

1000 Hr 2 Level Certification Course

Tuition covers Level 1 Certification and Level 2 Certification is complementary while in development.

Level 1: Average State Minimum Certification
625 Hours (6-8 month average)

Brief Overview -Self-paced hybrid course time estimation

Remote Learning (On App or Computer) - 200 hours

- Online coaches available Monday - Friday 10am - 5pm
- Done in 6 months = 8 hours per week
- Done in 7 months = 7 hours per week
- Done in 8 months = 6 hours per week

In-person Learning (At chosen location) - 425 hours

- Bootcamp, Training & Clinics
- Clinic Managers/Coaches available at designated times
- Done in 6 months = 16 hours per week
- Done in 7 months = 14 hours per week
- Done in 8 months = 12 hours per week

*We do not recommend going over 3-4 massages per day and students should schedule their time accordingly.

General Eligibility

Each state varies in requirements, including but not limited to

- must have a high-school diploma or GED,
- must be at least 18 years old,
- must not have any felonies on record regarding prostitution or any sex offense. For any other felonies on record, be prepared to explain and document details for consideration with the State.

Students may receive additional requirements at the time of enrollment.

Additional License Requirements

Indiana requires 625 hours.

Each state varies in requirements, including but not limited to, hours, course content, and methods of instruction. This is why we have included our level 2 certification to help assist students meet other state requirements.

[Indiana Code](#)



National Testing

The national test needed in most states as a requirement to become a massage therapist. Everything in this level of Certification is geared towards helping students get ready for this test. This is a 100 multiple choice test covering 7 different areas.

MBLEX Content List

1. **Anatomy and Physiology**- an understanding of the structures of the human body
2. **Kinesiology**- study of human movement and how the body's muscles and bones work together to produce movement.
3. **Pathology**- study of diseases and disorders, including their causes, symptoms, and treatments.
4. **Ethics, Laws and Boundaries**- covers the professional standards, legal requirements, and ethical considerations that must be followed by massage therapists.
5. **Guideline for Professional Practice**- cover the best practices for client interaction, communication, and treatment to ensure that massage therapists provide safe and effective services to their clients.
6. **Benefits and Physiological Effects of Techniques that Manipulate Soft Tissue**- the physical and psychological benefits of different massage techniques, including how they can promote healing, relaxation, and improved physical performance.
7. **Client Assessment, Reassessment and Treatment Planning**- how to evaluate clients' needs, create effective treatment plans, and track progress throughout the therapeutic process.

Level 1 Course Description

Self Paced Hybrid Course

Our course is both online and in person. In lieu of the traditional rigid schedule course, we designed our course as a self guided course with Instructors and Tutors to help and to coach the student through the course. The course is broken into both online and in-person learning and will be presented in three distinct phases:

- *Bootcamp & Fundamentals* - A brief introduction to massage therapy and the fundamentals to get started on clinics.
- *Learn By Doing/Case Studies* - This phase leverages your bootcamp learnings for practical application in clinics, advancing your studies and preparing you for the MBLex test.
- *MBLex Preparation* - Further studies to improve understanding and prepare for licensure.

1) Online Learning (200 hours)

Our self guided course was built from the ground up and is geared towards getting ready for national testing as quickly as possible while remaining flexible enough to meet the demands of the average working adult. Our custom built learning portal can be accessed most places through a mobile device or computer and is constantly growing and developing to help meet students' learning needs.



- **National testing preparation**

Our online course was designed from the ground up with a focus on national testing. At its core, the content of this course is the fundamentals of the national test needed for licensure.

- **On demand content**

The app guides the student through the course with varying ways to consume content based on the individual's learning needs.

- **Online Instructors**

While our course is self guided, our instructors are here to help. Backed with our AI tutoring systems, we help identify learning styles as well as weak points to help students achieve their goals.

- **In-person integration**

Our online coursework is designed to go hand in hand with the in-person training.

- **Estimated time requirement**

While the course is self-paced, students can take as much or as little time as needed for completion. We designed it to be completed in roughly 6-8 months, approximately 9-12 hours per week.

- **In-person Learning (425 hours)**

The in-person portion of the course involves hands-on training, clinics, and other in-person sessions to provide students with practical experience and help them master the techniques they have learned online.

- **Bootcamp (25 hours)**

All students will start with the app portion of the bootcamp and will schedule with the clinic manager to do in-person bootcamp when completed. This is where they will learn the basics of massage to get through the course.

- This is done prior to hands-on training or clinics.
- Will be scheduled with the clinic manager/coach.

- **Hands-on training (82 hours)**

Level 1 hands-on training was created with the intention of re-enforcing the information that will be studied for the state test. We focus on finding each muscle, locating it's origin and insertion and learning how to massage.

- **Self-paced** Work with other students and our on-demand hands-on training videos while having instructors on call to assist you if you need help. Students will be tested throughout the course to ensure competencies and proper practice.
- **Group practice** For those who prefer a more traditional setting and structure, clinic managers will designate a schedule through the week for students to gather together as a group to practice their hands-on training assignments.
- **Estimated time requirement** For completion in 6-8months, hands-on training should take roughly 1-2 hours per week.

