



640-Hour Eastern Focus 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	none	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							
Shiatsu II	Shiatsu I	30							
Dao Yin Stretch	none	7							
Hydrotherapy (wknd or 5 wks)	Massage Fund., A&P I (A&P II recommended)	15							
Massage Theory	Massage Fundamentals (may be concurrent)	14							
Palpation Skills	Massage Upper & Lower (may be concurrent w/ 2nd course)	15							
Bodywork Core Total 426									
Communication & Ethics	Before or Concurrently: Massage Fundamentals	30							
Business of Massage (5 wks)	Mass Upper & Lower or Shiatsu SF Clinic	15							
Statutes (2 wks)	Comm/Ethics (recommended at end of program)	6							
Shiatsu SF Clinic	Shiatsu II & Comm/Ethics AND before or concurrently: Pathology I	45							
Shiatsu SF Clinic Tutorial	Shiatsu SF Clinic (concurrently)	3							
Advanced Practice Skills	Shiatsu SF Clinic	40							
Professional Development Core Total 139									
ELECTIVE HOURS		75							
Business Elective	ex: Recordkeeping/Tax Reporting (12 hrs) or Ins. Billing (6 hrs)								

*Massage A & A may be taken as 30 elective hours in the Eastern Focus program and Shiatsu II may be taken as 30 elective hours in the Western Focus program to create a “hybrid. ***Please note: this guide is provided for tentative planning purposes only and is subject to change.



640-Hour Western Focus Course Tracking Guide

QUARTERS

CORE CLASSES	PREREQUISITES	HRS	QUARTERS							
Anat & Phys I	none	30								
Anat & Phys II	A&P I	30								
Anat & Phys III	A&P I	30								
Kinesiology Lower	A&P I, Massage Fund	30								
Kinesiology Upper	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	none	45								
Massage Lower Body	Massage Fund & Comm/Ethics AND Before or Concurrently: Kines Lower	30								
Massage Upper Body	Massage Fund & Comm/Ethics AND Before or Concurrently: Kines Upper	30								
Massage Assess & Application	Massage Upper & Lower Body, Hydrotherapy, Pathology I	30								
Hydrotherapy (wknd or 5 wks)	Massage Fund., A&P I (A&P II recommended)	15								
Massage Theory	Massage Fundamentals (may be concurrent)	14								
Palpation Skills	Massage Upper & Lower (may be concurrent w/ 2nd course)	15								
Shiatsu I	Before or Concurrently: A&P I	30								
Bodywork Core Total 209										
Communication & Ethics	Before or Concurrently: Massage Fundamentals	30								
Business of Massage (5 wks)	Mass Upper & Lower or Shiatsu SF Clinic	15								
Statutes (2 wks)	Comm/Ethics (recommended at end of program)	6								
Clinic	Before or Concurrently: Massage Assessment & Application	45								
Advanced Practice Skills	Clinic	40								
Professional Development Core Total 136										
ELECTIVE HOURS		85								
Business Elective	ex: Recordkeeping/Tax Reporting (12 hrs) or Ins. Billing (6 hrs)									

*Massage A & A may be taken as 30 elective hours in the Eastern Focus program and Shiatsu II may be taken as 30 elective hours in the Western Focus program to create a "hybrid." ***Please note: this guide is provided for tentative planning purposes only and is subject to change.