



# PROGRAM CATALOG

## Winter 2017

Texas Massage Academy  
400 Center Ave.  
Brownwood, Texas 76801  
(325) 646-4272  
[www.texasmassageacademy.com](http://www.texasmassageacademy.com)

Approved by the Texas DSHS:  
MS1040

Office Hours 10:00am – 5:00pm Wednesday – Friday  
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# Welcome to Texas Massage Academy

Dear Prospective Student,

We are so glad that you are considering Texas Massage Academy for your massage therapy education. We strive to offer the highest level of education to all our students.

We began our massage career in San Antonio, Texas after Brandon began having severe back pain. He decided that it was time to change to a career where he could help people. This led us to massage school. We both took advance course work and were amazed during our clinical experience by the effect massage had on our clients.

After completing massage school, we moved back home to Brownwood, Texas to open Fancy's Day Spa in 2007. With our advanced training, our business quickly grew. With this growth, we knew we would need additional help to meet the growing demands. Before long, we realized that many of the new massage therapists in our area were unprepared to massage in the real world. The majority of them lacked an understanding of anatomy to give the clients the type of massage they desired. Many of the massage therapists had little ability to do more than "spread lotion" on their clients. From this frustration of trying finding qualified massage therapists in Central Texas, we decided to open a Massage School to bring more qualified massage therapists to the area.

In 2010, we became Massage Instructors and began the process of opening our own massage school to bring advanced training to those looking to become massage therapists. At the beginning of 2012 Texas Massage Academy opened its doors with approval by DSHS to provide massage therapy training in Central Texas.

We hope you join our team!  
Best Wishes,  
Brandon and Kathleen Mazy, LMT, LMTI

## Mission Statement

Texas Massage Academy's mission is to empower students and optimize their full learning potential in a safe, caring, therapeutic environment while preparing them for a successful career path, embodying every aspect of business for success.

## Objectives:

- The objectives of the 500-hour Core and 570-hour Advanced Core Massage Therapy Programs are to teach students how to become effective and successful massage therapists.
- To empower therapists with proficiency and confidence in the realm of massage therapy.
- To educate each student to be not only skilled in successful massage therapy techniques, but business skills as well, for successfully operating a business in massage therapy.

## Why Texas Massage Academy?

Here at Texas Massage Academy we strive to be the BEST, not only teaching the most sought after skills sets but also preparing you for your career as a massage therapist. If you are excited and passionate about helping others and want to raise the bar to be the most sought after massage therapist, Texas Massage Academy is the educational facility for you!

## Our Approach

Our approach is different from others you might find. We take our training and educational knowledge to a level that will prepare you for a successful career. Every aspect of your training at Texas Massage Academy will be of value for you in the years to come. We believe there is more to your career than a traditional massage. Our extensive knowledge of the human body and its adaptive nature will allow you to empower your future with the experience and passion of using our techniques and methods.

You will learn techniques such as: Deep Tissue Therapy, Trigger Point Therapy, Range of Motion Assessments, Client Assessments, Myofascial Release, and good body mechanics just to name a few!

Texas Massage Academy meets all State requirements, while focusing on our training and students. We have an internal process that allows each student the individual attention one needs. Our student-to-teacher ratio is far less than the states requirements; this allows a more conducive learning environment.

\*(Our ratio is NO more than 18 students per one instructor.)

## Dedicated Faculty

We are extremely proud of the faculty and staff at Texas Massage Academy. Each faculty and staff member brings a very special and unique insight to your training. Our instructors pour their hearts and souls into the training that is provided for you.

We firmly believe that massage should not be viewed from a “one size fits all” standpoint. Massages should be a tailored/customized experience to accommodate the specific needs of each individual: health, history, pain, etc.



## Superior Facilities

Texas Massage Academy offers all the resources required for an effective and enjoyable learning experience.

We are centrally located in the “Heart of Texas” also known as Texas Hill Country. At 400 Center Avenue, in downtown Brownwood, Texas you will locate our spacious 3,400 square foot facility. Our facility features a large lecture classroom capable of accommodating 18 students with cutting-edge audio visual equipment, computer aided easy-to-follow presentations for all lecture lessons, and anatomical charts to enhance your learning experience.

Our Massage Therapy Lab is sectioned by medical drapery to provide privacy, yet easily opened to allow for accurate teach ability. Within the Massage Therapy Lab there are 6 top of the line massage tables and related accessories so that you may learn massage therapy on the best equipment available. This lab is specially designed to create a peaceful environment conducive for learning the art of massage, incorporating relaxing music, lighting, and ambiance.



*Brownwood, Texas Location*



## Becoming a Professional Massage Therapist

There are several reasons that a career as a professional massage therapist has become so appealing over the last decade and a half. In a fast-paced, high-tech culture such as ours, massage therapy can be a very rewarding choice for those interested in helping people slow down, take stock, and improve the quality of their lives. As the mechanization of our society

becomes more pervasive - digitized voices answering phones, solitary on-line shopping and banking, self-checkout aisles at the grocery store and the like - individuals who enjoy interacting with others on a uniquely personal basis will find the focused, one-on-one nature of massage therapy very compelling.

