

Massage Electives

Course Name	Hours	Credits
Anatomy, Physiology & Kinesiology	60	4
Fundamentals of Therapeutic Massage	105	7
Special Populations	45	3
Professionalism	30	2
Foot Reflexology	30	2
Advanced Modalities	150	10
Clinical Practice	210	7
Total hours:	630	35

Course Description

Anatomy, Physiology & Kinesiology.

60 hrs/4 cr

This course is a detailed study of the structures and functions of the human organism including the 10 systems of the body; muscular, skeletal, blood vascular, lymph vascular, nervous, respiratory, reproductive, endocrine, digestive & immune. Included is the study of the interaction of the musculoskeletal and nervous system to produce movements of the body.

Objectives:

On completion of this class the student will;

- Be able to identify the components of the 10 systems of the body
- Be able to explain the functions of the 10 systems of the body
- Be able to demonstrate and identify the different movements of the musculoskeletal system and identify which muscles and bones are involved

Instructor(s): Kathryn Julia, Cherie-lyn Apuya DeLima, Lyna Morimoto

Evaluation: written quizzes and final exam, passing grade 75% and above

Fundamentals of Therapeutic Massage.

105 hrs/7 cr

This course will explain the basic theory, effects and benefits of western massage. This includes the demonstration of proper hygiene, sanitation and draping as well as an understanding of indications and contraindications.

The six categories of massage movements and the sequence for a full body massage will be demonstrated and practiced.

Objectives:

On completion of this course the student will be able to;

- Developed an understanding of the benefits and effects of western massage

- Explain the indications and contraindications for western massage

- Developed an understanding of the different types of lubricants for massage and practice using them

- Demonstrate proper hygiene, sanitation and draping procedures

- Observe the demonstration of and then practice the six categories of massage movements

- Observe the demonstration of a 1hr full body massage sequence

- Practice a 1 hr full body massage sequence

Instructor(s): Kathryn Julia, Lyna Morimoto, Cherie-lyn Apuya-DeLima

Evaluation: written quizzes and final exam, passing grade 75% and above, observation of hands-on practice, passing grade 75% and above

Special Populations.

45hrs/3cr

This course will look at special considerations for massage during pregnancy, postpartum, infant, pediatric and geriatric massage including demonstration and practice.

Objectives:

On completion of this course the student will:

- Develop an understanding of the physiology involved in all the life cycles of human development and the benefits of massage throughout

- Observe demonstration and then practice massage for infants, children, pregnancy, postpartum and geriatric clients

- Developed an understanding of contraindications for massage in these situations

Instructor: Kathryn Julia, Cherie-lyn Apuya-DeLima

Evaluation: quizzes and final exam, passing grade 75% and above, observation of hands-on practice, passing grade 75% and above

Professionalism.

30hrs/2 cr

This course covers observations, demonstration and practice of client consultation, taking an intake form, writing SOAP notes, and record keeping procedures. In addition, students will develop an understanding for standards of practice and professional ethics. Discussion on different ethical scenarios regarding the practice of Massage therapy. Understand professional ethics, client rapport and record keeping.

Objectives:

On completion of this course the student will:

- Observe demonstration and practice of client consultation, taking an intake form, writing SOAP notes, and record keeping procedures
- Developed an understanding for standards of practice and professional ethics
- Discuss different ethical scenarios

Instructor(s): Kathryn Julia, Cherie-lyn Apuya-DeLima, Lyna Morimoto

Evaluation: quizzes and final exam, passing grade 75% and above

Foot Reflexology.

30hrs/2cr

In this course the history and theory of reflexology will be discussed. The course will emphasize the precise locations of key reflex areas to work on for effective treatments. There will be demonstration and students will practice these reflex areas. We will also study working with specific body systems and some of the common disorders that occur.

Objectives:

Upon completion of this course the student will be able to;

- Recognize where the main reflex points on the feet
- Explain the history and theory of Reflexology
- Demonstrate a one-hour Reflexology session
- Refer clients to the appropriate medical professional

Instructor: Cherie-lyn Apuya

Evaluation: quizzes and final exam, passing grade 75% and above, observation of hands-on practice, passing grade 75% and above

Advanced Modalities.**150 hrs/10cr**

This course teaches the theory, demonstration, practice and contraindications for the following advanced modalities: Trigger Point massage, Myofascial Release, Tuina/Acupressure, Shiatsu, Lomi Lomi and Sports Massage.

Objectives:

On completion of this course the student will:

- Develop an understanding of the theories of Trigger Point massage, Myofascial Release, Trina/Acupressure, Shiatsu, LomiLomi and Sports Massage
- Observe demonstrations and then practice the techniques of the above Modalities
- Developed an understanding of the contraindications for the above modalities

Instructors: Kathryn Julia, Lyna Morimoto, Cherie-lyn Apuya-DeLima

Evaluation: quizzes and final exam, passing grade 75% and above, observation of hands-on practice, passing grade 75% and above

Clinical Practice.**210 hrs/7 cr**

Students will perform a complete intake and accurately record the information in the client's record including SOAP notes after treatment. They will practice palpation skills, therapeutic techniques and treatment of their client with the assistance and guidance from the clinical supervisor.

Objectives:

On completion of this course the student will:

- Practice all the skills of a clinical massage practice;
 - Client intake
 - Client evaluation
 - Massage therapy treatment
 - SOAP notes
- Maintain hygiene and sanitation standards

Instructors: Kathryn Julia, Cherie-lyn Apuya-DeLima, Lyna Morimoto

Evaluation: observation of hands-on practice, client report and record keeping, passing grade 75% and above, client evaluation forms

MESSAGE LICENSURE IN HAWAII

The Hawaii State Board of Massage, Department of Commerce and Consumer Affairs regulate the practice of Massage Therapy in the State of Hawaii. The Board's address is:

Board of Massage Therapy
DCCA, PVL Licensing Branch
PO Box 3469
Honolulu, HI 96801
(808) 586-2693

On the Internet: *Hawaii.gov/dcca/pvl/boards/massage/*

No guarantee can be made that completion of the program at ICAOM will result in passing the massage exams or lead to licensure by any agency.

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