



### THAI-ISSAN MASSAGE ACADEMY MAE-3022

1281 S, King Street Honolulu, HI  
96814 Tel (808)593-866 Fax  
(808)593-8035  
Email: [thaiissanusa@gmail.com](mailto:thaiissanusa@gmail.com)

## Massage Therapy Program Catalog

### Massage Licensed and Teaching Certification

The Thai-Issan Massage Academy has been approved by Board of Massage Therapy, State of Hawaii Professional and Vocational Licensing Division Department of Commerce and Consumer Affairs since 2015. Our curriculum has been approved by the State of Hawaii and is approved by the Hawaii Department of Education and our teachers have state massage license and certification.

We offer a **570 hours program** that includes Anatomy, Physiology, Structural kinesiology, Theory and demonstration of massage. Hands on training in Western medical massage and Eastern Chinese acupressure, Traditional Hawaiian Lomi lomi, Foot Reflexology, Japanese Shiatsu. We specialized in Traditional Thai Massage and Deep Tissue, and Energy- Based Bodywork Therapy, community service, clinical research, and clinical practice.

Here at Thai-Issan Massage Academy we offer community clinical training. Our program is founded on our vision to teach you the best of what Massage Therapy can offer with a "Touch of Thailand." And help you maximize your full potential to live a happy and healthy life with a rewarding career.

### 2017 -2019 SESSION DATES AND TIME

#### **Program Dates:**

Oct. 2, 2017 - Jan. 2018

#### **2018 Classes:**

Jan. 8, 2018 - Apr. 2018

Apr. 2, 2018 - Jul. 2018

Jul. 2, 2018 - Oct. 2018

Oct. 2, 2018 - Jan. 2019

Day/Evening Class Schedule Available:

(Monday to Friday) 9:00 am - 1:00pm / 5:00 pm -9:00 pm

*(PM class are available base on student enrollment and instructor availability)*

## **TUITION**

150 hour Course Admission: **\$3000**

Administration Fee: **\$250**

Student Kit: **\$250** (Books and supplies included)

420 hour Internship/Apprenticeship Program: **\$2500**

(Optional)

**Advance Course Offer can also be taken**

**separately:**

- Deep Tissue
- Hot Stone Massage
- Foot Reflexology/ Seated Chair Massage
- Lomi Lomi (Traditional Hawaiian values)
- Sport Massage
- Swedish II
- Traditional Thai Massage/Yoga
  
- (Optional) Advance 20 hours of Traditional Thai Massage Class: **\$500**
- Price includes course and materials
- Certificate of Diploma will be given upon completion of course
- We also offer job placement for those that qualify.
- Price includes: Uniform, textbook, and Student starter kit
- Total Program Cost: **\$5300**

*(Certification upon completion of all Advance classes)*

## **ADDITIONAL COST**

- Professional clinic attire, massage supplies for personal use
- Workshops and seminars
- CPR Training
- Students are not required to purchase massage table, but for those who would like to do so Estimated Cost for equipment is approximately \$500
- Students are elected to receive massage at Thai-Issan Massage Academy's student clinic at reduced fee
- Registration of DCCA applications fee for Exam

## REQUIREMENTS FOR ADMITTANCE

- 17 years of age or older
- High School Diploma or equivalent
- Physically able to perform massage therapy
- Finance for your education
- Personal Interview

## YOU WILL LEARN

Anatomy, Physiology, and Structural Kinesiology, Theory and Demonstration of Massage which includes: The proper procedure in massaging (concerning the protection of both the client and massage therapist for the specific condition; contraindications of massage); record keeping; hygiene; theory; techniques according to conditions; draping; and assessment of the client's condition and general technique to be applied.

Swedish massage, including trigger points, lymphatic drainage, prenatal massage, deep tissue, Muscle Energy Technique, range of motion and stretching

Seated Chair massages, Medical Massage, Sport massage, pre-event, post-event, rehabilitation and injury prevention, Acupressure, Five element Chinese Medicine and meridians, Energy techniques such as chakra balancing, how to use healing touch, and Breath work. Traditional Thai Massage, Traditional Lomi Lomi, Hawaiian values, and business practice; office procedures, record keeping, and marketing

The hours for the general course are basic requirements for the State of Hawaii Professional and Vocational Licensing Division for Massage Therapy. Department of Commerce and Consumer Affairs

**Course Instructor:** (Christine), Hien T Nguyen, MTI, LMT, PMT, DSO; (Jennifer) Sathiporn Songsorn, MTI, LMT, PMT, Mark Bartolome, MTI, LMT, Dane Musick, MTI, LMT

**Contact:** [christine.nguyentma@gmail.com](mailto:christine.nguyentma@gmail.com) / (808)384-8094

**Contact:** [sathiporn@gmail.com](mailto:sathiporn@gmail.com) / (808)354-2273

**Contact:** [mbartolome@gmail.com](mailto:mbartolome@gmail.com) / (808)354-9866

**School Provide:**

### On-line Student and Instructor Interaction:

Instructor-LED Course: <http://evovle.elsevier.com/enrollcourseid>.

**COURSE ID: 154514\_ssongsorn\_1001**

Instructor-LED Course: <http://evovle.elsevier.com/enrollcourseid>.

- **Massage Therapy: Principles and Practice** (Paperback), 5th Edition, By Susan G. Salvo ISBN: 978-0-323-23971-4
- (1) School T-shirt will be provided

- Handouts as needed

**Student Provide:**

- Highlighter (s), pens, paper, pencils
- 2 Flat- sheet, (2) hand towel. \* You will probably want to get dark/patterned sheets to protect your modesty.
- Scrubs and Oil holster
- Massage oils
- Additional scrub pants

# **Massage Therapy Course Syllabus**

The hours for the general course are basic requirements for the State of Hawaii Professional and Vocational Licensing Division for Massage Therapy. Department of Commerce and Consumer Affairs

**PLEASE NOTICE ON THE CLASS SYLABUS BELOW:** *This is a tentative schedule and will be maintained as long as all the information is covered and comprehended. Class pace is adjusted as necessary.*

**Course Title:** **Unit 1: Foundations for Practice, Basic, and Complementary Methods, and Business Practices**

**Total Hours:** 100

## **Chapter 1: History of Massage**

Hours: 4

### **Course Description:**

This course define massage therapy and body work. Discuss view and uses of massage history during the prehistoric world, the ancient world, the middle Ages, and to Modern Era. Explain the role of the European Renaissance and enlightenment of the massage therapy profession and impacted the distinguish contributions of Pehr Henrik Ling, physicians, therapist, and early massage organization during the Modern Era. Discusses the dark chapter of massage including human trafficking.

