

Florida Department of Education  
Curriculum Framework

**Program Title:** Massage Therapy  
**Program Type:** Career Preparatory  
**Career Cluster:** Health Science

**Career Certificate Program**

Program Number	H120406
CIP Number	0351350102
Grade Level	30, 31
Standard Length	750 hours
Teacher Certification	Refer to the <b>Program Structure</b> section.
CTSO	HOSA: Future Health Professionals
SOC Codes (all applicable)	31-9011 Massage Therapists 31-9099 Healthcare Support Workers, All Other
CTE Program Resources	<a href="http://www.fldoe.org/academics/career-adult-edu/career-tech-edu/program-resources.stml">http://www.fldoe.org/academics/career-adult-edu/career-tech-edu/program-resources.stml</a>
Basic Skills Level	Mathematics: 9 Language: 10 Reading: 10

**Purpose**

This program offers a sequence of courses that provides coherent and rigorous content aligned with challenging academic standards and relevant technical knowledge and skills needed to prepare for further education and careers in the Health Science career cluster; provides technical skill proficiency, and includes competency-based applied learning that contributes to the academic knowledge, higher-order reasoning and problem-solving skills, work attitudes, general employability skills, technical skills, and occupation-specific skills, and knowledge of all aspects of Health Science career cluster.

The program is designed to prepare students for employment as Florida licensed massage therapists, all other service workers. SOC Code 31-9011-(Massage Therapists).

The content includes but is not limited to the theory and practice of massage, theory and practice of hydrotherapy, hygiene, practice demonstration, human anatomy and physiology, legal aspects of massage practice, allied modalities, leadership and human relations skills, health and safety, CPR, and employability skills. Colonic irrigation is optional post initial licensure.

**Additional Information** relevant to this Career and Technical Education (CTE) program is provided at the end of this document.

**Program Structure**

This program is a planned sequence of instruction consisting of 2 occupational completion points.

This program is comprised of courses which have been assigned course numbers in the SCNS (Statewide Course Numbering System) in accordance with Section 1007.24 (1), F.S. Career and Technical credit shall be awarded to the student on a transcript in accordance with Section 1001.44(3) (b), F.S.

To teach the courses listed below, instructors must hold at least one of the teacher certifications indicated for that course.

The following table illustrates the postsecondary program structure:

OCP	Course Number	Course Title	Teacher Certification	Length	SOC Code
A	MSS0204	Massage Therapy 1	MASSAGE TH 7 G	375 hours	31-9099
B	MSS0209	Massage Therapy 2		375 hours	31-9011

**Regulated Programs**

The program must be approved by the Florida Department of Health, Board of Massage Therapy so that the graduates may take the board approved examination to practice as massage therapists.

This program meets the Department of Health’s education requirements for HIV/AIDS, Domestic Violence and Prevention of Medical Errors. Although not a requirement for initial licensure, it is a requirement for renewal, therefore the instructor may provide a certificate for renewal purposes to the student verifying these requirements have been met.

After completion of this program students will be eligible to make an application to take the licensure examination approved by the Board of Massage Therapy.

Contact: Department of Health  
Board of Massage Therapy  
4052 Bald Cypress Way  
Bin # CO6  
Tallahassee, FL 32399 850/488-0595

If students in this program are seeking a licensure, certificate or registration through the Department of Health, please refer to 456.0635 F.S. for more information on disqualification for a license, certificate, or registration through the Department of Health.

Colonic irrigation instruction is optional post initial licensure. If such instruction is provided, it must meet minimum standards as provided per the Board of Massage Therapy rule 64B7-32.005.

Course of Study Classroom Hours as stated in F.A.C. 64B7-32.003 -

Anatomy and Physiology	150
Basic Massage Theory and History	100
Clinical Practicum	125
Allied Modalities	76
Business	15
Theory and Practice of Hydrotherapy	15
Florida Laws and Rules (Chapters 456 and 480, F.S. and Chapter 64B7, F.A.C.)	10
Professional Ethics	4
HIV/AIDS Education	3
Medical Errors	2

## **Common Career Technical Core – Career Ready Practices**

Career Ready Practices describe the career-ready skills that educators should seek to develop in their students. These practices are not exclusive to a Career Pathway, program of study, discipline or level of education. Career Ready Practices should be taught and reinforced in all career exploration and preparation programs with increasingly higher levels of complexity and expectation as a student advances through a program of study.

1. Act as a responsible and contributing citizen and employee.
2. Apply appropriate academic and technical skills.
3. Attend to personal health and financial well-being.
4. Communicate clearly, effectively and with reason.
5. Consider the environmental, social and economic impacts of decisions.
6. Demonstrate creativity and innovation.
7. Employ valid and reliable research strategies.
8. Utilize critical thinking to make sense of problems and persevere in solving them.
9. Model integrity, ethical leadership and effective management.
10. Plan education and career path aligned to personal goals.
11. Use technology to enhance productivity.
12. Work productively in teams while using cultural/global competence.

