

# Program Learning Outcomes - Draft

The conditions below identify the majority of the Core Entry Level Massage Education Blueprint from the Coalition of National Massage Therapy Organizations to which our students should be educated.

Successfully complete the required hours of training for the Therapeutic Massage Program for which the student is enrolled.

**Conditions:** Having completed instruction on the evolution of massage and bodywork, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to the evolution of massage and bodywork including historical events, knowledge of the current structure of the massage and bodywork profession including massage as part of health care, relevant organizations, work environments, client types, and their needs and wants, on a written examination.

**Conditions:** Having completed instruction on massage benefits and effects, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to massage benefits and effects including differentiation of the types of benefits and effects; physiological, psychological, and energetic benefits and effects; and massage indications on a written examination.
- Demonstrate knowledge of the physiological and psychological mechanisms underpinning massage as an effective stress reduction and stress management strategy on a written examination.
- Demonstrate knowledge of the physiological and psychological mechanisms underpinning massage as an effective pain reduction and pain management strategy on a written examination.

**Conditions:** Having completed instruction on massage cautions and contraindications, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to massage cautions and contraindications including endangerment areas, medications and side effects, and contraindications on a written examination.
- Demonstrate the use of a clinical reasoning process to identify contraindications, an understanding of when there is a need for increased therapist caution, and the capacity to choose appropriate adaptive measures for session planning on a written examination.
- Demonstrate the integration of knowledge and skills from other topics with this topic including the use of health intake forms, pathology reference books, drug reference books, and research literacy when determining if conditions are contraindicated or require caution, a physician's release, or adaptations on a graded assignment.
- Correctly adapt massage strokes and techniques in endangerment areas or based on client feedback on a practical evaluation.
- Obtain training and certification from the American Red Cross in adult first aid, cardiopulmonary resuscitation (CPR), and use of an automated external defibrillator (AED).

**Conditions:** Having completed instruction on equipment and session environments, the learner is expected to:

- Demonstrate knowledge of the key terms and concepts related to massage equipment and session environments, including types of equipment and features, lubricants, supplies, and factors for creating a comfortable, inviting, and safe session space, on a graded assignment.
- Correctly set up, organize, adjust for comfort and safety, sanitize, and properly use massage equipment, lubricants, and supplies related to the practice of massage therapy on a practical

evaluation.

**Conditions:** Having completed instruction on preventing disease transmission, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to preventing disease transmission, including methods by which infectious diseases are spread, therapist hygiene, sanitation of the facility and equipment, good housekeeping practices, and standard precautions, on a written examination.
- Demonstrate proper therapist hygiene, correct hand-washing procedure, proper use of gloves, the sanitation of massage equipment, proper cleanliness and management of massage linens, and proper cleanliness and management of lubricants and supplies on a practical evaluation.

**Conditions:** Having completed instruction on massage laws and regulations, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to massage laws and regulations including requirements to obtain and maintain credentials, state laws and regulations, scope of practice, limits to scope of practice, and supervision of therapists in the state in which one intends to practice, on a written examination.

**Conditions:** Having completed instruction on personal health, body mechanics, and self-care, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to personal health, body mechanics, and self-care on a written examination.
- Demonstrate a useful self-care warm-up, and adjust personal body mechanics in response to instructor feedback during a practical evaluation.
- Demonstrate the integration of body mechanics principles into hands-on work, including the regular use of a self-care warm-up, and correct body mechanics during the application of massage methods, on practical evaluations.

