



**Illinois Institute of Massage is a Massage Therapy School approved by the Illinois Board of Higher Education**

In this catalog you will find a description of the details of *Practice and Theory of Massage Therapy* including the classes within this program, the length of the program as it is broken into two semesters, and the total cost of the program.

## **Cost**

### **TUITION & FEES**

NON-REFUNDABLE REGISTRATION FEE:	\$ <u>25</u>
TUITION:	\$ <u>9,600</u>
BOOKS & SUPPLIES:	\$ <u>0</u>
MISC. EXPENSES:	\$ <u>0</u>
OTHER:	\$ _____

**Other Includes:** \_\_\_\_\_

TOTAL COST FOR \_\_\_\_\_ PROGRAM / COURSE: \$ 9,625

The total cost for *Practice and Theory of Massage Therapy* is \$9,625.00. Payment plans are available with a deposit of \$1,000 and even monthly payments for those who qualify. Payment plans are available in 6, 12, 18, and 24 months with deferment options available.

The Institution's refund policy states that in the event a student drops out of school or is dismissed due to attendance or other reason they are entitled a prorated refund of their tuition. Full tuition is \$9,600 and the minimum required hours to graduate is 608. This means each clock hour is valued at \$15.79. After dropout or dismissal, the Student is eligible to receive a refund of the unused paid tuition.

Illinois Institute of Massage has not yet had a Graduating class therefore there are no statistics available regarding the number of Students admitted, Students expected to be admitted in the next 12 months, Students who transferred or withdrew from the program, Pass rates, or Placement rates and salary information for recent Graduates. This information is updated annually as of July 1.

Illinois Institute of Massage is a Private Business & Vocational School regulated by the Illinois Board of Higher Education. The Institution does not have national accreditation and therefore credits earned from this Institution may not be transferrable between other Institutions.

Know someone who may be interested in earning their Massage Therapy License? Referral bonuses are available up to \$500 if it leads to successful enrollment.

**COMPLAINTS AGAINST THIS SCHOOL MAY BE REGISTERED WITH THE BOARD OF HIGHER EDUCATION**

**1 N Old State Capitol Plaza suite 333, Springfield, IL 62701      (217) 782-2551      IDFPR.com**

## **COURSE CATALOG**

Semester 1 (Weeks 1-14)

Requirements to advance:

Attendance – Must have 304 hours or more (allowed to miss up to 32 hours)

Graded Assessments – Must pass 11 of 15 assessments

Final Written Exam – Must pass each section with 70% or better

Final Practical Exam – Must pass with 70% or better

### **Course Description:**

Swedish Massage Therapy is a science and an art that is built off of a multifaceted base of knowledge. This course will apply an integrated and detailed approach to introduce the following seven important domains of Swedish Massage: Anatomy and Physiology, Pathology, Musculoskeletal Anatomy, Nutrition, Theory and Practice of Swedish Massage, Professional Development, and Supplemental Therapies. Each domain is needed in order to provide a complete education of a massage therapist and the information contained within on domain influences all other. This course will lay the foundation of the individual domains and begin to demonstrate the importance of a holistic approach to bodywork.

### **Domain Descriptions and Course Objectives:**

**Anatomy and Physiology** – Anatomy is the science of the structure of the body. Physiology concerns the normal functions performed by the various systems of the body. Anatomy and Physiology are interrelated in that the structures are associated with their functions. Structure and function will depend on the interaction of the organism's parts, and each part has a role in the operation of the whole. Students will:

1. Gain a basic understanding of anatomy, physiology, and pathology.
2. Understand the importance of anatomy, physiology, and pathology in massage therapy.
3. Understand the role of massage therapy in management of the psychological and physiologic effects of stress and pain.
4. Understand and describe the wellness model and how massage affects that model.
5. Derive the meaning of medical terms by breaking them into their parts and defining those parts.

**Pathology** – Pathology is the study of the structural and functional changes caused by disease. Pathology examines what happens when the body or body part is in a state of dysfunction or disease. Students will:

1. Learn the pathology and epidemiology of diseases and disorders, including symptomatology.
2. Understand the importance of pathology in massage therapy.

**Musculoskeletal Anatomy** – An introductory exploration of the location, texture, and interrelationship of human musculoskeletal system, including kinesiology. Students will:

1. Identify major superficial and deep muscles including origin/insertions, actions, and selected innervations.
2. Develop palpation skills to differentiate the body's structures.
3. Recognize the relationship of musculoskeletal dysfunction and musculoskeletal pain.