## **Standards**

After successfully completing this program, the student will be able to perform the following:

- 01.0 Demonstrate the ability to communicate effectively as a medical therapy professional.
- 02.0 Demonstrate an understanding of human anatomy and physiology, kinesiology and pathology as related to the practice of massage therapy.
- 03.0 Exhibit an understanding of the principles of the theories of therapeutic massage and demonstrate the proper techniques of massage manipulations.
- 04.0 Demonstrate the recommended safety, hygiene and health practices for the massage therapist.
- 05.0 Exhibit an understanding of the principles of the theory of hydrotherapy and use hydrotherapy modalities.
- 06.0 Explain and appropriately apply allied modalities related to massage therapy.
- 07.0 Demonstrate knowledge of ethical practice standards and the statutes and rules of Florida Massage Practice Act and the rules of the FL Board of Massage Therapy (Chapter 480, F.S.; Chapter 64B7; Chapter 456).
- 08.0 Demonstrate knowledge of basic business practices and standards.

Florida Department of Education  
 Student Performance Standards

Program Title: Massage Therapy  
 Career Certificate Program Number: H120406

<b>Course Number: MSS0204</b>	
<b>Occupational Completion Point: A</b>	
<b>Massage Therapy 1 – 375 Hours – SOC Code 31-9099</b>	
01.0	Demonstrate the ability to communicate effectively as a medical therapy professional. -- The student will be able to:
01.01	Demonstrate knowledge of professional communication, active listening skills, and ability to interview the client/patient to ascertain his/her indications and/or contraindications for therapy.
01.02	Demonstrate knowledge and use of appropriate medical terminology and ability to perform proper S.O.A.P (Subjective, objective, assessment and plan) notation in the field of massage therapy.
01.03	Demonstrate knowledge of the Patients’ Bill of Rights and informed consent.
01.04	Identify and demonstrate Health Insurance Portability and Accountability Act (HIPAA) standards within the massage therapy treatment and business setting.
02.0	Demonstrate an understanding of human anatomy and physiology, kinesiology and pathology as related to the practice of massage therapy. – The student will be able to:
02.01	Explain the structure and function of all the body systems, organs, tissues and cells with emphasis on origins, insertions and actions of muscles.
02.02	Explain the concept of homeostasis and how it relates to massage therapy and its modalities.
02.03	Explain the effects of massage on the human body.
02.04	Demonstrate a basic knowledge of kinesiology.
02.05	Demonstrate a basic knowledge of various body systems’ pathology.
03.0	Exhibit an understanding of the principles of the theories of therapeutic massage and demonstrate the proper techniques of massage manipulations. – The student will be able to:
03.01	Demonstrate knowledge of the history of massage therapy and historical practitioners.
03.02	Explain the mechanical, reflexive and physiologic chemical effects of Swedish massage.
03.03	Demonstrate knowledge of the effects, usage, indications and contraindications of various lubricants in massage therapy and apply appropriately.
03.04	Demonstrate awareness of professional boundaries using acknowledgement of body language, verbal communication, and cultural cues.

03.05	Practice proper body mechanics.
03.06	Accurately perform all Swedish massage strokes and manipulations.
03.07	Demonstrate Proper client/patient positioning, support and draping techniques.
03.08	Demonstrate an understanding of initial treatment plan assessment, & re-assessment and treatment indications and contraindications of massage therapy.
03.09	Apply various massage therapy techniques properly when presented with various pathological conditions and contraindications.
03.10	Effectively operate common massage therapy equipment.
04.0	Demonstrate the recommended safety, hygiene and health practices for the massage therapist. -- The student will be able to:
04.01	Explain the ways a massage establishment should be planned and maintained to promote health and safety including fire, disaster and evacuation procedures.
04.02	Outline practices conducive to personal health, hygiene and appearance.
04.03	Demonstrate knowledge of measures conducive to eliminating medical errors
04.04	Demonstrate an understanding of diseases caused by blood borne pathogens including HIV/AIDS and their legal aspects (i.e. testing).

**Course Number: MSS0209**  
**Occupational Completion Point: B**  
**Massage Therapy 2 – 375 Hours – SOC Code 31-9011**

05.0	Exhibit an understanding of the principles of the theory of hydrotherapy and use hydrotherapy modalities. -- The student will be able to:
05.01	Explain the effects of hydrotherapy on the human body.
05.02	Interview the clients/patients to ascertain their indications and/or contraindications for hydrotherapy.
05.03	Appropriately perform hydrotherapy services such as thermal therapy and cryotherapy.
05.04	Demonstrate knowledge of accepted temperature and time standards for hydrotherapy techniques.
05.05	Educate clients/ patients in the use of various hydrotherapy self-care techniques.
06.0	Explain and appropriately apply allied modalities related to massage therapy. – The student will be able to:
06.01	Identify various modalities utilized within the scope of practice of massage therapy.
06.02	Identify allied modalities outside the scope of massage therapy for the purposes of referral.