### **Course Objectives**

- Students will have the opportunity to consider the contributions of Pehr Henrik Ling and those of later advocates, physicians, and therapists.
- Students will have the opportunity to explore current events, such as the formation of associations, release of the Massage Therapy Body of Knowledge, and the proliferation of massage methods and modalities, as well as how these have developed from the works of both ancient and modern pioneers.

**Pre-requisites (None)**

## **Chapter 2: Therapeutic Relationships**

Hours: 4

### **Course Description:**

This course define the therapeutic relationship and state key characteristics. Discusses the important of professionalism, including confidentiality and mandatory reporting. Define boundaries and describe types of boundaries. Compare and contrast transference and countertransference, as well as how to manage boundaries. Defines and Discusses dual relationships and reason why they can be problematic. Define example of sexual misconduct, sexual risk management, and identify steps to take.

### **Course Objectives**

- Students will have the opportunity to explore the areas of self-disclosure, confidentiality, legal and ethical issues, and boundaries.
- Students will have the opportunity to learn about dual relationships and sexual misconduct, giving examples, consequences, and guidelines for sexual risk management.

## **Chapter 3: Tools of the Trade**

Hours: 4

### **Course Description:**

This course defines massage table features and states how to care for table fabrics. Discusses massage table and massage chair accessories, such as face rests and bolsters. Massage linens, massage lubricants, and safe way to dispense them. State supplies and furnishing for a massage room and important of a safe, barrier-free work environment.

### **Course Objectives**

- Students will be introduced to the most important equipment and supplies for the massage therapist.
- Students will have the opportunity to become familiar with the basic features of the massage table, and they will discuss the importance of obtaining a table from a reputable manufacturer.
- Students will have the opportunity to learn about fabric care for the table and accessories.
- Students will have the opportunity to learn about the features to look for when choosing a massage chair.
- Students will have the opportunity to become familiar with the choices of client drape, as well as reasons clients can become chilled during a massage.
- Students will have the opportunity to learn about massage media, such as lotions, oils, and liniments.
- Students will have the opportunity to learn about ways to prevent cross-contamination while using massage lubricant, and they will become familiar with massage lubricant storage and shelf life.
- Students will have the opportunity to learn the basics of furnishing a massage room and also basic safety guidelines.

## **Chapter 4: Self-care Health, Wellness, Nutrition, and Stress Reduction**

Hours: 4

### **Course Description:**

This course focuses on health and wellness and occupational classifications based on their degrees of physical activity. List current recommendations for physical activity and nutrition. State the definition of stress, way to manage stress and components of the wellness model.

### **Course Objectives**

- Students will have the opportunity to learn the importance of health and wellness in practicing massage therapy as a career.
- Students will have the opportunity to list the seven elements of wellness, as well as the current recommendations for physical activity.
- Students will have the opportunity to learn to perform basic strengthening and stretching activities designed to help prepare the hands, arms, and shoulders of massage therapists.
- Students will have the opportunity to learn to explore the elements of proper nutrition and diet.
  
- Students will have the opportunity to discuss the importance of stress reduction and ways to reduce stress for both themselves and their clients.
- Students will have the opportunity to devise a personal overall health plan, which includes a physical fitness plan, diet plan, and stress reduction activities.

## **Chapter 5: Research Literacy and Massage Therapy**

Hours: 4

### **Course Description:**

This course define research literacy and discusses the scientific method. Compare and contrast types of periodical research articles, and type of research. Explain evidence-based practice, hierarchies of evidence, and how to keep up-to-date with current research finding.

### **Course Objectives**

- Students will have the opportunity to learn about the importance of research to the massage profession.
- Students will have the opportunity to discuss the different types of research, explore the scientific method, and learn to identify parts of a scientific article.
- Students will have the opportunity to demonstrate their own research literacy skills.
- Students will have the opportunity to learn how research is funded and the importance of professional involvement.

## **Chapter 6: Effects of Massage Therapy**

Hours: 4

### **Course Description:**

This course discusses the popularity of massage therapy including physiologic and psychological effects. Explain massage therapy effects on the cardiovascular and immunity. Explain massage therapy effects on the cardiovascular and lymphatic systems, as well as on connective tissues. States how massage therapy supports functions of the skin, internal organs, body systems, and specific conditions and populations it has been found to produce positive effects

### **Course Objectives**

- Students will have the opportunity to learn how massage therapy works, including its physiologic and psychological effects.
- Students will have the opportunity to learn specific ways in which massage affects the main systems of the body, as well as the “gate control theory” of how massage relieves pain.
- Students will have the opportunity to become familiar with the types of conditions and patients that have been medically documented to benefit from massage therapy

## **Chapter 7: Body Mechanic, Client Positioning and Draping**

Hours: 4

### **Course Description:**

This course stresses the importance of the proper use of the body while giving a massage. Body mechanics allows the massage practitioner’s body to be used in a careful, efficient, and deliberate way. Body mechanics involve good posture, balance, leverage, and the use of the strongest and largest muscle to perform the work. In this course, the student will learn methods of working more efficiently so that providing 8 hours of massage a day does not cause any dysfunction or pain. This course focuses on certain preparations that must be done before the massage begins, including room setup, types of supplies, and equipment, centering to help focus on the client and the session, client positioning, draping procedures, history taking, assessment procedures, and feedback.

### **Course Objectives**

- Students will have the opportunity to learn what repetitive motion injuries are and how to reduce the risk of injury while performing massage.
- Students will have the opportunity to learn the importance of sound body mechanics and how they contribute to the therapist’s performance and efficiency.
- Students will be introduced to the warrior and bow stances and the use of each one.