**Nutrition** – Nutrition is the provision to cells and organisms of the materials needed to support life. Many common health problems can be prevented or alleviated with a healthy diet. Students will:

1. Understand the following and how they assist the body: vitamins, minerals, amino acids, enzymes, antioxidants, and herbs.
2. Become aware of what nutrients can alleviate specific disorders.
3. Become aware of drug interactions.
4. Learn the importance of balanced nutrition for both massage therapists and their clients.

**Theory and Practice of Massage Therapy** – An educated approach combined with a practical application of specific massage strokes and techniques based upon specific conditions and concerns of their client. Students will:

1. Learn the history of Swedish Massage Therapy. (referred to as “Theory and Practice” in Course Outline)
2. Learn the physiological effects of massage, including indications and contraindications of Swedish Massage Therapy.
3. Learn and demonstrate how to give an effective, full-body Swedish Massage with focus on proper draping to ensure modesty and body mechanics.
4. Learn and demonstrate techniques for assessing clients.

**Supplemental Therapies** – Introductory educational experiences to techniques used outside of Swedish Massage therapy to assist in providing a comprehensive approach to client wellness. Students will:

1. Experience an introduction to the theory and practice of Labor Support and Infant Massage.
2. Experience an introduction to the theory and practice of Sports Massage.
3. Experience an introduction to the theory and practice of Aromatherapy

**Professionalism and ethics** – Business and educational skills for developing well-rounded massage therapists. Includes ethical concerns and provides a psychological understanding of pain and wellness. Students will:

1. Learn and demonstrate an appropriate professional attitude when communicating with clients or other health care professionals.
2. Understand and apply ethical decision-making skills following the AMTA's Code of Ethics.
3. Become familiar with ethical concerns and client-therapist boundaries.

4. Understand the value of research to the massage therapy profession and effectively determine the quality of research articles.
5. Gain an understanding of the psychological effects, both positive and negative, of touch on different populations and conditions.
6. Understand the many different causes and symptoms of stress.
7. Learn beneficial stress management techniques for clients and themselves.

**Assessment and Performance Standards:**

Throughout the course several means of assessment will be utilized to determine student progress. Assignments and quizzes will be given across the dimensions. Most assignments and quizzes will be graded on the following scale: F (0-69), D (70-78), C (79-85), B (86-92), A (93-100). This grading scale will be hereby referred to as *Illinois Institute of Massage Grading Scale*. All assignments and quizzes will receive a letter grade with any score 69% or below will be considered a fail for that assignment or quiz. There will be 15 assessments given throughout the course to track their progress across the dimensions and identify strengths and weaknesses before the Final Exams. Students will be required to pass 11 of the 15 assessments. If students fail five or more assessments, they will be required to retake and pass the failed assessments in order to complete Semester 1. All assessments will be returned to student in a timely manner.

Students will also be evaluated three times after learning to perform Swedish Massage on the entire body. The practical evaluations will be performed all three times by their peers as well as once by an Instructor. These evaluations will not be graded but will be utilized so student can identify areas of strength and weakness. The peer evaluations will be held during Weeks 10, 14, and 17. The Instructor evaluation will also be held during Week 14.

Students will also have to perform successfully on a written and practical final evaluation, based heavily on the Theory and Practice of Massage Therapy. Students will be required to earn a 70% or higher on both the written and practical exams in order to successfully complete the course.

**Assignments:** The following assignments will be used to assess the Professionalism domain. Each assignment will be graded on the *Illinois Institute of Massage Grading Scale*.

1. Scientifically Based Research Worksheet Assignment
2. Group Research Article Critique – will be completed two times during the semester (Weeks 5 and 9)
3. Psychology of Touch Homework Part 1
4. Psychology of Touch Homework Part 2
5. Aromatherapy Student Evaluation

**Quizzes:** The following quizzes will be used to assess the domains which are included in the description. Quizzes will be graded on the *Illinois Institute of Massage Grading Scale*. Students will be required to answer 70% or more of the questions on each quiz correctly in order to pass. The quizzes will be used to

help student determine the domains in which are strengths and those in which they need to develop more knowledge in preparation for the Final Exams.