**Conditions:** Having completed instruction on ethics and the therapeutic relationship, the learner is expected to:

- Demonstrate knowledge of the key terms and concepts related to characteristics of positive therapeutic relationships and preventing transference and countertransference on a written examination.
- Use effective and appropriate therapist language and behaviors to redirect client behaviors related to transference on a graded classroom activity.
- Demonstrate knowledge of the key terms and concepts related to ethics and the therapeutic relationship, including the purpose of ethics, use of an ethical decision-making model, ethical principles commonly adopted by the massage profession, behaviors that lead to ethical violations, and adherence to a defined code of ethics, on a written examination.
- Use effective and appropriate therapist language and behaviors to uphold standards of ethical practice, including declining a client massage treatment when appropriate, representing massage qualifications and the limits of massage honestly, referring clients to other health care providers when appropriate, obtaining the client's informed consent, responding appropriately to client sexual innuendo, on a practical evaluation.
- Demonstrate effective language and behaviors to deal professionally and appropriately with ethical dilemmas, and to uphold ethical principles in therapist/client situations when presented with on-the-spot scenarios by instructors in graded activities.
- Demonstrate knowledge of the terms and concepts related to boundaries in a therapeutic relationship, including establishing and maintaining boundaries, responding to boundary violations, avoidance of behaviors that violate the boundaries of clients, managing personal and client emotions during sessions, and managing issues related to touch, intimacy, and sexual arousal

responses effectively and professionally, on a written examination.

- Demonstrate effective and appropriate language and behaviors to establish boundaries, respond to boundary violations, manage a client's emotional release process, respond professionally to clients experiencing unwanted sexual arousal responses, and respond professionally to clients seeking sexual gratification from the massage session, on a practical evaluation.

- Demonstrate effective language and behaviors to deal professionally and appropriately with boundary crossings, client emotional release, or client situations that require a therapist to manage intimacy, touch, and sexual arousal responses, when presented with on-the-spot scenarios by instructors in graded activities.

**Conditions:** Having completed instruction on an orientation to the human body, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to using health care terminology, including the ability to break down unknown words into word elements, use a medical dictionary, positional and directional terms, body planes and movements, body regions, cavities, and abdominal quadrants, on a written examination.

- Demonstrate knowledge of the terms and concepts related to basic anatomy and physiology, including the structural levels of the body and the structure and function of cells, tissues, and membranes, on one or more written examinations.

- Demonstrate knowledge of the terms and concepts related to health, well-being, and disease, including aspects of well-being and predisposing causes of disease, on a written examination.

**Conditions:** Having completed instruction on the skeletal and muscular system, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to the structure and function of the skeletal system, including bones, bony landmarks, and joints and pathologies of the skeletal system, including fractures, dislocations, and subluxations, on one or more written examinations.

- Demonstrate the use of a clinical reasoning model to determine appropriate massage session actions for a skeletal system pathology (e.g., determine it is a contraindication and decline massage, determine it is a local contraindication, determine that another session adaptation is required, etc.), on a graded activity.

- Demonstrate knowledge of the terms and concepts related to the structure, function, and pathologies of the muscular system, on a written examination.

- Demonstrate the use of a clinical reasoning model to determine appropriate massage session action for a skeletal system pathology (e.g., determine it is a contraindication and decline massage, determine it is a local contraindication, determine that another session adaptation is required, etc.), on a graded activity.

**Conditions:** Having completed instruction on the various systems of the body, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to the structure and function of the systems, on a written examination.

- Demonstrate knowledge of the terms and concepts related to the system's dysfunction on a written examination.

- Demonstrate the use of a clinical reasoning model to determine appropriate massage session action for selected pathologies of the various systems to determine if it is a contraindication and decline massage, determine that another session adaptation is required, on a graded activities.

- Demonstrate knowledge of the terms and concepts related to the structure and function of the nervous system, including the central nervous system, peripheral nervous system, autonomic nervous system, somatic nervous system, the anatomy of pain, and nervous system pathologies, on written examinations.

- Demonstrate the use of a clinical reasoning model to determine appropriate massage session action for a nervous system pathology (e.g., determine it is a contraindication and decline massage, determine it is a local contraindication, determine that another session adaptation is required, etc.), on a graded activity.
- Demonstrate knowledge of the terms and concepts related to the structure, function, and pathologies of the cardiovascular system, on a written examination.
- Demonstrate the use of a clinical reasoning model to determine appropriate massage session action for a cardiovascular pathology (e.g., determine it is a contraindication and decline massage, determine it is a local contraindication, determine that another session adaptation is required, etc.), on a graded activity.

