



640-Hour Course Tracking Guide

QUARTERS

CORE CLASSES	PREREQUISITES	HRS							
Anat & Phys I	none	30							
Anat & Phys II	A&P I	30							
Anat & Phys III	A&P I	30							
Kinesiology Upper	A&P I, Massage Fund	30							
Kinesiology Lower	A&P I, Massage Fund	30							
Pathology I	A&P I (A&P II recommended)	30							
Pathology II	A&P I, Path I (A&P II and III recommended)	30							
Science Core Total		210							
Massage Fundamentals	Highly recommended: Communication/Ethics	45							
Massage Upper Body	Massage Fund & Comm/Ethics AND before or concurrently: Kines Upper	30							
Massage Lower Body	Massage Fund & Comm/Ethics AND before or concurrently: Kines Lower	30							
Shiatsu I	Before or concurrently: A&P I	30							
Massage Assessment & Application	Massage Upper & Lower Body, Hydrotherapy, Pathology I	30							
Hydrotherapy (wknd or 5 wks)	Massage Fund., A&P I (A&P II recomm)	15							
Massage Theory (5 wks)	Massage Fundamentals (may be concurrent)	14							
Palpation Skills (5 wks)	Massage Upper & Lower (may be concurrent w/ 2nd course)	15							
Bodywork Core Total		209							
Communication & Ethics	Concurrently with Massage Fundamentals	30							
Business of Massage (5 wks)	Mass Upper & Lower OR Shiatsu SF Clinic	15							
Statutes (2 wks)	Comm/Ethics, Clinic (may be concurrent)	6							
Swedish Clinic OR Shiatsu Clinic	Before or concurrently: Massage A&A, Palpation Skills OR Shiatsu II, Comm/Ethics, Path I, Palp Skills (recomm)	45							
Advanced Practice Skills	Massage A&A, Clinic, Final Quarter Declaration	6							
Professional Development Core Total		102							
ELECTIVE HOURS		119							
*1 Business Elective Required	ex: Recordkeeping/Tax Reporting, On-Site Chair, Digital Marketing, Insurance Billing, Embodied Ethics								
TOTAL		640							
***If choosing Shiatsu SF Clinic, following electives required:									
Shiatsu II	Shiatsu I	30							
Shiatsu SF Clinic Tutorial	Shiatsu SF Clinic (concurrently)	3							

Please note: this guide is provided for tentative planning purposes only and is subject to change. See your Student Services Coordinator if you have any questions or need assistance planning.