- **Clinics (212 hours)**

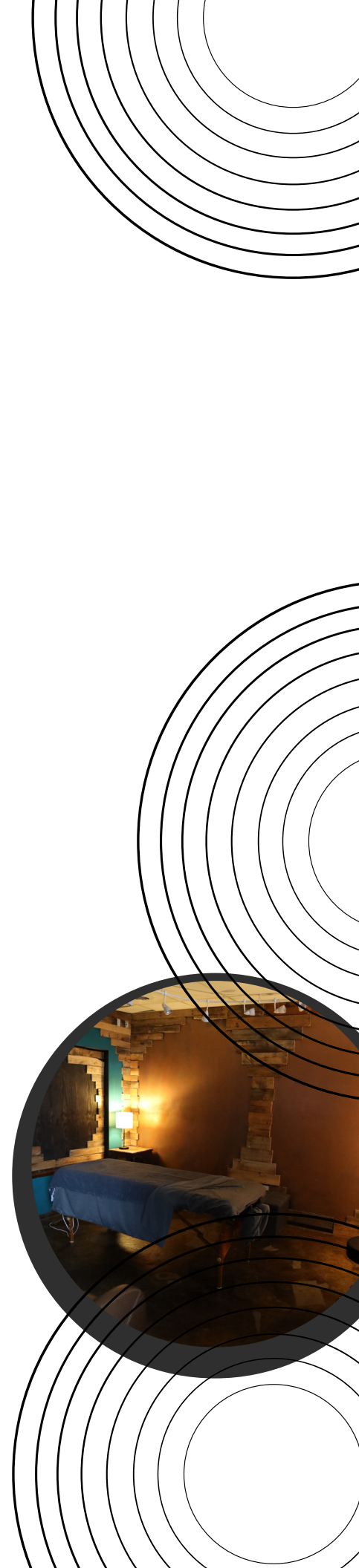
Clinics are critical in the course. Clinics are designed to prepare students for national testing as well as give them a chance to practice what they have learned in the training. Completion of clinics is a great example of what it's like to work as a massage therapist.

- **Scheduling** - Clinics are scheduled on student's availability in accordance with location's hours.
- **Estimated time requirement** - For completion in 6-8 months, clinics should take roughly 10 hours per week.

- **Learn By Doing (106 hours)**

Clinic Management, Client Assessment and Case Studies will utilize your clinics as a means for preparing you for MBLex while learning the ins and outs of running a massage clinic.

Students will be awarded time for every clinic that is done.



Level 2: Elective Hours Description - Coming Summer 2023

The requirements for massage therapy may vary depending on the state, and not all therapists will be interested in specializing in the same areas. To address these differences, we have included elective block hours in our program to allow students to tailor their education to their needs.

For instance, a student in a state that requires additional ethics training beyond what is provided in Level 1 can add a block hour to fulfill the requirement. Alternatively, a student with a particular interest in pregnancy massage can choose to take the pregnancy block hour to learn more about this modality.

The school will be continuously adding new content to the elective block hours to provide students with a wide range of options to choose from. The school reserves the right to modify, add, or remove course content without prior notice, at its sole discretion. Any changes will be communicated to students in a timely and effective manner. When a particular state requires more than school provides, the school can provide additional learning.

Advanced Core

- A. Anatomy and Physiology
- B. Pathology
- C. Kinesiology
- D. Ethics, Laws and Boundaries
- E. Guidelines for Professional Practice
- F. Client Assessment, Reassessment and Treatment Planning
- G. Benefits and Physiological Effects of Techniques that Manipulate Soft Tissue

Board Certification

Take massage therapy learning up a notch with higher standards than state minimum with board certification through NCBTMB. This is also good for states that require additional training not covered in state minimum courses.

Hot Rocks

Hot rocks massage is a type of therapy that uses heated stones to provide deep tissue massage and promote relaxation. Students will learn a range of techniques, contraindications, and safety precautions of hot rocks massage, and will be equipped with the knowledge and skills necessary to provide a deeply relaxing and therapeutic experience for clients or loved ones.

Pregnancy

Pregnancy massage adapts traditional massage techniques to provide safe and effective massage for pregnant clients. Students will learn about the benefits of pregnancy massage, how to modify massage techniques to accommodate the changing needs of pregnant clients, and how to provide a comfortable and safe environment. The course will also cover precautions and contraindications, communication with clients, and obtaining informed consent for treatment.



Cupping

Cupping massage is a type of therapy that uses suction cups to create a vacuum effect on the skin, helping to release tension and promote healing. Students will learn the theory and practice of cupping massage, including the equipment and methods of cupping massage, the benefits and contraindications of the therapy, and a range of cupping techniques such as stationary, moving, and facial cupping. The course will cover safety precautions and contraindications, including identifying conditions or situations where the therapy is not appropriate.

Trigger Point Therapy

Trigger point therapy massage is a type of therapy that focuses on identifying and releasing trigger points, or knots, in the muscles. Students will learn the theory and practice of trigger point therapy massage, including the identification of trigger points, the application of pressure to release them, and various techniques such as stretching and the use of tools like massage balls or foam rollers. The course will cover safety precautions and contraindications, including identifying conditions or situations where the therapy is not appropriate.

Additional Courses are always being created

We are here to co-create with the students, local employers and government agencies to create the school we envision. The field is ever expanding as well as our content.

This institution is regulated by the Office of Career and Technical
Schools 10 N Senate Ave, Ste 308, Indianapolis, IN 46204

