused by blood borne pathogens including HIV/AIDS and their legal aspects (i.e. testing).

Attendance

WTC Massage Therapy Student Handbook

Discipline

WTC Student Handbook

Dress Code

Navy Blue Scrubs (tops & bottoms, solid color only)

Housekeeping Tasks

Each student will be designated “Massage Establishment Inspections” and will be responsible for cleaning and organizing the Lab Rooms, Treatment Rooms, Hydrotherapy Equipment, Products and Supplies & Laundry and Linens. This is part of the Lab Grade/Employability Grade

Recommended Websites/Resources

[Recommended websites](#)

Unique to the Program

A Level 2 Background Screen & Fingerprinting are mandatory to get a massage therapy license in Florida.

Remote Learning

This program is taught face-to-face on campus; however, there may be times when remote learning is necessary. During such times, students need access to an internet connection and sufficient technology in order to access the program’s online learning modules

2021-2022 Pacing Guide for Full-Time Post-Secondary Massage Therapy

750 hours (6 hours per day)

Approximately 12 weeks	
OCP A: Massage Therapy 1	375 Hours
1.0 Demonstrate the ability to communicate effectively as a medical therapy professional.	
2.0 Demonstrate an understanding of human anatomy and physiology, kinesiology and pathology as related to the practice of massage therapy.	
3.0 Exhibit an understanding of the principles of the theories of therapeutic massage and demonstrate the proper techniques of massage manipulations.	
4.0 Demonstrate the recommended safety, hygiene and health practices for the massage therapist.	
Approximately 12 weeks	
OCP B: Massage Therapy 2	375 Hours
5.0 Exhibit an understanding of the principles of the theory of hydrotherapy and use hydrotherapy modalities.	
6.0 Explain and appropriately apply allied modalities related to massage therapy.	
7.0 Demonstrate knowledge of ethical practice standards and the statutes and rules of Florida Massage Practice Act and the rules of the FL Board of Massage Therapy (Chapter 480, F.S.; Chapter 64b7; Chapter 456).	
8.0 Demonstrate knowledge of basic business practices and standards.	

Approximate Number of Weeks per Month

Month	Weeks Per Month
August	3
September	4
October	4
November	3
December	3
January	3
February	4
March	3
April	4
May	4

WTC MASSAGE THERAPY CURRICULUM (750) 2021-2022

Anatomy & Physiology: 64 classes

*** Meets the Florida Board of Massage Therapy requirements of 150 hours**

Systems of the Body: 29 classes MSS0204 OCP A: 02.0- 02.01, 02.02, 02.03, 02.04, 02.05

Introduction to Anatomy & Physiology: Support, Movement & Biomechanics

Mechanisms of Health & Disease Part 1

Mechanisms of Health & Disease Part 2

Medical Terminology

Anatomy & Physiology Test I

Nervous System I – Nervous System Basics

Nervous System II – Central Nervous System

Nervous System III – Central Nervous System

Nervous System IV – Peripheral Nervous System

Endocrine System

Anatomy & Physiology Test II

Skeletal System

Joints, Levers & Forces

Muscular System I

Muscular System II

Muscular System III

Biomechanics Basics

Anatomy & Physiology Test III

Integumentary System

Cardiovascular System

Lymphatic & Immune System

Anatomy & Physiology Test IV

Respiratory System

Digestive System

Urinary System

Reproductive System

Anatomy & Physiology Test V

Physiological Effects of Massage- Test VI

General Contraindications of Massage- Test VII

Osteology: 5 classes MSS0204 OCP A: 02.0- 02.01, 02.02, 02.03, 02.04, 02.05

Introduction to Osteology

Bone Landmarks---Axial Skeleton

Bone Landmarks---Upper App.

Bone Landmarks---Lower App.

Bone Landmarks---Test

Myology: 30 classes MSS0204 OCP A: 02.0- 02.01, 02.02, 02.03, 02.04, 02.05

Muscles Clay HNF

Muscle Palpation --HNF

Muscles Clay Axial I

Muscle Palpation --Axial I

Muscles Clay Axial II

Muscle Palpation --Axial II

Muscle Anatomy Test (HNF, Axial I/II)

Muscle Palpation Test (HNF, etc.)