- Students will have the opportunity to become familiar with the techniques used to support clients in the prone, supine, side-lying, and seated positions.
- Students will have the opportunity to learn and practice the methods for draping clients, using both towels and sheets, as well as for turning the client from one position to another.
- Students will have the opportunity to learn how to assist the client off the massage table while maintaining appropriate draping.

## **Chapter 8: Massage Techniques, Joint Mobilization, and Stretches**

Hours: 4

### **Course Description:**

This course includes definitions, descriptions, and directions for the application and use of most common massage methods and techniques such as effleurage, petrissage, friction, compression, tapotement, and vibration, as well as their variations. It is important to understand both why and where massage methods, and techniques are used, as well as how to organize a process that uses the various therapeutic approaches efficiently. This course will cover the physiologic effects, quality of touch, basic flow, and specialized massage manipulations. Discusses cautionary sites including where they are and why caution is merited. Describe and perform joint mobilizations and stretches and discuss end feel.

### **Course Objectives**

- Students will have the opportunity to describe the basic qualities of massage application (intention, touch, depth and direction of pressure, excursion, speed, rhythm, continuity, frequency, duration, and sequence) through class discussion, journaling, and instructor demonstration.
- Students will have the opportunity to implement these basic qualities during short, supervised, and evaluated sessions.
- Students will have the opportunity to display knowledge of the basic massage techniques and their variations, as well as of joint mobilization and stretching movements, through supervised and evaluated demonstrations and class discussions.

## **Chapter 9: Infection Control and Emergency Preparedness**

Hours: 4

### **Course Description:**

This course focuses on pathology, the study of disease. To practice safely, practitioners need a basic understanding of pathologic processes. Although the diagnosis of disorders is not a function of the practitioner, the practitioner must be able to determine when the client's condition represents an irregularity that should be evaluated by his or her primary health provider. This course will also cover the essential nature of disease, the structural, functional changes produced by them, and the study of the transmission of diseases and prevention.

### **Course Objectives**

- Students will have the opportunity to be introduced to pathology and infection control.
- Students will have the opportunity to become familiar with major categories of diseases and pathogenic agents, identify the host-pathogen relationship, and discuss how infectious diseases can be transmitted.
- Students will have the opportunity to apply the principles of infection control to massage practice.
- Students will have the opportunity to learn to promote health and proper hygiene.
- Students will have the opportunity to practice (and begin to share with colleagues and clients) basic rules and procedures of sanitation to control the transmission of pathogens, and they will have the opportunity to demonstrate knowledge of universal precautions, as well as basic safety practices, including recommended hand washing techniques.
- Students will have the opportunity to learn to recognize emergency situations and the first aid measures associated with these situations.



## **Chapter 10: Treatment Planning: Intake, Assessment, and Documentation** Hours: 4

### **Course Description:**

This course focuses on a Massage therapist ability on performing an assessment of a client's condition and to develop an individual care plan. Being able to clinically reason supports and the effectiveness of all massage interaction, whether for relaxation and pleasure or management of complex conditions. The ability to make those decisions depend on gathering the client's historical data, performing a physical assessment, analyzing the data, and interpreting the information.

### **Course Objectives**

- Students will have the opportunity to identify the value of treatment planning, as well as the intake process, assessment procedures, and documentation. They will develop a sample intake form and practice communication skills during intake and consultation activities.
- Students will have the opportunity to compare and contrast SOAP, APIE, and CARE notes and will use data collected on a PPALM form to formulate the treatment plan.
- Students will have the opportunity to become familiar with various forms of progress reporting and will outline important guidelines of the Health Insurance Portability and Accountability Act (HIPAA).

## **Chapter 11: Special Populations and Pregnancy**

Hours: 4

### **Course Description:**

This course define special populations and pregnancy massage, then state modifications for massage therapy by trimester, for high risk pregnancies, and for the postpartum period. How to provide massage to infants, children, and adolescents. Define geriatric massage, discusses aging and common diseases and how to access vitality and customize the massage session to suit the needs of elderly clients, appropriate for clients with impairment and those nearing the end of life.

### **Course Objectives**

- Students will have the opportunity to learn methods for providing a safe massage for special populations.
- Students will have the opportunity to learn to modify techniques and positions for expectant mothers who have a normal, healthy pregnancy.
- Students will have the opportunity to become familiar with ways to increase comfort for pregnant clients, including the use of the modified supine and semi reclining positions.
- Students will have the opportunity to become familiar with how to offer massage suggestions to parents and caregivers of infants and the differences between child and adolescent massage and adult massage.
- Students will have the opportunity to learn to properly screen a special needs client for precautions and contraindications.
- Students will have the opportunity to learn how to accommodate clients with speech, hearing, or visual impairments.

## **Chapter 12: Hydrotherapy and Spa**

Hours: 4

### **Course Description:**

This course focus on hydrotherapy, discusses its history, and know general information about cold and heat. Discusses cryotherapy and thermotherapy its effects, contraindications, and application methods. Outline how to choose between cold and heat application in a massage practice. Define spa, types of spa, safety issue, and spa techniques including exfoliation procedures and specialized method. Aromatherapy, essential oils, and how they can be used in massage and spa setting.

### **Course Objectives**

- Students will have the opportunity to learn about hydrotherapy and spa treatments, including heat and cold therapy. To help them make decisions about which applications to use, students will learn the effects of temperature on the body.

- Students will have the opportunity to learn both the benefits of and the contraindications to the application of heat and cold.
- Students will have the opportunity to review safety and sanitation procedures that are especially pertinent to hydrotherapy and spa treatments, as well as guidelines for before, after, and during treatment.
- Students will have the opportunity to practice applying and experience receiving a variety of hydrotherapy applications, including packs, baths, wraps, and exfoliations.
- Students will have the opportunity to learn about aromatherapy and how to safely store and use essential oils in massage and spa treatments.