The public demand for massage has been steadily rising. The American Massage Therapy Association analyzed a study on the use of alternative medicine that appeared in the Journal of the American Medical Association (November 1998) and estimated that consumers spend \$4-6 billion a year on visits to massage therapists.

Massage therapists find work in a variety of settings: massage therapy clinics, chiropractors and physicians offices, airports, health clubs, cruise ships, shopping malls, convention centers, professional sports team clubhouses, salons and spas, hospitals, alternative medicine centers, and nursing homes, just to name a few. Many practitioners take advantage of the latest in cleverly designed portable massage equipment to provide on-site massage at office buildings or in a client's home.

Because massage therapy is now so prevalent at so many different venues, it offers an alluring range of choice in working environments and conditions—from the security of hiring on as an employee or subcontractor for an established massage provider to the freedoms in scheduling and business practices that self-employment can provide. Many therapists maximize their income opportunities by opening their own clinics and serving as employers for other massage therapists.



The profession also offers an abundance of choice for those wishing to specialize. As scientific research continues to prove the validity of massage as a therapeutic agent, the spectrum of techniques and modalities available for the practicing therapist to learn only expands. Some focus on relaxation massage, while others take years of advanced training to master specific clinical applications or qualify to teach a particular discipline. Other therapists will choose to work with a special segment of the population, becoming experts in the use of massage to meet the needs of the elderly, pregnant women, athletes, infants, or those suffering the effects of a particular disease.

Reference: <http://www.thehighschoolgraduate.com/editorial/CC/massage.htm>

## Our Program(s)

The state of Texas requires a minimum 500-hour course of instruction for licensure as a massage therapist including the following subjects: Massage Therapy Technique, Anatomy & Physiology, Kinesiology, Health & Hygiene, CPR & First Aid, Hydrotherapy, Business Practices, Professional Ethics, Massage Therapy Law and a Clinical Internship.

Texas Massage Academy offers the most innovative, comprehensive massage program available. Our program includes the following core subjects:

### **Massage Technique – 200 Hours**

#### **Massage Technique I – 150 Hours**

This subject allows us to teach the basic principles of massage therapy. We begin with basic Swedish (effleurage, petrissage, friction and tapotement) gradually working students into providing a wonderful relaxing massage. Our goal of this subject is to impart the science and art of massage therapy to every student to provide a relaxing massage, taking into account the fact that every client is an individual and has individual needs in their massage. In addition, you will also learn effective spa and clinical massage therapies. At least 125 hours of massage technique instruction will be on Swedish massage.

#### **Massage Technique II – 50 Hours**

This subject allows the student to refine their skills in massage after completing their internship experience as well as expand on their knowledge of massage therapy.

### **Health & Hygiene – 20 Hours**

#### **Health & Hygiene I – 12 hours**

Students will study to understand indication and contraindications to massage, the effects of stress, the benefits of massage, the importance of proper body mechanics, disease recognition and understanding, the importance of good personal hygiene practices, and universal precautions.

#### **Health & Hygiene II – 8 hours**

CPR & First Aid

### **Anatomy, Physiology, & Kinesiology – 125 Hours (50/25/50)**

#### **Anatomy & Physiology I – 58 hours**

Understanding the structure and function of the human body with an emphasis on the muscular and skeletal systems is of utmost importance to the skilled massage therapist. We utilize animated video, exercise, and class projects to help students better comprehend the structure and function of the human body. Additionally, our textbooks are

specifically designed for students of massage therapy and correspond with full-color, animated presentations used in class.

#### **Anatomy & Physiology II – 17 Hours**

This class brings an understanding of all the body's systems to the student and how massage affects those systems



**Kinesiology – 50 Hours**

Kinesiology is the study of movement. During this course, the students will learn the interaction of the bones, joints and muscles during this class. With this understanding, they will be able to better identify which specific structures are involved in an area of pain when working with clients.



**Hydrotherapy – 20 Hours**

Students will learn to use hydrotherapy in a safe and effective manner through demonstrations and hands-on practice. Types of hydrotherapy to be discussed include: whirlpool, hot and cold packs, paraffin, steam, body wraps, and body scrubs.

**Business Practices & Professional Ethics – 45 Hours**

**Business Practices & Professional Ethics I – 5 Hours**

This introductory class to Business Practices and Professional Ethics will focus on professional ethics and standards within the massage field.

**Business Practices & Professional Ethics II – 40 Hours**

From advertising practices to maintaining your zeal for massage therapy, this dynamic and insightful

course will equip you to build a massage practice you can be proud of, and in which you can enjoy. In addition, we will discuss in detail the scope of practice for massage therapy, laws pertaining to massage therapy and many business practices in general.

**Pathology – 40 Hours**

**Pathology I – 5 Hours**

Pathology is the study of human diseases and the effects of the disease. This information is important to the massage therapist because there are conditions where massage would require caution or perhaps not recommended.

**Pathology II – 35 Hours**

This course has a more in-depth focus on different diseases and their effects as well as how different medications react to massage.