Muscle Clay Shoulder

Muscle Palpation --Shoulder

Muscle Clay Elbow
Muscle Clay Wrist
Muscle Anatomy Test (Shoulder, etc.)
Muscle Clay Hip
Muscle Clay Knee
Muscle Clay Ankle
Muscle Anatomy Test (Hip, knee, etc.)
Muscle Anatomy Review I
Muscle Anatomy Review II
Muscle Anatomy Comprehensive Exam

Muscle Palpation --Elbow
Muscle Palpation --Wrist
Muscle Palpation Test (Shoulder, etc.)
Muscle Palpation --Hip
Muscle Palpation --Knee
Muscle Palpation --Ankle
Muscle Palpation (Hip, knee, etc.)
Muscle Palpation Review I
Muscle Palpation Review II
Muscle Palpation Comp. Exam

Basic Massage Theory and History: 45 classes

***Meets the Florida Board of Massage Therapy requirements of 100 hours**

Therapeutic Massage: 16 classes MSS0204 OCP A: 03.0- 03.01, 03.02, 03.03, 03.04, 03.05, 03.06, 03.07, 03.08, 03.09, 03.10

Posture I

Draping

Posture II

Massage Techniques- Effleurage I

Massage Techniques- Friction I

Massage Techniques- Petrissage I

Massage Techniques- Vibration

Massage Techniques- Compression

Swedish Massage Practice- H,N,F

Blindfold Massage Practice

Massage Techniques- Effleurage II

Massage Techniques- Friction II

Massage Techniques- Petrissage II

Massage Techniques- Percussion

Massage Techniques- Stretching

Swedish Massage Practice- Review

Medical Massage: 22 classes MSS0204 OCP A: 03.0- 03.01, 03.02, 03.03, 03.04, 03.05, 03.06, 03.07, 03.08, 03.09, 03.10

Physical Assessment & Treatment Planning

Connective Tissue Massage II

Segment-Reflex Massage II

Neuromuscular Therapy I

Neuromuscular Therapy III

Muscle Energy Technique II

Myofascial Release I

Myofascial Release III

Stretching I

Stretching III

Lymphatic Drainage Massage II

Connective Tissue Massage I

Segment-Reflex Massage I

Periosteal Massage I

Neuromuscular Therapy II

Muscle Energy Technique I

Muscle Energy Technique III

Myofascial Release II

Cyriax Method

Stretching II

Lymphatic Drainage Massage I

Rolfing

Sports Massage: 7 classes MSS0204 OCP A: 03.0- 03.01, 03.02, 03.03, 03.04, 03.05, 03.06, 03.07, 03.08, 03.09, 03.10

Sports Massage I

Sports Massage III

Sports Massage V

Sports Massage VII

Sports Massage II

Sports Massage IV

Sports Massage VI

Clinical Practicum: 57 classes

***Meets the Florida Board of Massage Therapy requirements of 125 hours**

Human Relations & Communication: 9 classes MSS0204 OCP A: 01.0- 01.01, 01.02, 01.03, 01.04

Orientation to Health Occupations I	Orientation to Health Occupations II
Introduction to Massage Therapy School	Group Dynamics I
Group Dynamics II	Group Dynamics III
Group Dynamics IV	Rapport
Listening Skills	

Case Studies: 5 classes MSS0204 OCP A: 01.0- 01.01, 01.02, 01.03, 01.04

Situational Drills Neck	Situational Drills Shoulder
Situational Drills Back	Situational Drills Leg
Situational Drills Hip	

Clinical Muscle Separation & Definition (S & D): 7 classes MSS0204 OCP A: 01.0- 01.01, 01.02, 01.03, 01.04

Muscle Separation & Definition HNF	Muscle S & D Axial Skeleton I
Muscle S & D Chest & Arm I	Muscle S & D PLL I
Muscle S & D ALL I	Muscle S & D Review I
Muscle S & D Test	

Research Analysis & Clinical Assessment: 12 classes MSS0204 OCP A: 01.0- 01.01, 01.02, 01.03, 01.04

Situational Research I	Situational Research II
Principles of Reflex Mechanism	Neurometamer Reflexes
Reflex Zones- Chronic Somatic Disorders	Reflex Zones- Chronic Visceral Disorders
Reflex Zones- Hyperirritability	Reflex Zones- Facilitation
Reflex Zones- Convergence	Pain Evaluation & Pain Patterns
Client Evaluation & First Visit	Documentation: Clinical Interview & SOAP

Clinical/Community Outreach Practicum: 24 classes MSS0204 OCP A: 01.0- 01.01, 01.02, 01.03, 01.04

Massage Practice (Classroom Models or Off Campus) X 24

Allied Modalities: 28 classes

***Meets the Florida Board of Massage Therapy requirements of 76 hours**

Muscle Testing: 8 classes MSS0209 OCP B: 06.0- 06.01, 06.02, 06.03, 06.04

Muscle Testing (Assessment) Introduction	Muscle Testing Head & Neck
Muscle Testing Lumbar Spine & Sacrum	Muscle Testing Shoulder
Muscle Testing Elbow, FA, Wrist & Hand	Muscle Testing Hip & Knee
Muscle Testing Lower Leg, Ankle & Foot	Muscle Testing Test

