



## PROFESSIONAL MASSAGE THERAPIST HYBRID PROGRAM

The objective of the hybrid program is to provide online and in-person training, not limited to, but including: knowledge of the human body, hands-on massage skills and in-class experience to create a foundation for students to succeed as a professional, ethical, and qualified massage therapist.

Upon completion of the program, students will receive a diploma and become a “Certified Massage Therapist”. Following graduation, students will take the **Massage and Bodywork Licensing Exam (MBLEX)**, which is offered through the **Federation of State Massage Therapy Boards (FSMTB)**. After passing the exam, students will then contact the **Department of Health** to apply for licensure in the State of Washington. Upon receiving the proper license from the state, the graduate will officially become a “**Licensed Massage Therapist**” and be eligible to use the abbreviation “LMT” behind their signature, e.g. **Your Name, LMT**.

### PROGRAM CLASSES – 750 HOURS

**Introduction to Massage Therapy (INTRO):** The purpose of this course is to learn and practice the professional and foundational skills for the direct application of massage therapy, to learn the theory and history of massage, and to identify and roleplay client/therapist ethical scenarios.

**Practice and Theory Hands-On (P&T):** The purpose of this course is to practice all hands-on Swedish massage skills, therapeutic applications, client communication, assessment and body mechanics in weekly trades.

**Musculoskeletal (MSK):** The purpose of this course is to identify and palpate the muscular, skeletal, and joint systems, learning the **anatomy and physiology** of these systems, and to learn and evaluate different musculoskeletal **pathologies**.

**Massage Lab (MLab):** The purpose of this course is to learn and practice common musculoskeletal pathologies, therapeutic applications, deep tissue, injury treatment, and an emphasis on **kinesiology** (including range of motion).

**Structure and Function (S&F):** The purpose of this course is to understand the structure and functions (**anatomy and physiology**) of the human body and how they relate to massage therapy; to learn and evaluate different systemic **pathologies**.

**Professional Development (ProDev):** The purpose of this course is to learn and develop professional and organizational skills in client communication, goal setting, ethical business practices and self-care.

**Student Massage Clinic (MClin) – 4<sup>th</sup> Session Only:** The purpose of Student Clinic is for students to provide massage therapy to people within our community so they may acquire professional experience. Students will also participate onsite in community events.

**Onsite and Guest Speakers (Specialty):** Human Anatomy Lab at WSU Medical School, Introduction to Acupuncture, Introduction to Chiropractic, Introduction to Cupping, Introduction to Thai Massage, Introduction to Barefoot Massage, Personal Injury Protections (PIP) Documentation and more!

**Incorporates different learning and training styles:** - Auditory - Visual - Kinesthetic - Verbal

## Program - ONLINE TRAINING

- Students will use the Google Classroom platform for the online training portion of massage school.
  - Training tools consist of: Video, PDF, and handout materials.
- Online courses are launched each session and lessons are assigned weekly.

## Program – IN-CLASS SCHEDULES

### DAY Option

TUESDAY - 9:30 AM – 2:00 PM  
WEDNESDAY - 9:30 AM – 2:00 PM

MONDAY - 11:30 AM – 4:00 PM  
(4<sup>TH</sup> session ONLY)

### EVENING Option

TUESDAY - 5:00 PM – 9:30 PM  
WEDNESDAY - 5:00 PM – 9:30 PM

MONDAY - 11:30 AM – 4:00 PM  
(4<sup>TH</sup> session ONLY)

### DAY/EVENING Split – Option 1

TUESDAY - 9:30 AM – 2:00 PM  
WEDNESDAY - 5:00 PM – 9:30 PM

MONDAY - 11:30 AM – 4:00 PM  
(4<sup>TH</sup> session ONLY)

### DAY/EVENING Split – Option 2

TUESDAY - 5:00 PM – 9:30 PM  
WEDNESDAY - 9:30 AM – 2:00 PM

MONDAY - 11:30 AM – 4:00 PM  
(4<sup>TH</sup> session ONLY)

## PROGRAM HOURS – Retrieval and/or Tutoring (IN-Class):

When a student has missed more than three (3) absences per class, you are required to make up two of those hours. Students can make up hours in the Day or Evening class, or you may sign up for the Program Hours Retrieval class and *pay the current fee* to retrieve the required hours. Program Retrieval class hours are offered **by appointment only**.

## SCHOOL LICENSURE

Workforce Training Board  
Washington Department of Health  
Federation of State Massage Therapy Boards (FSMTB)  
National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

State Approved & Licensed  
State Approved  
Accepted  
Approved