



ADULT EDUCATION PROGRAM PLAN

Knox Technical Center Massage Therapy

Knox Technical Center

Coordinator: Diane Shew
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Coordinator Office Hours: by appointment
Preferred Method of Contact: email

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Web Site: www.KnoxTechnicalCenter.com
School Office Hours: Mon-Thurs 7:30am – 7:00pm
Fri 7:30am – 4:00pm

I. GENERAL INFORMATION

- A. Vision Statement: Prepare students for success
- B. Mission Statement: Our mission is to provide cutting edge programs that prepare adults with career and life-long learning skills.
- C. Adult Education Director: Jane Marlow
740.393.2933, ext. 1106
jmarlow@knoxcc.org
- Instructors:
Diane Shew, BS
740.393.2933, ext. 11-5
dshew@knoxcc.org
- Amanda Dearth, LMT
740.393.2933, ext. 1116
adearth@knoxcc.org
- D. Disability Accommodations. Any learner needing special accommodation on the basis of any disability must advise the instructor at the beginning of class. All necessary accommodations will be made upon presentation of relevant certification, presented in a timely manner. Learners are also responsible for making contact with the Program Coordinator prior to the start of class. For detailed KCCC Bylaws & Policies pertaining to Reasonable Accommodation, see Section 2260.01-Section 504 – ADA Prohibition Against Discrimination Based on Disability located on the website at www.knoxcc.org.
- E. Equal Opportunity. It is the policy of the Knox County Career Center School District that employment, educational programs, and activities are provided without regard to race, color, national origin, sex or disability. Any learner with a disability should contact the program coordinator. The Board designates the Director as the Title VI, Title IX and Section 504 Coordinator.
- F. Title IV Eligibility. This program has been approved for Title IV funding. Adult learners requesting information about financial assistance should contact Financial Aid Coordinator Sheryl Mickley.

II. RATIONALE FOR PROGRAM

- The majority of licensed massage therapists are self-employed or independent contractors.
- According to the Bureau of Labor Statistics, projected growth in the massage therapy field through 2020 is 20%. (www.bls.gov/ooh/healthcare/massage-therapists.htm).
- As of August 2015, Massage Envy (ME) employed 9 KCCC graduates in the central Ohio area, and as the nation's largest employer of massage therapists, are always hiring. KCCC graduates are continuously recognized by ME as quality therapists.
- As of August 15, 2015, there were 224 Massage Therapy related jobs listed in Ohio on <http://www.indeed.com/q-Massage-Therapist-l-Ohio-jobs.html>
- Graduation, passage, licensure, and employment rates
 - 2011 = 84% graduation; 100% passage; 100% licensure; 100% working in field
 - 2012 = 100% graduation; 100% passage; 100% licensure; 100% working in field
 - 2013 = 80% graduation; 100% passage; 100% licensure; 100% working in field
 - 2014 = 93% graduation; 93% passage; 85% licensure; 85% working in field
 - 2015 = 100% graduation; 93% passage; 87% licensure; 87% working in field
 - 2016 = 88% graduation; 87% passage; 87% licensure; 87% working in field
 - 2017 = 92% graduation; 92% passage; 92% licensure; 100% working in field
 - 2018 = 58% graduation; 100% passage; 100% licensure; 86% working in field

III. PROGRAM DESCRIPTION

The School of Massage Therapy offers a combination of subject matter and practical experience for treating disorders of the human body by the manipulation of soft tissue through the systematic external application of massage techniques including touch, stroking, friction, vibration, percussion, kneading, stretching, compression, and joint movements within the normal physiologic range of motion and the external application of water, heat, cold, topical preparations, and mechanical devices.

The program content matches requirements as established by the State Medical Board of Ohio.

IV. PROGRAM GOALS

- To prepare well-trained, ethical and professional people to become Licensed Massage Therapists.
- To graduate students who are ready to successfully pass the Massage and Bodywork licensure examination (MBLEx) for Massage Therapy.
- To provide a high-quality education, with a strong foundation in Swedish Massage and an introduction to other therapeutic modalities, Anatomy & Physiology, Ethics and Communication; that focuses on an integrative approach, comprehensive assessment and effective treatment plans.
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V. PROGRAM OUTCOMES

After the completion of the Massage Therapy Program, a learner will be able to:

