Foundational Courses

TETM 1015 Anatomy, Physiology and Kinesiology — 4 Credits / 125 Clock-Hours

In the Anatomy, Physiology & Kinesiology course, students examine the muscles, bones, nerves, and functions of the body's systems through anatomical drawings, experiential exercises, and labs. Students also analyze the structure, function, and pathophysiology of other body systems as they relate to massage therapy. Students expand their knowledge of the actions of muscles and muscle groups through palpation and drawings, muscle fiber directions, joint structure and movements, types of muscle contractions, and proprioception.

Objectives:
- Identify the locations and functions of the bones and bony landmarks of the skeletal system.
- Identify the origins, insertions, and actions of the muscles in the musculoskeletal system.
- Identify muscle fiber directions, types of muscle contractions, and functions of muscle tissue.
- Identify joint structure types and classifications.
- Describe physiological systems in the body.
- Demonstrate and perform the major movements of the body.

TETM 1115 Pathology — 1 Credit / 40 Clock-Hours

In the Pathology course, students study the diseases and disorders of the human body, including foundational information related to cancer. Students learn the etiology, signs, and symptoms of various diseases and how the diseases affect each system of the body. Students study the differences between acute and chronic conditions and the modes of contagious disease transmission. Students also learn the medical terminology, indications, and contraindications (cautions) of diseases as they relate to massage therapy.

Objectives:
- Identify musculoskeletal disorders.
- Identify nervous, lymphatic, immune, respiratory, endocrine, urinary, digestive, reproductive, and cardiovascular system conditions.
- Describe the purpose of inflammation and the major stages of inflammation.
- Explain why damaged skin contraindicates massage therapy.
- Identify common indicators of cancer.
- Identify internal factors in the development of cancer.

TETM 1210 Therapeutic Massage Techniques I — 4 Credits / 120 Clock-Hours

In the Therapeutic Massage Techniques I course, students learn the foundations of Swedish massage and how to apply basic Swedish techniques safely and effectively. Students learn the benefits of massage therapy and the various contraindications encountered in the field. Students also learn basic draping techniques, hygiene, sanitation, safety, and professional conduct required when working with clients. Touch and pressure sensitivity and proper table and body mechanics are emphasized as tools for longevity in massage therapy careers. Students are also introduced to the following topics: spa therapy treatments; aromatherapy; hydrotherapy; hot stone massage; seated chair massage theory and techniques; and the history, principles, and application of reflexology techniques. They also demonstrate joint mobilization and stretching techniques for the neck, arms, shoulders, back, and legs. Students perform infection control procedures to prevent the spread of serious diseases.
Objectives:
- Explain the benefits of massage therapy.
- Perform Swedish and hot stone massages with proper body mechanics.
- Identify benefits, indications, and contraindications of massage techniques.
- List the contraindications of massage and endangerment sites relative to standard precautions.
- Identify key essential oils and describe how they can be used in a massage therapy practice.
- Perform a general reflexology session.
- Demonstrate mobilizing and stretching techniques in different areas of the body.
- Demonstrate proper infection control, sanitation, hygiene, and disinfection.
- Obtain CPR/AED Certification.

TETM 1225 Therapeutic Massage Techniques II — 3 Credits / 90 Clock-Hours

In the Therapeutic Massage Techniques II course, students expand on the materials and skills learned previously. Students study the history, anatomy, and treatment techniques of craniosacral therapy and lymphatic drainage massage. They also safely adapt massage therapy for special populations. Students learn positioning and specialized draping techniques.
Students apply these techniques in full-body or standalone massage sessions. Students learn proper nutrition and use the wellness model. Students will also learn how to identify self-care techniques to help prevent therapist burnout.

Objectives:
- Identify benefits, indications, and contraindications of massage techniques and specialized populations.
- Identify benefits, indications, and contraindications for specialized populations.
- Perform lymphatic drainage massages, craniosacral therapy, and pre-/postnatal massages.
- Explain proper nutrition, balanced diet principles, and the wellness model to clients.
- Identify self-care techniques to help prevent therapist burnout.

TETM 1230 Therapeutic Massage Techniques III — 3 Credits / 90 Clock-Hours

In the Therapeutic Massage Techniques III course, students learn how to safely access the deeper structures of the body through trigger point therapy, sports massage, neuromuscular therapy, deep tissue massage, and basic postural analysis. An overview of the theories and systems of traditional Chinese medicine foundations. Students also refine their palpatory skills with supervised clinical training.

Objectives:
- Identify trigger points and their referral patterns in major muscle groups.
- Demonstrate various sports massage techniques.
- Perform neuromuscular therapy.
- Perform a postural analysis and formulate a treatment plan.
- Demonstrate palpation techniques through various layers of connective tissue.
- Perform a deep tissue massage.
- Describe traditional Chinese medicine theories and systems
- Demonstrate proper table and body mechanics and client positions.
- Identify benefits, indications, and contraindications of massage techniques.

TETM 1315 Professional Standards, Ethics, and Business Practices — 1 Credit / 35 Clock-Hours

In the Professional Standards, Ethics, and Business Practices course, students are introduced to basic business skills and licensing requirements. Students learn about legal entities, insurance, and marketing strategies. Students learn best practices related to the therapeutic relationship between client and practitioner.

Objectives:
- Identify tax ramifications, elements of business planning, and marketing techniques
- Create a client intake form, a policy and procedures form, and complete S.O.A.P documentation.
- Identify state law requirements to become a licensed massage therapist.
- Explain the rights and responsibilities of practitioners and clients and how clear boundaries support a professional therapeutic relationship.
- Identify sexual misconduct, sexual harassment, and risk management techniques.
- Demonstrate how to terminate a session.

TETM 2915 Clinical Externship (Internal) — 2 Credits / 100 Clock-Hours

In the Clinical Externship (Internal) course, students apply the knowledge and skills acquired during the program. Students interact with diverse clientele from the public. Students also use this experience to synthesize their clinical skills, refine techniques, define professional goals, and discuss case profiles under clinical supervision.

Objectives:
- Communicate with clients.
- Discuss needs and health concerns with the client to determine appropriate massage therapy protocols.
- Complete client session notes.
- Perform various massage modalities for clients.