1. There will be four written quizzes focusing on Anatomy and Physiology, Pathology, Nutrition, Theory of Swedish Massage, and Supplemental Therapies (Weeks 8, 9, 10, and 11)

2. There will be two written quizzes focusing on Musculoskeletal Anatomy (Weeks 14 and 17)

**Proficiency Checklist:** Each student will have a checklist for the duration of the course, including skills from specific Supplemental Therapies. When participating in Supplemental Therapies domain learning moments, Instructors of the course will utilize these checklists and assess the skill development of the student. Students will be assessed on a four-point scale with a score of two or above being satisfactory. Scores of 50% or better will represent a passing score as it will indicate the student is performing at a satisfactory level or better of an introductory topic. If the Student receives a pass for this assessment they will receive a letter grade of A, if the Student receives a fail for this assessment they will receive a letter of F. The following Supplemental Therapies will be assessed using proficiency checklists during Semester 1:

1. Labor Support and Infant Massage

2. Sports Massage

**Final Exam** – The following exams will be used to determine if the student can continue on to Semester 2. Students must score a 70% or better on both the Written Exam as well as the Practical Exam individually. If passing scores are not earned, students will have to retake the portion in which they scored less than 70% before being allowed to enter into Semester 2.

1. Written Portion: Anatomy and Physiology, Pathology, Nutrition, Theory and Practice of Swedish Massage, and Supplemental Therapies.

2. Practical Portion: Complete full body Swedish Massage

If students do not earn 70% or better on the written and/or practical portion of the exam, they will be required to retest at the times set by the school. There will be two retest dates for each class which take place two weeks apart. If a student is still unable to pass the portion of the Final Exam originally failed, they will not be allowed to participate in Semester 2.

**Course Schedule:** Semester 1 is a 336-hour course that meets 3 days a week for 8 hours a day equaling 16 hours per week. A 30-minute lunch is included in the listed time schedule for each day. Class times are as follows: 8:00am-4:30pm.

Semester 2 (Weeks 15-28)

Requirements to advance:

Attendance – Must have 304 hours or more (allowed to miss up to 32 hours)

Graded Assessments – Must pass 11 of 15 assessments

CPR/First Aid Practical Exam – Must pass with 100%

Final Written Exam – Must pass each section with 70% or better

Final Practical Exam – Must pass with 70% or better

Student Clinic – Must pass 3 of 4 assessments

**Prerequisite:**

Student must have successfully completed Semester 1 by earning a 70% or better on a minimum of 11 assessments, a 70% or better on the written final exam, and a 70% or better on the practical final exam. Students will be required to possess current CPR certification and show proof of immunizations before beginning the Student Clinic.

**Course Description:**

Swedish Massage Therapy is a science and an art that is built off of a multifaceted base of knowledge. This course will apply an integrated and detailed approach to introduce the following seven important domains of Swedish Massage: Anatomy and Physiology, Pathology, Musculoskeletal Anatomy, Nutrition, Theory and Practice of Swedish Massage, Professional Development, and Supplemental Therapies. Each domain is needed in order to provide a complete education of a massage therapist and the information contained within on domain influences all other. This course will further develop the individual domains and continue to demonstrate the importance of a holistic approach to bodywork, as well as prepare the student for future employment.

**Domain Descriptions and Course Objectives:**

**Anatomy and Physiology** – Anatomy is the science of the structure of the body. Physiology concerns the normal functions performed by the various systems of the body. Anatomy and Physiology are interrelated in that the structures are associated with their functions. Structure and function will depend on the interaction of the organism's parts, and each part has a role in the operation of the whole. Students will:

1. Gain a further understanding of anatomy, physiology, and pathology.
2. Further understand the importance of anatomy, physiology, and pathology in massage therapy.
3. Further understand the role of massage therapy in management of the psychological and physiologic effects of stress and pain.

**Pathology** – Pathology is the study of the structural and functional changes caused by disease. Pathology examines what happens when the body or body part is in a state of dysfunction or disease. Students will:

1. Gain a further understanding of the pathology and epidemiology of diseases and disorders, including symptomatology.
2. Further understand the importance of pathology in massage therapy.

**Musculoskeletal Anatomy** – An introductory exploration of the location, texture, and interrelationship of human musculoskeletal system, including kinesiology. Students will:

1. Continue to identify major superficial and deep muscles including origin/insertions, actions, and selected innervations.
2. Enhance palpation skills to differentiate the body's structures.
3. Gain a further understanding of the relationship of musculoskeletal dysfunction and musculoskeletal pain.