Biomechanics: 6 classes MSS0209 OCP B: 06.0- 06.01, 06.02, 06.03, 06.04

Biomechanics-Head & Neck	Biomechanics-Lumbar Spine/Sacrum
Biomechanics- Shoulder	Biomechanics-Elbow/FA/Wrist
Biomechanics-Hip & Knee	Biomechanics-Lower Leg/Ankle/Foot

Other Allied Modalities: 12 classes*MSS0209 OCP B: 06.0- 06.01, 06.02, 06.03, 06.04*

Seated Massage I	Seated Massage II
Pre-natal/Side Lying Massage	Reflexology
30 Minute Massage	90 Minute Massage I
90 Minute Massage II	90 Minute Massage III
90 Minute Massage IV	Eastern Medicine
Energy Work I	Self-Care

Business of Massage: 22 classes

***Meets the Florida Board of Massage Therapy requirements of 15 hours**

AMTA Business of Massage: 22 classes *MSS0209 OCP B: 08.0- 08.01, 08.02, 08.03, 08.04, 08.05, 08.06*

Career Options	Field Trip
Business Panel 1- Career Options	Professional Credentials & Employers
Resume & Interviews	Practice Planning
Business Panel 2- Practice Planning	Practice Identity
Potential Employer Presentations	Managing Your Practice
Ask the Expert	Creating Space
Creating Therapeutic Relationship	Practicing Self Care
Marketing Plan-Spreading the Word	Business Panel 3- Marketing
Introduction to Business Planning	Business Planning I
Business Planning II	Business Planning III
Business Planning IV	Business Planning Presentation

Theory & Practice of Hydrotherapy: 6 classes

***Meets the Florida Board of Massage Therapy requirements of 15 hours**

Theory & Practice of Hydrotherapy:6 classes *MSS0209 OCP B: 05.0- 05.01, 05.02, 05.03, 05.04, 05.05*

Hydrotherapy I	Hydrotherapy II
Hydrotherapy III	Hydrotherapy IV
Hydrotherapy V	Hydrotherapy VI

Florida Laws & Rules: 4 classes

***Meets the Florida Board of Massage Therapy requirements of 10 hours**

History of Massage Therapy in Florida: 1 class *MSS0209 OCP B: 07.0- 07.01, 07.02, 07.03, 07.04, 07.05, 07.06, 07.07, 07.08, 07.09, 07.10*

History of Massage

Statutes, National/Florida Law & Certification: 3 classes *MSS0209 OCP B: 07.0- 07.01, 07.02, 07.03, 07.04, 07.05, 07.06, 07.07, 07.08, 07.09, 07.10*

National/State/Local Law I

Nat./State/Local Law II

National/State/Local Law III

Professional Ethics: 2 classes

***Meets the Florida Board of Massage Therapy requirements of 4 hours**

Professional Ethics – 2 classes *MSS0209 OCP B: 07.0- 07.01, 07.02, 07.03, 07.04, 07.05, 07.06, 07.07, 07.08, 07.09, 07.10*

Ethics I

Ethics II

HIV/AIDS: 1 class

***Meets the Florida Board of Massage Therapy requirements of 3 hours**

HIV/AIDS: 1 class MSS0204 OCP A: 04.0- 04.04

HIV/AIDS

Medical Errors: 1 class

***Meets the Florida Board of Massage Therapy requirements of 2 hours**

Medical Errors: 1 class MSS0204 OCP A: 04.0- 04.03

Medical Errors

CPR: 2 classes

CPR & AED: 2 classes MSS0209 OCP B: 07.0- 07.02

CPR

AED

Pathology: 16 classes

Pathology: 16 classes MSS0204 OCP A: 02.0- 02.01, 02.02, 02.03, 02.04, 02.05

Contagious Skin Disorders

Muscular, Bone & Joint Disorders

Nervous System Disorders--Part 1

Blood, Vascular & Heart Conditions

Respiratory Conditions

Endocrine Conditions

Reproductive System Conditions

Hygiene, Sanitation & Safety II

Noncontagious Skin Disorders

CT/Neuromuscular Disorders

Nervous System Dis.--Part 2

Lymph & Immune Conditions

Digestive Disorders

Urinary System Conditions

Hygiene, Sanitation & Safety I

Cumulative Exam

Finals Week: 2 classes

Finals Week: 2 classes

Farewell Massage

Closing Ceremonies

Total = 750 Hours

Total Classes = 250