

Texas School of Massage Massage for Exercise and Sport Certification Program

The certification program is a total of 100 hours in length and begins

January 18, 2017

Classes will be held (most) Wednesdays from 9:00 am until 1:00 pm through August 30, 2017.



Course work will include:

- Intro to Kinesiology Taping
- Hydrotherapy for Sport
- Cramp Resolution
- Pre, Mid and Post Event Massage
- Basics of Fascial Therapy
- Basics of Trigger Point Therapy
- Introduction to Muscle Energy Techniques (MET's)
- Basics of Postural Assessment
- Advanced Kinesiology
- Massage Applications for Common Sports Injuries

Course work is divided into 6 Units. Units one and two must be taken before continuing on to Units 3-6.

To download the course curriculum go to: www.massagecehouston.com or email the instructor: hughbofenkamp@gmail.com, CEP0582

Payment Options:

1. All sections paid in advance, paid in full: \$1350.00
2. Sections 1-5 paid in advance of each section: \$315.00

DEPOSIT is \$200.00 to hold a spot. Deposit includes textbooks. Class size is limited to 18.

Textbooks Supplied:

- Triggerpoint Therapy Workbook, au: Claire Davies
- Trail Guide to the Body 5th Edition
- Trail Guide to the Body Triggerpoint Quick Reference
- Trail Guide to Movement