06.03	Explain the effects on the human body while utilizing various massage allied modalities.
06.04	Educate clients/patients in the use of various self-care techniques and applications including stretching and joint movement.
07.0	Demonstrate knowledge of ethical practice standards and the statutes and rules of Florida Massage Practice Act and the rules of the Florida Board of Massage Therapy (Chapter 480, F.S.; Chapter 64b7; Chapter 456). – The student will be able to:
07.01	State the purpose of the Massage Practice Act. (Chapter 480, F.S.)
07.02	State the qualifications necessary for licensure and renewal of license.
07.03	State the function of the Board of Massage Therapy and the Department of Health.
07.04	State the conditions necessary for acceptance for examination for licensure.
07.05	State the requirements for massage therapy establishments and their inspection.
07.06	Understand the grounds for which disciplinary actions may be taken by the Board of Massage Therapy.
07.07	Define the terms: Board, Department, Massage Therapist, Apprentice, Inactive Licensure, Massage Establishment, Certification and Licensure.
07.08	Describe the various types of healthcare providers and the range of services available including resources to victims of domestic violence.
07.09	Demonstrate knowledge of ethical conduct in the massage therapy practice and the responsibility to report ethical violations.
07.10	Discuss the massage therapists' responsibility to report abuse including domestic violence and neglect per the vulnerable persons act.
08.0	Demonstrate knowledge of basic business practices and standards. -- The student will be able to:
08.01	Define basic business practices and standards, including basic components of public private government and nonprofit healthcare delivery systems.
08.02	Identify the function, roles and responsibilities of the massage therapist as part of the health care team.
08.03	List the advantages and disadvantages of business ownership.
08.04	Identify the necessary personal characteristics of a successful entrepreneur and a successful employee.
08.05	Demonstrate the ability to create a resume and find employment opportunities with the use of current technology.



## **Additional Information**

### **Laboratory Activities**

Laboratory investigations that include scientific inquiry, research, measurement, problem solving, emerging technologies, tools and equipment, as well as, experimental, quality, and safety procedures are an integral part of this career and technical program/course. Laboratory investigations benefit all students by developing an understanding of the complexity and ambiguity of empirical work, as well as the skills required to manage, operate, calibrate and troubleshoot equipment/tools used to make observations. Students understand measurement error; and have the skills to aggregate, interpret, and present the resulting data. Equipment and supplies should be provided to enhance hands-on experiences for students.

### **Special Notes**

Reinforcement of basic skills in English, mathematics, and science appropriate for the job preparatory programs occurs through vocational classroom instruction and applied laboratory procedures or practice.

MyCareerShines is an interactive resource to assist students in identifying their ideal career and to enhance preparation for employment. Teachers are encouraged to integrate this resource into the program curriculum to meet the employability goals for each student. Access MyCareerShines by visiting: [www.mycareershines.org](http://www.mycareershines.org).

### **Career and Technical Student Organization (CTSO)**

HOSA: Future Health Professionals is the intercurricular career and technical student organization providing leadership training and reinforcing specific career and technical skills. Career and Technical Student Organizations provide activities for students as an integral part of the instruction offered.

### **Cooperative Training – OJT**

On-the-job training is appropriate but not required for this program. Whenever offered, the rules, guidelines, and requirements specified in the OJT framework apply.

### **Basic Skills**

In a Career Certificate Program offered for 450 hours or more, in accordance with Rule 6A-10.040, F.A.C., the minimum basic skills grade levels required for postsecondary adult career and technical students to complete this program are: Mathematics 9, Language 10, and Reading 10. These grade level numbers correspond to a grade equivalent score obtained on a state designated basic skills examination.

Adult students with disabilities, as defined in Section 1004.02(7), Florida Statutes, may be exempted from meeting the Basic Skills requirements (Rule 6A-10.040). Students served in exceptional student education (except gifted) as defined in s. 1003.01(3) (a), F.S., may also be exempted from meeting the Basic Skills requirement. Each school district and Florida College must adopt a policy addressing procedures for exempting eligible students with disabilities from the Basic Skills requirement as permitted in Section 1004.91(3), F.S.

Students who possess a college degree at the Associate of Applied Science level or higher; who have completed or are exempt from the college entry-level examination; or who have passed a state, national, or industry licensure exam are exempt from meeting the Basic Skills requirement (Rule 6A-10.040, F.A.C.) Exemptions from state, national or industry licensure are limited to the certifications listed on the Basic Skills and Licensure Exemption List which may be accessed from the CTE Program Resources page.

### **Accommodations**

Federal and state legislation requires the provision of accommodations for students with disabilities to meet individual needs and ensure equal access. Postsecondary students with disabilities must self-identify, present documentation, request accommodations if needed, and develop a plan with their counselor and/or instructors. Accommodations received in postsecondary education may differ from those received in secondary education. Accommodations change the way the student is instructed. Students with disabilities may need accommodations in such areas as instructional methods and materials, assignments and assessments, time demands and schedules, learning environment, assistive technology and special communication systems. Documentation of the accommodations requested and provided should be maintained in a confidential file.

Note: postsecondary curriculum and regulated programs cannot be modified.

### **Additional Resources**

For additional information regarding articulation agreements, Bright Futures Scholarships, Fine Arts/Practical Arts Credit and Equivalent Mathematics and Equally Rigorous Science Courses please refer to:

<http://www.fldoe.org/academics/career-adult-edu/career-tech-edu/program-resources.stml>