

# Texas School of Massage Massage for Exercise and Sport Certification Program

January 18, 2017 through August 30, 2017

All classes will be held at the Texas School of Massage  
17043 El Camino Real, Houston, TX 77058\*

Classes are broken down into 6 units:

## Unit 1:

Wednesdays, 9:00pm to 1:00pm - January 18, 25 and February 1, 8, 15

- Introduction to Sports Massage
- Pre, Mid and Post Event Massage
- Cramp Resolution
- Intro to Topical Analgesics
- Basics of Postural Assessment
- Lymphatic Fluid Movement

## Unit 2:

Wednesdays, 9:00pm to 1:00pm - March 1, 8

Wednesdays, 9:00pm to 12:30pm - March 15, 22, 29

- Hydrotherapy for Sport
- Introduction to Kinesiology Taping
- Basics of Fascial Therapy
- Basics of Trigger Point Therapy
- Using Tools Effectively, Save Your Thumbs!
- Introduction to Muscle Energy Techniques (MET's)

## Unit 3:

Wednesdays, 9:00pm to 12:30pm - April 12, 26, and May 3, 10, 17, 24

- Considerations of the Upper Extremity
  - Anatomy
  - Common Dysfunction of the Shoulder
  - Common Dysfunction of the Elbow
  - Common Dysfunction of the Wrist and Hand

## Unit 4:

Wednesdays, 9:00pm to 12:30pm - June 7, 14, 21, 28 and July 12, 19

- Considerations of the Lower Extremity
  - Anatomy
  - Common Dysfunction of the Hip
  - Common Dysfunction of the Knee
  - Common Dysfunction of the Ankle and Foot

### **Unit 5:**

Wednesdays, **9:00pm to 1:00pm** - August 2, 9, 16, 23, 30

Considerations of the Spine and Pelvis

- Anatomy
- Common Dysfunction of the C-Spine and Upper Back
- Common Dysfunction of the Thorax
- Common Dysfunction of the Low Back and Pelvis

### **Unit 6:** Comprehensive Testing - TBA

Written and Practical testing of the material presented throughout the program.

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**Units One and Two are mandatory prior to all other units.**

Other Units may then be taken in any order.

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**Payment Options:** (\$200 deposit required to hold position. Deposit includes the required textbooks to be supplied on the 1<sup>st</sup> day of class. Class size is limited to 18)

1. All sections paid in advance, paid in full: \$1350.00
2. Units 1-5 paid in advance of each Unit: \$315.00
3. Unit 6 – Comprehensive Testing - \$100

**Refund Policy:** No refund on the deposit. Withdrawing after beginning Unit 1 includes administrative fees of 10% and equivalent of hourly rate for hours attended. Registrant keeps the textbooks.

**Commitment:** Completing all the requirements for certification will require the therapist to commit approximately 12-16 hours of study time each week. Please do not consider this program unless you are willing to fully commit yourself to completing this program.

Successful completion of the course will require:

- attendance at all classes or scheduled make-up equal to 100 hours of time in the classroom.
- passing all exams, online, written and practical
- turn in all required homework in a timely fashion
- documentation of working a minimum of four events
- proof of current certification in CPR and First-aid at the time of Unit 6.

**Written Materials:** Very few actual printed handouts will be provided. The majority of the lecture material will be provided electronically before each class. In addition, there will be an extensive reading list for the first two units and supplemental readings for units 2-5.

**Communication:** Participants will need access to a computer daily as the primary form of communication with and about the class is done electronically.

**Testing:** The testing following each unit is done electronically. The online testing for each unit will be available for a limited time at the end of each unit. It is the responsibility of the attendee to take the tests in a timely fashion.

**Required textbooks:**

The Trigger Point Therapy Workbook, au: Claire Davies  
Trail Guide to the Body 4<sup>th</sup> or 5<sup>th</sup> Edition  
Trail Guide to the Body's Quick Reference to Trigger Points  
Trail Guide to Movement

**Instructor:**

Hugh Bofenkamp, MS, CIPI  
MI: 1598  
CEP: 582

Additional instructors may be introduced into the program based on enrollment and subject material.

\*Past programs have been fortunate to visit the Texas Chiropractic College Cadaver Lab to advance our knowledge of Anatomy. While we cannot guarantee this program will have that opportunity, we will make an effort to visit if the schedule allows and the college is willing. At this there are two scheduled events that participants may choose to attend. We are endeavoring to schedule more. These events will not be held at the TSOM. Other events to fulfill the program requirement are the responsibility of the participant.