### **Chapter 13: Foot Reflexology**

Hours: 4

#### **Course Description:**

This course define reflexology, theories behind how it works, and how the body mapped on the feet. Describe basic techniques used in foot reflexology and treatment guidelines.

#### **Course Objectives**

- Students will be introduced to foot reflexology and how it works.
- Students will have the opportunity to become familiar with the horizontal landmarks on the foot and all the reflex points on the feet and ankles.
- Students will have the opportunity to learn the guidelines for reflexology, and they will perform the basic techniques used in foot reflexology.

### **Chapter 14: Clinic Massage and Sport Massage**

Hours: 4

#### **Course Description:**

This course focuses on clinical massage and discuss theories of pain, types of pain, the pain-spasm cycle, and pain management. Define physical rehabilitation, when massage therapy can be administered following surgery, injury, and illness and treatment strategies for clinical massage. Assessment and explain postural assessment and gait assessment. Discusses Clinical massage techniques and define trigger points, what causes them, how to locate and deactivate them as well as identify common treated areas, their associated trigger points, and referral patterns. Also define sports massage, and discusses muscle soreness safety issue, and spa techniques including exfoliation procedures and specialized method. Aromatherapy, essential oils, and how they can be used in massage and spa setting.

#### **Course Objectives**

- Students will have the opportunity to become familiar with trigger points and spasm.
- Students will have the opportunity to learn how to locate and deactivate trigger points.
- Students will have the opportunity to learn about muscle soreness and categories of pain.
- Students will have the opportunity to learn about the stages of rehabilitation and the important issues of aftercare.
- Students will have the opportunity to learn how to avoid the most common mistakes of clinical massage and will be able to demonstrate techniques for gauging pressure and pain.
- Students will have the opportunity to learn about sports massage and typical causes of sports injury.
- Students will have the opportunity to list the muscles in common treatment areas.

### **Chapter 15: Seated Massage**

Hours: 4

#### **Course Description:**

This course define seated massage and list major considerations when buying a massage chair. Explain

and demonstrate procedures of client safety and infection control. Perform a basic seated massage routine.

### **Course Objectives**

- Students will have the opportunity to learn major considerations for purchasing a massage chair.
- Students will have the opportunity to state reasons why a massage therapist might choose to massage a client in the seated position and will explain and demonstrate procedures of sanitation and hygiene.
- Students will have the opportunity to demonstrate how to properly adjust the massage chair for a client.
- Students will have the opportunity to describe proper body mechanics and safety considerations for the massage therapist who uses a massage chair.
- Students will have the opportunity to describe massage strokes used for seated massage and will be able to use adaptive communication to effectively communicate with the client before and during the massage.
- Students will have the opportunity to perform a basic seated massage routine lasting 15 to 30 minutes.

### **Chapter 16: Energy-Based Bodywork Therapy, Shiatsu and Ayurveda**

Hours: 4

#### **Course Description:**

This course focuses on the Asian medicine model and Asian bodywork therapy. Describing the five elements, their cycles, and ways to evaluate imbalance. States the definition of Zen shiatsu and Hara evaluating their principles and techniques. Discusses Ayurveda, the Doshas, and other Ayurveda principles. Define Thai massage and discusses its principles. Outline the seven Chakras and their characteristic.

#### **Course Objectives**

- Students will be introduced to Asian bodywork therapy in general and to shiatsu in particular.
- Students will have the opportunity to learn about traditional Asian medicine and its central concept of energy, which is the root of both Chinese and Ayurveda medicines.
- Students will have the opportunity to learn some basic concepts of Chinese medicine, including the theories of yin/yang, zang/fu, the five phases, and Zen Shiatsu principles of touch.
- Students will have the opportunity to learn the locations of the 12 primary channels and of some of the traditional acupressure on these channels.
- Students will have the opportunity to learn the techniques of palming, thumbing, and hara evaluation.
- Students will have the opportunity to learn about traditional Ayurveda, including the concepts of the three doshas, prakriti, and the chakra system.

### **Chapter 17: Business, Marketing, Account, and Finance**

Hours: 4

#### **Course Description:**

This course focuses on mission statements, identify employment opportunities in massage therapy and differences between employment and self-employment. Contrast and compare types of business entities, licenses, permit, and registrations required for professional practice, and types of insurances. Define marketing and list several

marketing strategies and business resources. Describe an average day for massage therapists and discusses professional burnout. Delineate financial aspects of a business, accounting practices and different types of taxes. Identify parts of a business plan.

### **Course Objectives**

- Students will have the opportunity to learn about running a massage therapy business.
- Students will have the opportunity to identify their values as they relate to running a massage therapy business and will write a vision statement and a mission statement.
- Students will have the opportunity to write their résumé and ultimately develop a business plan.
- Students will have the opportunity to learn various ways to promote their business, including designing a business logo, letterhead, business cards, brochure, and sample business advertisements.
- Students will have the opportunity to discuss proper telephone etiquette for business-related calls and will describe a typical day for a massage therapist.
- Students will have the opportunity to learn how to grow and evolve in their massage therapy business and will create a plan to avoid burnout.
- Students will have the opportunity to learn how to make a commitment for investing toward retirement.

**Course Title:** Unit 2: Anatomy and Physiology

**Total Hours:** 50

### **Course Description:**

This course is to provide students with an overview of anatomy and physiology and how they relate to massage therapy. Students will learn the structure and function of each of the major systems of the human body, how they interrelate, and how they are affected by massage therapy.

**Anatomy** is the study of the gross and microscope structure of the human body and their positional relationship to one another. This includes cells, tissue, muscles, bones, organs, and systems.

**Physiology** is the study of how the body and its individual parts function in normal body processes. It includes the study of homeostasis, metabolism, and the levels of organization.

**Kinesiology** is the study of human motion made possible by the anatomy and physiology of the body.

### **Course Objectives**

The student will understand the complexities of the human body and its relation to massage therapy. This includes but is not limited to:

- How the progression of structural levels (atoms, molecules, compounds, cells, tissues, organs, and systems) contributes to the body's order and stability.
- The structure and function of cells, tissues, organs, and systems.
- The essentials of body chemistry.

