



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.