- Explain the Scope of Practice and the Code of Ethics as identified by Ohio Law. *(Class: Professional Development)*
- Discuss history and contemporary modalities of massage/bodywork. *(Class: Professional Development)*
- Define a therapeutic relationship and explain the effects of boundaries, power differential, transference, countertransference, and dual relationships in the therapeutic relationship. *(Class: Ethics)*
- List and describe safety practices and procedures for the work environment, including universal precautions as defined by the Center for Disease Control (CDC). *(Class: Massage Therapy I)*
- Discuss the basic principles of anatomy and physiology of all body systems, focusing on musculoskeletal systems. *(Classes: Medical Terminology, Anatomy & Physiology I-IV)*
- Understand and competently administer Swedish Massage in prone, supine, side-lying, and seated positions. *(Classes: Massage I-II)*
- Administer and explain techniques including but not limited to, touch, stroking, friction, kneading, vibration, percussion, and joint movements. *(Classes: Massage I-II)*
- Conduct and document client interviews and assess indications/contraindications for massage therapy. *(Classes: Massage II-IV, Pathology)*
- Evaluate effectiveness of massage, adapt treatments to individual client needs, and make appropriate referrals. *(Classes: Massage II-IV, Pathology)*
- Document the treatment plan utilizing a SOAP (subjective, objective, assessment, plan) documenting process. *(Classes: Massage II-IV)*
- Identify career options in massage therapy, and effectively plan next career step. *(Classes: Professional Development, Business, Massage I-IV)*
- Demonstrate a working understanding of business practices and communication. *(Class: Business)*
- Create a resume and cover letter, policies and procedures, marketing and business plans. *(Classes: Professional Development, Business)*
- Discuss medical research and the evolving the field of massage therapy. *(Classes: Massage II-IV)*
- Educate clients and others about massage therapy, complementary medicine and wellness. *(Classes: Massage II-IV)*

VI. CREDENTIALS

- Graduates are eligible to take the Massage and Bodywork Licensure Examination (MBLEx). The fee for the exam is \$195. The Candidate Handbook can be found at: <http://www.fsmtb.org/downloads/candidateHandbook.pdf>



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- After passing the MBLEx, graduates may apply to the State Medical Board of Ohio for licensure. The application fee is \$150. Fees submitted are neither refundable nor transferrable. The application can be found at: <http://www.med.ohio.gov/pdf/eligmt.pdf>
- Successful completion of a massage therapy program and passage of the MBLEx does not guarantee licensure. Persons convicted of a felony or misdemeanor might not be granted a license or may have restrictions placed on their ability to practice. Each case is handled on an individual basis after a candidate submits to a required background check and applies for licensure. <http://med.ohio.gov>
- Upon successful completion of the program, graduates may also be eligible to sit for one of the NCBTMB (National Certification Board for Therapeutic Massage & Bodywork) certification exams. Each state governs massage therapy individually, and adult learners are to understand that passing the NCETM or NCETMB does NOT permit you to practice massage therapy in Ohio.

VII. TARGET POPULATION

- Any person 18 years of age and older with high school diploma or GED
- Any person interested in a Massage Therapy career and/or career enhancement within a healthcare environment

VIII. PROGRAM MODEL

- A. 817 hours of instruction
- B. 491 hours in Ethics & Massage; Anatomy, Physiology, & Pathology, Business & Law classroom(s) Tuesdays and Thursdays 4:00pm – 10:30pm, some Saturdays 8:30am-5:00pm
- C. 198 hours in ethics & Massage, Anatomy, Physiology, & Pathology lab(s) Tuesdays and Thursdays 4:00pm – 10:30pm, some Saturdays 8:30am-5:00pm
- D. 103 Work-Based hours in Ethics & Massage and Massage 4:00pm – 10:30 pm, some Saturdays 8:30am – 5:00pm.
- E. 25 outside hours throughout program
- F. See Addendum A for Curriculum Map

IX. ASSESSMENT STRATEGIES

- A. Preassessment Skills Review
 - TABE – Reading Comprehension only: 12+ level
- B. Throughout Program
 - WorkKeys
 - Individual module testing
 - Hands-on skills assessment
- C. Graduation
 - Achieve a minimum grade average of 75% in each course of study (identified as Massage Therapy, Anatomy & Physiology, and Professional Development).
 - Demonstrate satisfactory performance in all massage laboratory and clinical experiences.
 - Meet all program objectives.
 - Meet all financial obligations of the program.



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- Attended 90% of total hours of curriculum.

X. EVALUATION PLAN TO DETERMINE PROGRAM EFFECTIVENESS

- Survey of graduates into massage therapy industry within six months of graduation to determine employment rate
- Learner evaluation of instructors halfway through program and at end of program
- Learner evaluation of course halfway through program and at end of program
- Meetings with Advisory Committee at least twice a year
- Meetings with Faculty on a monthly basis

XI. TRAINING PATHWAYS

- A. Before: A career pathway system is a series of connected educational and training programs and support services that prepare and enable individuals, often while they are working, to secure a job and advance over time to successively higher levels of education and employment in a specific industry/field. Pathway goals are to increase access, awareness, affordability, resources, and alignment for high school students, adult learners, and the current workforce.

The Knox Technical Center Massage Therapy program is an entry-level program designed for learners with little to novice experience in the massage therapy field, those who already work in the field and wish to enhance their skills, or those who simply wish to enter a healthcare career pathway.

Prior to admission potential learners must have the following:

- High school diploma or GED
 - Basic computer literacy including basic keyboarding skills
 - Completed application form with a \$50 deposit
 - Skills Assessment (TABE and Washington 13)
 - Three professional letters of recommendation
 - Signed Physical Release Form
 - Written personal statement
 - Criminal history record check (BCI and FBI)
 - Interview with program coordinator
- B. After: Articulation agreement with North Central State College (NCSC) and Franklin University (offers 24 credit hours to successful graduates of this program).