- How the integumentary system, skeletal system and muscular system each function in protection, support and movement.
- How the cardiovascular system, lymphatic system, respiratory system, digestive system, urinary system and immune system each function in the distribution of materials and contribute to the maintenance of homeostasis.
- How the nervous system (central and peripheral), organs of sensation, and endocrine system each contribute to the regulatory control, integrative communication, and systemic coordination within the human body.

**Chapter 18: Introduction to the human Body, Cell, Tissues, and the Body Compass Hours: 4**

**Course Description:**

This course is to provide students with an overview of anatomy and physiology and how they relate to massage therapy. Students will learn the structure and function of each of the major systems of the human body, how they interrelate, and how they are affected by massage therapy.

**Basics of Anatomy and Physiology and Cells**

Define anatomy and physiology, and discusses medical terminology.

Place the levels of organization of an organism in a hierarchy from least to most complex and discusses cellular anatomy, cellular processes, and cellular metabolism.

**Body Tissues, Membranes, and Body Systems**

Discusses tissue types, tissue repair, and types of membranes.

Define homeostasis and name all the body systems outlining their basic anatomy and physiology.

**The Body Compass**

Describe anatomic position, body cavities, abdominal quadrants, abdominal regions, and body planes.

State terms used to describe locations and directions of particular body structures and define body regions.

**Course Objectives**

- This chapter will serve as a reference for students as they learn about and understand the basic building blocks of the human body (anatomy), how the body works (physiology), and directional terminology based on the Western medical model (body compass). All are essential components of becoming a knowledgeable and effective massage therapist.
- Students will have the opportunity to learn about cells, tissues, and membranes.
- Students will be introduced to organ systems and the terms used to navigate around the body using anatomic directional terminology, planes of the body, body cavities, and structural landmarks.

**Chapter 19: Skeletal System**

Hours: 4

**Course Description:**

**Function and Classification of Bones and Divisions of the Skeleton**

List the anatomy and physiology of the skeletal system and discusses bone cells and tissues.

Classify bones according to their shape, discusses the anatomy of a long bone and bone ossification.

Divide bones into either the axial or appendicular skeleton and describe various bony markings.

### **Structure, Function, and Types of Joints, and Skeletal Pathological Conditions**

- Discusses joints, their structure, general classifications, and parts of synovial joints.
- Describe joint movements and classify joints by their shape, and by their movement capabilities. Name and describe various skeletal pathologic conditions, giving massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to appreciate the skeletal system through its anatomy and physiology.
- Students will have the opportunity to learn the function and classification of bones, the divisions of the skeleton, and review bone tissue.
- Students will have the opportunity to study bone development, remodeling, and bone health.
- Students will have the opportunity to examine the classifications and structures of joints as well as joint movement by performing the various types of joint articulations and their respective actions.
- Students will have the opportunity to learn about skeletal pathologies and their implications for massage therapy.

## **Chapter 20: Muscular System**

Hours: 4

### **Course Description:**

#### **Muscle Cells, Functions, and Energy Sources**

List the anatomy and describe the physiology of the muscular system and describe muscle cell properties, muscle anatomy, related connective tissue structures, and the neuromuscular junction. Explain mechanisms involved in muscle contraction including motor units, recruitment, and sources of energy needed for muscle contraction to occur.

#### **Muscle Fibers, Movement of Muscles, and Muscular System Pathologies**

Describe types of skeletal muscle fibers, muscle architecture, parts of a skeletal muscle and classify muscles by actions they produce. Demonstrate and explain types of contraction, lever systems, stretching and stretch receptors, posture and muscle tone. Name types of pathologic conditions of the muscular system, giving massage modifications for each one.

### **Course Objectives**

- Students will be introduced to the structures and functions of the muscle tissue and its related fascia.
- Students will have the opportunity to learn about the anatomy, neurology, and chemistry of muscle contraction, in addition to performing each type of contraction and palpating each part of a muscle during contraction and relaxation.
- Students will have the opportunity to learn to describe various muscular pathologies, how they affect muscle performance, and the role of massage in alleviating pain caused by these problems.

## **Chapter 21: Kinesiology**

Hours: 12

### **Course Description:**

Bones of the Upper Extremity, Lower Extremity, and Axial Skeleton

Identify and palpate bones and bony markings in Lesson One (bones of the upper extremity),

Lesson Two (bones of the lower extremity), and Lesson Three (axial skeleton).  
Muscles of Scapular Movement and Shoulder Joint Movement

Identify, palpate, and produce movements of muscles in Lesson Four (scapular movement) and Lesson Five (shoulder joint movement).  
Muscles of the Elbow, Radioulnar Joint, Wrist, and Hand

Identify, palpate, and produce movements of muscles in Lesson Six (elbow and radioulnar joint movement) and Lesson Seven (wrist and hand movement).  
Muscles of the Hip, Knee, Ankle, and Foot

Identify, palpate, and produce movements of muscles in Lesson Eight (hip and knee movement) and Lesson Nine (ankle and foot movement).

Muscles of the Neck, Face, Trunk, Vertebral Column, and Respiration

Identify, palpate, and produce movements of muscles in Lesson Ten (neck and facial movement), Lesson Eleven (trunk and vertebral column movement), and Lesson Twelve (respiration).

### **Course Objectives**

- A multisensory teaching approach will provide the student the opportunity to learn the names, locations, attachments, and functions of major muscles of the human body.
- Six phases of learning help break this task into manageable pieces for the instructor and the students:  
(I) decode muscle names and learn pronunciations, (II) learn general locations of muscles, (III) learn specific muscle locations using attachment sites, (IV) study muscle actions using a multisensory approach, (V) learn the muscle actions, and (VI) apply knowledge and repetition. The instructor and student will apply all six phases of learning to each of the nine muscle lessons.
- Students will have the opportunity to appreciate the skeletal system as a road map for locating muscles through the identification of bony markings.
- Students will have the opportunity to become familiar with the major bones and joints that have significance for the massage practitioner. With this goal, students will locate and define over 100 bony markings.
- Students will have the opportunity to examine and palpate bones, bony markings, and joints on themselves, classmates, and friends or family members as homework.

