

# KAPOLEI MASSAGE INSTITUTE

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## Professional Massage Workshop & Licensing Apprentice Program

### 2023 - 2024 Workshop Start Date

January 12, 2024 - May 4, 2024

March 26, 2024 - July 16, 2024

June 7, 2024 - September 27, 2024

September 30, 2024 - January 20, 2025

\* Workshop start dates may be changed without notice only in unforeseen circumstances.

### Program Schedule

Monday thru Sunday

Weekend Morning Class: 8:00AM-12:00PM

Weekday Evening Class: 5:00PM-9:00pm

**Total Massage Workshop: \$8,750**  
**Installment Plans Available**

### **WORKSHOP COURSE DESCRIPTION**

By the end of this workshop, we will have covered:

#### **Anatomy/Physiology and Structural Kinesiology**

**(50 hours)** Introduction to the human body, the chemical level of organization, cell, tissues, integumentary system, skeletal system, joints, muscles, the nervous system, the spinal cord, the brain, the automatic system, the endocrine system, the cardiovascular system, the digestive system, metabolism, the urinary system, and the reproductive system. Course text: The Human Body in Health & Disease Gary A. Thibodeau & Kevin T. Patton

#### **Theory and Demonstration of Massage Therapy (100 hours) consists of the following**

- Massage history and theory, general benefits of massage, record keeping, hygiene/sanitation, the proper procedure in massaging (concerning the protection of both client and massage therapist), standards of practice, ethics, body mechanics, draping/positioning, specific massage strokes, assessment of client's condition(s) and the general technique to be applied, contraindications of massage for specific techniques according to conditions, technique for specific conditions, full body (Swedish) massage, consulting, and front/back office. Course text: Mosby's

Fundamentals of Therapeutic Massage by Sandy Fritz, Sixth Edition

#### **Instructor Supervised Practical Massage Training/Clinicals (420 hours) which includes:**

**Clinical Operations (70 hours):** Sanitation (30 hours); Front/Back Office Procedures (30 hours); and Client Record Keeping (10 hours).

**Advanced Techniques (45 hours)** (i.e. treatment planning of client(s) specific condition(s)/complaint(s): Deep Tissue Massage - Observation of classroom-instructors (10 hours); Swedish Massage - Observation of classroom-instructors (10 hours); Consulting (20 hours)

#### **Hands on supervised massage with record keeping (310 hours)**

### **PROGRAM DESCRIPTION**

This 570-hours massage therapy program is designed to teach students the principles of basic anatomy, physiology and structural kinesiology. This workshop is exceptional in providing core competencies essential for successful Massage Therapists. The workshop is structured and sequenced to provide students with an intrinsic knowledge, comprehension, and application of Massage Therapy techniques in order to be prepared to take the Hawai'i State Licensing Examination.

### **PROGRAM OBJECTIVES**

The Massage Therapy Workshop prepares graduates for entry level positions in an array of different settings including, clinics, spas, health clubs, chiropractic offices and more.

The anatomy, physiology and structural kinesiology included in the curriculum are central in preparing graduates to work with other healthcare professionals and to intelligently discuss indications/contraindications and treatment plans for Massage Therapy techniques with clients.

This disclosure is to avoid confusion that may include misleading information such as, name of workshop that could imply approval by the Department of Education ("DOE"). The separate pathways are identified below:

**Workshop training** is a pathway toward partial qualification for licensure and is limited only to the academic course of study and not the practical/clinical training.

**Institutional education** from a DOE licensed school is another pathway. DOE school license requirements include general financial stability, adequacy of facility and equipment, preparation of school brochures and catalogs, surety bond requirements, fitness of school principal to operate a school, and may include a school inspection among other things.