**Clinical Internship**

50 Hours (Core Program)

This portion of the program allows you to put all the classroom theory into real practice. We believe strongly that the learning is truly in the doing. Your clinical internship will be the most rewarding part of your massage therapy education. Students will be eligible for clinical internship after successfully completing 250 hours of classroom training.

**Advanced Clinical Internship**

120 Hours (Advanced Core Program)

With our State Approved Advanced Clinical Internship, you will be given the opportunity to be able to practice the advanced techniques you learn during your classroom training. As well as having the opportunity to perfect your personal massage therapy techniques and becoming accustomed to real-world massage experiences using advanced modalities. Students will be eligible for clinical internship after successfully completing 250 hours of classroom training.

# Enrollment Dates

**Weekend Class**  
Winter 2017

January 7, 2017 to June 3, 2018

## ***Semester One***

January 7, 2017 to June 25, 2017

The first 250 hours of your program will be completed according to the schedule below:

Class Days and Times: Saturday 9:00-10:55, 11:05-1:00, 1:30-3:25, 3:35-5:30  
Sunday 1:30-2:55, 3:05-5:30

Included in this semester are the following classes: Massage Technique I, Health & Hygiene I, Anatomy & Physiology I, Pathology I, Hydrotherapy, and Business Practices & Professional Ethics I

## ***Semester Two (Clinical Internship and Advanced Clinical Internship)***

June 26, 2017 to December 3, 2017

At your own pace, you will complete the 50 hours of your Core Program, and if registered for the Advanced Core Program, you will complete the additional 70 hours of the Advanced Clinical Internship.

Clinical shifts scheduled based on availability.  
Sunday to Saturday 8:00am – 10:00pm

## ***Semester Three***

December 4, 2017 to June 3, 2018

The final 200 hours of your program is your remaining classroom training. It will be completed according to the schedule below:

Class Days and Times: Saturday 9:00-10:55, 11:05-1:00, 1:30-3:25, 3:35-5:30  
Sunday 1:30-2:55, 3:05-5:30

Included in this semester are the following classes: Massage Technique II, Health & Hygiene II, Anatomy & Physiology II, Kinesiology, Pathology II, and Business Practices & Professional Ethics II

A clock hour is at least 50 minutes of instruction in each hour. Breaks of 10 minutes may be given each hour or combined. Break time for hours which are taught consecutively in one sitting (i.e., in one evening) may be aggregated into a single break time during those consecutive hours. The 10 minutes of break time may not be accumulated and used in lieu of lunch or dinner breaks.

### **Observed Holidays:**

New Year's Day      Easter      Thanksgiving      Christmas

# Enrollment Dates

## Evening Class

Winter 2016

January 9, 2017 to May 27, 2018

### ***Semester One***

January 9, 2017 to June 18, 2017

The first 250 hours of your program will be completed according to the schedule below:

Class Days and Times: Monday, Tuesday, Thursday 6:00 pm – 10:00 pm

Included in this semester are the following classes: Massage Technique I, Health & Hygiene I, Anatomy & Physiology I, Pathology I, Hydrotherapy, and Business Practices & Professional Ethics I

### ***Semester Two (Clinical Internship and Advanced Clinical Internship)***

June 19, 2017 to December 10, 2017

At your own pace, you will complete the 50 hours of your Core Program, and if registered for the Advanced Core Program, you will complete the additional 70 hours of the Advanced Clinical Internship.

Clinical shifts scheduled based on availability.

Sunday to Saturday 8:00am – 10:00pm

### ***Semester Three***

December 11, 2017 to May 27, 2018

The final 200 hours of your program is your remaining classroom training. It will be completed according to the schedule below:

Class Days and Times: Monday, Tuesday, Thursday 6:00 pm – 10:00 pm

Included in this semester are the following classes: Massage Technique II, Health & Hygiene II, Anatomy & Physiology II, Kinesiology, Pathology II, and Business Practices & Professional Ethics II

A clock hour is at least 50 minutes of instruction in each hour. Breaks of 10 minutes may be given each hour or combined. Break time for hours which are taught consecutively in one sitting (i.e., in one evening) may be aggregated into a single break time during those consecutive hours. The 10 minutes of break time may not be accumulated and used in lieu of lunch or dinner breaks.

### **Observed Holidays:**

New Year's Day

Easter

Thanksgiving

Christmas

**Tuition & Fees**

	<b>Core Program**</b>	<b>Advanced Core Program*</b>
Tuition	\$ 4864.00	\$ 2457.00
Estimated Additional Costs: (To be purchased by students)	\$ 844.61	\$ 844.61
<b>Total</b>	<b>\$ 5,708.61</b>	<b>\$ 3,301.61</b>

**Easy Payment Plan**

Ask about doing our weekly payment plan.

**\$29.00**  
 as low as \$29.00 per week!

**\$29.00 per week available only with Advanced Core Massage Therapy Program**

**\*Requires a \$200 deposit at enrollment**

**\*\* Must be paid in full at enrollment**