## **Chapter 22: Integumentary System**

Hours: 4

### **Course Description:**

#### **Anatomy and Physiology of Skin, Hair, and Nails**

List the anatomy and physiology of the skin and basic structures located within the epidermis, dermis, and hypodermis.

Discusses skin color, hair, skin glands, and nails.

#### **Touch and Skin Receptors, Pioneers in Touch Research, and Dermatologic Pathologies**

Define touch and list touch receptors.

Describe several pioneers in touch research.

Name types of pathologic skin conditions, giving massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to deepen their understanding of human anatomy and physiology for massage by focusing on the surfaces and underlying structures of the

integumentary system.

- Students will have the opportunity to explore the integumentary system's functions and some of the pathologies that compromise those functions. Students will have the opportunity to become familiar with pioneers of touch research and its implications for massage therapy.

## **Chapter 23: Nervous System**

Hours: 4

### **Course Description:**

#### **Nervous System Overview, Neurons, and Synaptic Transmission**

List anatomic structures and describe physiologic processes of the nervous system and discuss its basic organization.

Outline types of neural cells, parts of a neuron, classification of neurons, and the reflex arc. Discusses nerves, nerve impulses, and synapses.

#### **The Central Nervous System**

List structures, functions, and characteristics of the central nervous system, including the brain and spinal cord.

#### **Peripheral and Autonomic Nervous Systems**

Identify structures, functions, and characteristics of the peripheral nervous system, including the cranial and spinal nerves, reflexes, and the autonomic nervous system.

#### **The Senses, Receptors, and Nervous System Pathologies**

Discusses the senses and receptors.

Name types of pathologic conditions of the nervous system, giving massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to learn the major components and functions of the nervous system and will experience and describe sympathetic nervous system arousal.
- Students will have the opportunity to learn about the organization of the nervous system and how neurons are classified based on their functions.
- Students will have the opportunity to deepen their understanding of the nervous system by selecting an additional topic for research.
- Students will have the opportunity to learn about the mechanisms of nerve impulse transmission and how a reflex arc operates.
- Students will have the opportunity to become familiar with the nerves of greatest significance to massage therapists and will explore the special senses.
- Students will have the opportunity to apply their knowledge of the causes, symptoms, and indications of a variety of nervous system pathologies to massage practices.



## **Chapter 24: Endocrine System**

Hours: 4

### **Course Description:**

#### **Endocrine Anatomy and Physiology, and Introduction to Hormones**

List the anatomic structures and describe the physiologic properties of the endocrine system. Define hormones and mechanisms that regulate their secretions.

#### **Hormonal Secretions and Pathology of the Endocrine System**

Identify specific endocrine glands, their hormonal secretions, and the effects of these hormones. Name types of pathologic conditions of the endocrine system, giving massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to learn about the components and functions of the endocrine system.
- Students will have the opportunity to learn the major categories of hormones as well as how the endocrine system is regulated.
- Students will have the opportunity to become familiar with each endocrine gland and the hormone(s) it produces.
- Students will have the opportunity to learn about a number of diseases caused by endocrine system malfunction and the considerations for massage of clients with each of these diseases.

## **Chapter 25: Reproductive System**

Hours: 4

### **Course Description:**

#### **Anatomy and Physiology of the Male and Female Reproductive Systems**

List basic anatomic structures and describe physiologic processes of the reproductive system. Identify structures of the male reproductive system. Name structures of the female reproductive system and discuss the menstrual cycle.

#### **Reproduction, Genetics, Reproductive Pathologies, and Sexually Transmitted Infections**

Outline sexual intercourse, fertilization, pregnancy, childbirth, and inheritance. Identify pathologic conditions related to the reproductive system, giving massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to learn about the anatomical structures of the reproductive system.
- Students will have the opportunity to become familiar with the physiological mechanisms of the reproductive system.
- Students will have the opportunity to learn about the menstrual cycle, aspects of sexual intercourse, stages of fertilization, trimesters of pregnancy, and stages of childbirth.
- Students will have the opportunity to learn about inheritance and gene expression.
- Students will have the opportunity to learn about pathologies of the reproductive system, pregnancy, sexually transmitted infections, and their related massage treatment modifications.

Identify, palpate, and produce movements of muscles in Lesson Four (scapular movement) and Lesson Five (shoulder joint movement).

Muscles of the Elbow, Radioulnar Joint, Wrist, and Hand

Identify, palpate, and produce movements of muscles in Lesson Six (elbow and radioulnar joint movement) and Lesson Seven (wrist and hand movement).

Muscles of the Hip, Knee, Ankle, and Foot

Identify, palpate, and produce movements of muscles in Lesson Eight (hip and knee movement) and Lesson Nine (ankle and foot movement).

Muscles of the Neck, Face, Trunk, Vertebral Column, and Respiration

Identify, palpate, and produce movements of muscles in Lesson Ten (neck and facial movement), Lesson Eleven (trunk and vertebral column movement), and Lesson Twelve (respiration).

### **Course Objectives**

- A multisensory teaching approach will provide the student the opportunity to learn the names, locations, attachments, and functions of major muscles of the human body.
- Six phases of learning help break this task into manageable pieces for the instructor and the students: (I) decode muscle names and learn pronunciations, (II) learn general locations of muscles, (III) learn specific muscle locations using attachment sites, (IV) study muscle actions using a multisensory approach, (V) learn the muscle actions, and (VI) apply knowledge and repetition. The instructor and student will apply all six phases of learning to each of the nine muscle lessons.
- Students will have the opportunity to appreciate the skeletal system as a road map for locating muscles through the identification of bony markings.
- Students will have the opportunity to become familiar with the major bones and joints that have significance for the massage practitioner. With this goal, students will locate and define over 100 bony markings.
- Students will have the opportunity to examine and palpate bones, bony markings, and joints on themselves, classmates, and friends or family members as homework.

## **Chapter 26: Cardiovascular System**

Hours: 4

### **Course Description:**

#### **Anatomy and Physiology, Blood, and the Heart**

List basic anatomy and physiology of the cardiovascular system, and describe characteristics of blood. Discusses the heart, its layers, chambers, valves, the cardiac cycle, and the heart's conduction system.