**Conditions:** Having completed instruction on client assessment, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to health forms, client interviews, general observation, palpation assessment, posture assessment, range of motion assessment, pain assessment and functional limitations assessment, on written examinations.
- Correctly administer a health form and conduct a client interview to rule out contraindications and plan a safe massage session, on a graded activity or practical evaluation.
- Conduct a competent palpation assessment and make four defensible observations about the quality of skin, fascia, muscles, tendons, and joint movements to inform session planning, on a graded activity or practical evaluation.
- Correctly perform a posture assessment and make two defensible observations about muscular imbalance to inform session planning, on a graded activity or practical evaluation.
- Correctly perform active and passive range of motion assessments on two joints and make two defensible observations about movement quality to inform session planning, on a graded activity or practical evaluation.
- Correctly administer a pain assessment asking effective follow-up questions to inform session planning, on a graded activity.
- Correctly administer a functional limitations assessment and set two defensible short-term and two defensible long-term functional goals with a client, on a graded activity.

**Conditions:** Having completed instruction on documentation and client files, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to key principles in documentation, maintenance of client files, and SOAP charting and other documentation formats as determined by the school, on a written examination.
- Demonstrate knowledgeable use of SOAP charting by documenting five practice massage sessions on SOAP forms and correctly completing each section of the form using proper abbreviations and symbols, on a graded homework assignment or during practical evaluations in hands-on classes.
- If appropriate, demonstrate knowledgeable use of an alternative method of charting (as determined by the school) by documenting five practice massage sessions correctly on the appropriate form, as part of a graded homework assignment or during practical evaluations in hands-on classes.

**Conditions:** Having completed instruction in foundation principles and skills, the learner is expected to:

- Demonstrate knowledge of the key terms and concepts related to an overview of massage/bodywork forms and styles, positioning, and draping, on a written examination.
- Correctly bolster clients safely and comfortably in the prone, supine, side-lying, and semi-reclined positions, on a practical evaluation.
- Correctly drape clients modestly and comfortably while exposing appropriate body areas for massage/bodywork, on a practical evaluation.
- Correctly assist a client on and off a massage table while keeping the client draped, on a practical

evaluation.

**Conditions:** Having completed instruction in the application of massage and bodywork methods, the learner is expected to:

- Demonstrate knowledge of the key terms and concepts related to massage and bodywork application, forces and soft-tissue deformation, gliding, torsion, shearing, elongation, oscillating, percussive, static, joint movements, and hot and cold methods, on written examinations.
- Demonstrate the correct application of gliding, torsion, shearing, elongation, oscillating, percussive, static, joint movement, and hot and cold methods, including variations in methods, the use of appropriate pace, depth, rhythm, therapeutic intent, proper body mechanics, correct client positioning methods, modest draping, and effective client communication, on practical evaluations.

**Conditions:** Having completed instruction in the massage or bodywork session, the learner is expected to:

- Demonstrate knowledge of the key terms and concepts related to an overview of a massage session, session planning, customization of a session, and suggesting client self-care activities, on a written examination.
- Demonstrate a fluid and enjoyable 1-hour session including effective methods for opening the session, sequencing body regions, sequencing strokes, including a face and a foot routine, on a practical evaluation.
- Effectively negotiate a customized session and deliver the agreed session via a massage integrating an effective opening, sequencing of body regions to meet the client's specifications, techniques and depth of work to meet the client's specifications, an effective closing, and the suggestion of one appropriate client self-care activity, on a practical evaluation.

**Conditions:** Having completed instruction and practice integrating application methods from a Western paradigm, including Swedish massage, myofascial approaches, and neuromuscular approaches, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to Swedish massage, myofascial approaches, and neuromuscular approaches, their therapeutic paradigms, their specific strokes, their physiological effects, their variations, conditions that require cautious work or session adaptations and contraindications, on a written examination.
- Work from a Swedish massage therapeutic paradigm to integrate application methods in a fluid 1-hour general Swedish massage session with an effective opening, with the traditional sequencing of Swedish strokes, and with attention to time management, safe and comfortable client positioning, modest draping, professional and effective client communication, and proper body mechanics, on a practical evaluation.
- Work from a myofascial therapeutic paradigm to integrate application methods in a fluid 1-hour general myofascial massage session with an effective opening, with the correct application and sequencing of myofascial methods, and with attention to time management, safe and comfortable client positioning, modest draping, professional and effective client communication, and proper body mechanics, on a practical evaluation.
- Work from a neuromuscular therapeutic paradigm to integrate application methods in a 1-hour general neuromuscular session using an effective opening, appropriate warm up of the tissue, the correct application and sequencing of neuromuscular methods, and with attention to time management, safe and comfortable client positioning, modest draping, professional and effective client communication, and proper body mechanics, on a practical evaluation.