**Nutrition** – Nutrition is the provision to cells and organisms of the materials needed to support life. Many common health problems can be prevented or alleviated with a healthy diet. Students will:

1. Understand the following and how they assist the body: vitamins, minerals, amino acids, enzymes, antioxidants, and herbs.
2. Continue to learn what nutrients can alleviate specific disorders.
3. Continue to learn of drug interactions.
4. Gain a further understanding of the importance of balanced nutrition for both massage therapists and their clients.

**Theory and Practice of Massage Therapy** – An educated approach combined with a practical application of specific massage strokes and techniques based upon specific conditions and concerns of their client. Students will:

1. Apply the physiological effects of massage, including indications and contraindications of Swedish Massage Therapy.
2. Continue to demonstrate and master how to give an effective, full-body Swedish Massage with focus on proper draping to ensure modesty and body mechanics.
3. Continue to develop techniques for assessing clients.

**Supplemental Therapies** – Introductory educational experiences to techniques used outside of Swedish Massage therapy to assist in providing a comprehensive approach to client wellness. Students will:

1. Experience an introduction to the theory and practice of Labor Hot Stone Massage.
2. Experience an introduction to the theory and practice of Oriental Medicine (including Shiatsu and Acupressure).
3. Experience an introduction to the theory and practice of Homeopathy.
4. Experience an introduction to the theory and practice of Active Isolated Stretching.

**Professionalism and Ethics** – Business and educational skills for developing well-rounded massage therapists. Includes ethical concerns and provides a psychological understanding of pain and wellness. Students will:

1. Gain an understanding of success and how to prevent failure.
2. Understand techniques of setting proper goals.
3. Gain knowledge of basic massage business practices including costs, taxes, etc.
4. Continue to develop and understand professional behavior and character.
5. Become CPR and First Aid certified.
6. Gain an understanding of proactive methods of personal and professional protection.

**Student Clinic** – Interaction with the general public is the basis of massage therapy. The students will be asked to work on members of the general public in order to develop assessment, business, and interpersonal skills. The experience allows students to begin applying practical skills within a safe environment while being assessed by Instructors and evaluated by clients. By completing this domain, students will have the opportunity to engage in a full client experience. This will include scheduling the appointment, completing an initial intake questionnaire, creating a care plan based upon the client's specific needs, setting up potential return appointments or referrals, and completing SOAP notes. The school faculty will provide advertising necessary to build a client base for the clinic period which will last five weeks. In the event there are not enough clients available for each student to work on a member of the general public, students will work on their fellow students and follow the same policies and procedures applied to members of the general public. Minimum of one Instructor will be present each day during the Clinic period for every ten students at all times in order to assess students' progress as well as to answer questions that may arise regarding business practices. Students will:

1. Write a resume and prepare for job interviews.
2. Learn how to professionally interact with clients (setting appointments, designing care plans, completing SOAP notes, and completing intake/exit interviews)
3. Learn how to become comfortable interacting with the public with assistance from their Instructor.
4. Develop an Individualized Business Plan to prepare for starting a business or working for another company.

Students are also provided a binder, handouts, stationary, black ink pens, pencils, and other supplies needed to function in the class room and practical room. Students are required to complete all assignments, quizzes, and exams in black ink or pencil.

**Assessment and Performance Standards:**



Throughout the course several means of assessment will be utilized to determine student progress. Assignments and quizzes will be given across the dimensions. Most assignments and quizzes will be graded on the following scale: F (0-69), D (70-78), C (79-85), B (86-92), A (93-100). This grading scale will be hereby referred to as *Illinois Institute of Massage Grading Scale*. All assignments and quizzes will receive a letter grade with any score 69% or below will be considered a fail for that assignment or quiz. There will be 15 assessments given throughout the course to track their progress across the dimensions and identify strengths and weaknesses before the Final Exams. Students will be required to pass 11 of the 15 assessments. If students fail five or more assessments, they will be required to retake and pass the failed assessments in order to complete Semester 1. All assessments will be returned to student in a timely manner.

Students will also have to perform successfully on a written and practical final evaluation, based heavily on the Theory and Practice of Massage Therapy. Students will be required to earn a 70% or higher on both the written and practical exams in order to successfully complete the course.