#### **Blood Vessels, Paths of Blood Circulation, Blood Pressure, and Cardiovascular Pathologies**

List types of blood vessels, identify major arteries and veins, discusses paths of blood circulation, and blood pressure.

Name cardiovascular pathologies and state appropriate massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to study the cardiovascular system.
- Students will have the opportunity to examine blood and blood transport on a cellular level, and they will have the opportunity to learn the route of blood transport through the human body.
- Students will have the opportunity to examine the heart, how it functions, and the sounds it produces.
- Students will have the opportunity to study the vasculature of the cardiovascular system and blood

- pressure.
- Students will have the opportunity to learn about cardiovascular pathologies with a focus on massage modifications.

## **Chapter 27: Lymphatic System and Immunity**

Hours: 4

### **Course Description:**

#### **Lymphatic System and Immunity**

List anatomic structures, describe the physiologic processes of the lymphatic system, and discusses lymph, lymphatic vessels, lymph movement, lymphatic organs, and their tissues.

Discusses immunity and immune dysfunctions.

Name lymphatic and immune pathologies, giving massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to study the functions of the lymphatic system and immunity.
- Students will have the opportunity to learn the paths of lymph circulation, discusses nonspecific and specific immunity, and identify immune system dysfunctions.
- Students will have the opportunity to study lymphatic and immunologic pathologies with a focus on the role of massage.

## **Chapter 28: Respiratory System**

Hours: 4

### **Course Description: Respiratory**

#### **System**

List basic anatomy and describe physiology of the respiratory system as well as specific structures of the respiratory tract.

Discusses breathing, respiration, and reflexes that affect breathing.

Name types of pathologic conditions of the respiratory system, giving massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to learn the anatomical structures of the upper and lower respiratory tracts and explain the physiologic mechanisms of the respiratory system.
- Students will have the opportunity to learn the mechanisms of breathing, both inhalation and exhalation, as well as explore the factors that control breathing.
- Students will have the opportunity to learn about abnormal breathing patterns.
- Students will have the opportunity to contrast and compare internal and external respiration and describe reflexes that affect breathing.
- Students will have the opportunity to learn about the pathologic conditions of the respiratory system, giving characteristics and massage considerations of each.

## **Chapter 29: Digestive System**

Hours: 4

### **Course Description:**

#### **Anatomy and Physiology of the Digestive System**

List anatomic structures and describe the physiologic processes related to the digestive system.

### **Accessory Organs and Gastrointestinal Pathologies**

Describe the peritoneum and accessory organs and glands of digestion.

Name types of pathologic conditions of the gastrointestinal tract giving massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to learn about the processes of ingestion, digestion, absorption, and defecation.
- Students will have the opportunity to identify the sections of the alimentary canal and to explore how the organs of the gastrointestinal tract process food into fuel by tracing the path of food from mouth to anus.
- Students will have the opportunity to learn how secretions from accessory organs contribute to the digestion of each type of nutrient.
- Students will have the opportunity to learn about several common digestive system pathologies and massage indications or contraindications for each.

## **Chapter 30: Urinary System**

Hours: 4

### **Course Description: Urinary**

#### **System**

List anatomic structures and physiologic processes of the urinary system and describe the kidneys, nephrons, and the pathway of urine.

Discusses the ureters, urinary bladder, urethra, and urine as well as explain nephrotic blood flow, the filtration process, body fluids, and fluid balance.

Name types of urinary pathologies, giving massage modifications for each one.

### **Course Objectives**

- Students will have the opportunity to learn about waste removal in the body by focusing on the urinary system.
- Students will have the opportunity to study the anatomy of organs involved in urine production.
- Students will have the opportunity to learn about the paths of blood and urine that flow through the kidneys and associated organs. Particular emphasis will be placed on the processes necessary for filtration, reabsorption, and secretion.
- Students will have the opportunity to learn about the role of the urinary system in water balance and blood pressure.
- Students will have the opportunity to learn urinary system pathologies and their massage considerations.

### **Academic Integrity**

Thai-Issan Massage Academic integrity means honesty and responsibility in scholarship.

Academic assignments exist to help students learn; grades exist to show how fully this goal is attained. Therefore all work and all grades should result from the student's own understanding and effort. It is our core values to teach our students to maximize their full potential.

### **Evaluation**

- Attendance and participation
- Upon completion students will receive certificates 150 hours

## **Grading Standard Policy**

Thai-Issan academic departments have set the grading policies. Under a grading policy at Thai-Issan Massage Academy, exams, quizzes, homework and class participation all receive grades, with the instructor grading on a curve; that is, grading so that the average score received in the class is deemed as a score of 80, or a grade of B-minus.

Under this policy we allows students to makeup tests and assignments from time to time, as well as the possibility of earning extra credit allowed by instructors.

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## **Grading System:**

Grade	Numerical Value	Grade Point Average
A	89.5 – 100	4.0
B	79.5 – 89.4	3.0
C	69.5 – 79.4	2.0
F	Below 69.5	0.0

**Oral Presentation:** Each student will give an oral presentation to the class on a particular body part or system and how it is affected by massage therapy. Students will be given the opportunity to choose their subject during the first day of class.

## **Final Exam:**

There will be a written final exam. The written final exam will be no more than 100 questions composed of true/false, multiple choice, and matching, and/or short answer. Students must be on time for all exams, as no tests are passed out once the first student completes the exam. If a student is late, and no one has left the examination room, they will be allowed to take the exam, but no additional time will be allowed. If a late student can provide valid documentation of an extraordinary circumstance, arrangements may be made to take the missed exam. The final grade will be weighted as follows: Daily Grades/ Quizzes = 50% Mock Exams

## **Make-up Exam/Oral Presentation**

There will be a \$25 fee for makeup or written, oral, or lab exams, barring any unforeseen emergencies or extraordinary circumstances the student might encounter. Each case of a missed exam is judged on an individual basis and the determination whether or not to give a make-up exam is at the sole discretion of the course instructor. If a student must be absent from an exam or oral presentation, it is the student's responsibility to notify the course instructor no later than 10 days before the scheduled starting time of the exam.