**Conditions:** Having completed instruction on an orientation to palpation and movement, the learner is expected to:

- Demonstrate knowledge of the key terms and concepts related to the development of palpation skills and the basics of human movement on a written examination.

**Conditions:** Having completed instruction on the anatomy of the body, the learner is expected to:

- Demonstrate knowledge of the key terms and concepts related to the bones, bony landmarks, ligaments, joints, muscles, and actions of the various parts of the body on a written examination.
- Locate instructor-selected bones, bony landmarks, joints, ligaments, and muscles and identify muscle fiber direction and muscle actions, on a practical evaluation.

**Conditions:** Having completed instruction on adapting sessions for the stages of healing, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to the acute stage, subacute stage, and maturation stage of healing, on a written examination.
- Plan and conduct one-hour sessions for clients with different injuries in the acute stage, subacute stage, and maturation stage of healing, demonstrating the ability to adapt sessions appropriately, choose effective application methods, and address compensating structures on graded activities or practical evaluations.

**Conditions:** Having completed instruction on adapting sessions for clients with common pathologies, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to common pathologies including arthritis, bursitis, cancer, diabetes, fibromyalgia, fasciitis, tendinopathies, headaches, nerve compression syndromes, osteoporosis, skin cancer, stress, sprains, and strains, on graded activities, or written examinations.
- Plan and conduct one-hour sessions for clients with instructor-selected pathologies, demonstrating the ability to adapt sessions appropriately and choose effective application methods, on graded activities or practical evaluations.

**Conditions:** Having completed instruction on adapting sessions for special populations, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to special populations including clients over 55 years of age, clients who are obese, clients who are children, clients who are pregnant, clients who are athletes or fitness oriented, clients who are at the end of life, and clients with disabilities, on graded activities or written examinations.
- Plan and conduct 1-hour sessions for instructor-selected special populations, demonstrating the ability to adapt sessions appropriately and choose effective application methods, on graded activities or practical evaluations.

**Conditions:** Having completed 7 hours of instruction on interpersonal skills, the learner is expected to:

- Demonstrate knowledge of the key terms and concepts related to interpersonal skills, including assertive communication and conflict resolution, on a written examination.
- Demonstrate effective assertive communication skills during a role-playing activity in response to client-therapist scenarios assigned by the instructor, on a graded activity.
- Demonstrate the steps in a conflict resolution process using assertive communication skills and appropriate therapist behaviors during a role-playing activity in response to a client-therapist scenario assigned by the instructor, on a graded activity.

**Complete 100 hours of supervised massage outside of the classroom for completion of 100 hours of SOAP Notes and perform the following:**

- Demonstrate knowledge of the key terms and concepts related to working in the school's student clinic, including professionalism, session management, and clinic management, on a written examination.

- Demonstrate effective and professional therapist language and behaviors to interact with student clinic clients, peers, and instructors during participation in the school's student clinic as evidenced by client, peer, and instructor feedback forms.
- Follow student clinic policies and procedures and represent the school in a professional manner during participation in the school's student clinic, as evidenced by a graded student clinic evaluation conducted by a supervisor.
- Plan sessions in accordance with client's goals while integrating session adaptations based on student 's level of training and cautions or contraindications as evidenced by client feedback forms.
- Integrate skills including draping, bolstering, use of equipment and sanitation practices, application of strokes and methods, professionalism, and communication, in safe, effective, and enjoyable sessions, as evidenced by client feedback forms.
- **Successfully pass the state of Indiana's required Massage and Bodywork Licensing Exam to become a certified Massage Therapist in Indiana.**