#### **Non-graded Assessments:**

1. Students will be peer evaluated two times while performing a full body Swedish massage before taking the final practical exam or participating in the Student Clinic. These evaluations will not be graded but will be utilized so students can identify areas of strength and areas that improvement is needed ahead of the Final Practical Exam and working in the Student Clinic.
2. During the Student Clinic period, students will be evaluated by each client they perform a full body Swedish massage on. These evaluations are not graded but utilized to monitor their progress in interacting with the general public. Clients may not understand proper techniques or steps of a Swedish massage, so the students should not be graded upon a client assessment.
3. Each student will create a personal, professional resume which will be evaluated, and the student will be given feedback.

#### **Graded Assessments:**

**Assignments:** The following assignments will be used to assess the Professionalism domain. Each assignment will be graded on the *Illinois Institute of Massage Grading Scale*.

1. Business Plan Assignment
2. Career and Personal Life Integration Plan

**Quizzes:** The following quizzes will be used to assess the domains which are included in the description. Quizzes will be graded on the *Illinois Institute of Massage Grading Scale*. Students will be required to answer 70% or more of the questions on each quiz correctly in order to pass. The quizzes will be used to help student determine the domains in which are strengths and those in which they need to develop more knowledge in preparation for the Final Exams.

1. Basic Business Practices
2. One written quiz focusing on Anatomy and Physiology, Pathology, Nutrition, Theory of Swedish Massage, and Supplemental Therapies
3. Three written quizzes focusing on Musculoskeletal Anatomy

4. One written Musculoskeletal Anatomy Exam – This exam is required to be passed prior to being considered for Graduation.

5. One practical CPR and First Aid Exam – This exam is required to be passed prior to being considered for Graduation. If student is absent during the time this course is taught they will be required to pay for and take a qualifying course outside of school.

**Proficiency Checklist:** Each student will have a checklist for the duration of the course, including skills from specific Supplemental Therapies. When participating in Supplemental Therapies domain learning moments, Instructors of the course will utilize these checklists and assess the skill development of the student. Students will be assessed on a four-point scale with a score of two or above being satisfactory. Scores of 50% or better will represent a passing score as it will indicate the student is performing at a satisfactory level or better of an introductory topic. If the Student receives a pass for this assessment they will receive a letter grade of A, if the Student receives a fail for this assessment they will receive a letter of F. The following Supplemental Therapies will be assessed using proficiency checklists during Semester 1:

1. Hot Stone/Hydrotherapy Massage
2. Self Defense
3. Active Isolated Stretching

**Self-Assessments:**

Each student will complete a self assessment when introduced to certain supplemental therapies. Students will have three sections to fill out on these assessments including what they know before the topic was presented, what they want to know about the topic, and what they learned from participation in the introduction to the supplemental theory. Instructors will check for completion of assessment. The following Supplemental Therapies will be assessed during Semester 2:

1. Oriental Medicine
2. Homeopathy

**Final Exam** – The following exams will be used to determine if the student can continue on to Semester 2. Students must score a 70% or better on both the Written Exam as well as the Practical Exam individually. If passing scores are not earned, students will have to retake the portion in which they scored less than 70% before being considered for Graduation

1. Written Portion: Anatomy and Physiology, Pathology, Nutrition, Theory and Practice of Swedish Massage, and Supplemental Therapies.
2. Practical Portion: Complete full body Swedish Massage

If students do not earn 70% or better on the written and/or practical portion of the exam, they will be required to retest at the times set by the school. There will be two retest dates for each class which take place two weeks apart. If a student is still unable to pass the portion of the Final Exam originally failed, they will not be allowed to participate in Semester 2.

**Student Clinic:**

During the Student Clinic period students will be evaluated by each client and four times by an Instructor. Students will be assessed on a four-point scale with a score of two or above being considered satisfactory. Scores of 50% or better will represent a passing score as it will indicate the student is performing at a satisfactory level or better. Students will have to pass a minimum of three of the four Instructor evaluations in order to complete the Student Clinic period, which is required for Graduation. In the event a student does not pass the required number of evaluations the student will be required to continue the Student Clinic period by performing massages on students rather than the general public until they can successfully pass an Instructor evaluation. If a student fails three Instructor evaluation attempts, they will not pass the Student Clinic period and will be unable to Graduate.

**Course Schedule:** Semester 3 is a 336-hour course that meets 2 days a week for 8 hours a day equaling 16 hours per week. A 30-minute lunch is included in the listed time schedule for each day. Class times are as follows: 8:00am-4:30pm.