## **Students with Disabilities**

Thai-Issan Massage Academy policy of non-discrimination and accommodation for students with special needs. Due to disability you should advise the school prior to enrollment to assure that reasonable accommodations can be made to facilitate training. Thai-Issan Massage Academy reserves the right to require a physician's approval if it determine that any past or current injuries (physical, mental, emotional) would in any way hinder the student's successful program completion. Thai-Issan Massage Academy reserves the right to deny admission to any applicant who does not demonstrate the ability to benefit from the training program. Thai-Issan Massage Academy does not discriminate on the basis of Race, Color, National Origin, Sex, Handicap or Age in employment, admission or any of its educational programs or activities. As a condition of enrollment, in the Massage Therapy Program at Thai-Issan, student must be able to give and receive massage.

## **Professional Impression**

Thai-Issan Massage Academy would like to provide our students and with the best professional massage therapy education and skills to maximize their full potential. Our goal at Thai-Issan Massage Academy as a business is to build a focus on health and wellness within the communities we serve. There is more to massage therapy than just reducing the stress of the client, it's also about building their awareness of the long term impacts stress can have on the body, mind, immune system and the rest of their lives. As your instructors, we will provide you an arena to share your concerns and receive guidance on living a healthy lifestyle and giving back to the community.

## **THAI-ISSAN MASSAGE ACADEMY**

**1281 South King Street Honolulu, HI 96814**

**Phone: (808) 593-8866 Fax: (808) 593-8035**

**E-mail: [thaiissanusa@gmail.com](mailto:thaiissanusa@gmail.com)**



## **Course Schedule and Timeline**

**PLEASE NOTICE ON THE CLASS SYLLABUS BELOW:** *This is a tentative schedule and will be maintained as long as all the information is covered and comprehended. Class pace is adjusted as necessary.*

<b>Class</b>	<b>Date</b>	<b>Lecture/Activity</b>	<b>Homework/Reading Prior to Class</b>	<b>Assignments</b>
1		Orientation  Classroom discussion  Introduction to Thai-Issan	Handouts  Textbooks	Chapter 452 Chapter 84 Course Syllabus School Rules & Policy
2		History of Massage Therapy	Chapter 1  Pages 1- 13	*Quiz 1
3		Therapeutic Relationship	Chapter 2  Pages 14-40	*Quiz 2
4		Tools of the Trade- Massage Table, Oils, bolsters	Chapter 3  Pages 41-55	*Quiz 3  Lab
5		Self-care Health, Wellness, Nutrition, And Stress Reduction	Chapter 4  Pages 56-72	*Quiz 4
6		Research Literacy	Chapter 5  Pages 73-95	*Quiz 5
7		Effects of Massage Therapy	Chapter 6  Pages 96-111	*Quiz 6
8		Body Mechanic, Client Positioning, and Draping	Chapter 7  Page 112-135	*Quiz 7  Lab
9		Massage Techniques, Joint Mobilization, and Stretches	Chapter 8  Pages 136-177	*Quiz 8  Lab
10		Classroom Hands on demonstration and practice	Handouts	Lab





11		Classroom Hands on demonstration and practice	Handouts	Lab
12		Infection Control and Emergency Preparedness	Chapter 9 Pages 178-195	*Quiz 9 Lab/ Guess speaker
<b>Class</b>	<b>Date</b>	<b>Lecture/Activity</b>	<b>Homework/Reading Prior to Class</b>	<b>Assignments</b>
13		Treatment Planning: Intake, Assessment, and Documentation	Chapter 10 Pages 196-219	*Quiz 10
14		Special Populations and Pregnancy Lab	Chapter 11 Pages 220-241	*Quiz 11
15		Hydrotherapy and Spa	Chapter 12 Pages 242-267	*Quiz 12
16		Foot Reflexology	Chapter 13 Pages 268-278	*Quiz 13 Lab
17		Classroom Hands on demonstration and practice	Handouts	Lab
18		Clinical Massage	Chapter 14 Pages 279-303	*Quiz 14
19		Clinical Massage- Hands on demonstration and training	Handouts	Lab
20		Clinical Massage- Hands on demonstration and training	Handouts	Lab
21		Seated Massage	Chapter 15 Pages 304-313	*Quiz 15

22		Seated Massage-Hands on training	Handouts	Lab
23		Energy-Based Bodywork Therapy, Shiatsu, and Ayurveda	Chapter 16 Pages 314-347	*Quiz 16
24		Classroom Hands on demonstration and practice	Handouts	Lab
<b>Class</b>	<b>Date</b>	<b>Lecture/Activity</b>	<b>Homework/Reading Prior to Class</b>	<b>Assignments</b>
25		Classroom Hands on demonstration and practice	Handouts	Lab
26		Business, Marketing, Accounting, and Finance	Chapter 17 Pages 348-375	*Quiz 17
27		Intro to Human Body and Medical Terminology	Chapter 18 Pages 376-405	*Course Syllabus
28		Skeletal System	Chapter 19 Pages 406-430	*Quiz 1
29		Muscular System	Chapter 20 Pages 431-451	*Quiz 2
30		Kinesiology	Chapter 21 Pages 452- 499	*Quiz 4
31		Kinesiology	Chapter 21 Pages 500-538	*Quiz 5
32		Kinesiology	Chapter 21 Pages 500-538	*Quiz 6
33		Integumentary System Nervous System	Chapter 22 and 23 Pages 581-630	*Quiz 7

34		Endocrine System Reproductive System	Chapter 24 and 25 Pages 631 - 659	*Quiz 8
35		Cardiovascular System Lymphatic System and Immunity	Chapter 26 and 27 Pages 660-692	*Quiz 9
36		Respiratory System Digestive System Urinary System	Chapter 28, 29 and 30 Pages 692--735	*Quiz 10
37		Common diseases and massage implications Final review Oral Presentation & Review	Handouts	Review
38		Final Exam	Review Textbook	• Final Exam

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