

**CAVIT Massage Therapy Program/
Two Year 720-Hour Program/
Scope and Sequence**

Semester 1 – 180 Hours

District Pre-Assessment

Unit 1: Orientation

6 Class Hours

- CAVIT Handbook
- Syllabus
- Roles and Responsibilities
- Rules and Procedures

Unit 2: Introduction to Massage Therapy

88 Hours – 23 Classroom, Lab 65

- History
- Laws
- Proper Hygiene
- Boundaries
- Seated Massage
- Draping
- Introduction to Anatomy & Physiology

HOSA: Officer Elections, Chapter Meeting

Work-Based Learning: Simulated Lab

Experience

ADE Standard: 1.13, 3.1, 3.2, 4.2, 4.3, 6.1, 6.2, 5.1-5.3, 6.8, 10.7

Priority Assessments: Quizzes, Hand Washing Rubric, Joint Movement Rubric, Seated Massage Rubric, Draping Rubric

Unit 3: Massage Therapy I

66 Hours - 10 Classroom, 56 Lab

- Body Mechanics
- Swedish Massage

HOSA: Chapter Meeting

Work-Based Learning: Simulated Lab

Experience

ADE Standard: 6.3-6.7, 6.9-6.11

Priority Assessments: Quizzes, Body Mechanic Rubric, Swedish Massage Strokes Rubric

Unit 4: Transportation

20 Hours – 12 Classroom, 8 Lab

- Circulatory System

- CPR Procedures
- Respiratory System

HOSA: Chapter Meeting

Work-Based Learning: No

ADE Standard: 1.5, 2.5, 2.13, 4.1

Priority Assessments: Quizzes, Semester Test

Semester 2 – 180 Hours

Unit 5: Spa Massage

84 Hours – 24 Classroom, 60 Lab

- Thermotherapy
- Hot Stone Massage
- Integumentary System
- Lymphatic System & Immunity

HOSA: Chapter Meeting

Work-Based Learning: Simulated Lab

Experience

ADE Standard: 1.1, 1.2, 2.1, 2.12, 2.13, 7.1 - 7.3

Priority Assessments: Quizzes, Hot & Cold Therapy Rubric, Hot Stone Rubric

Unit 6: Special Populations I

68 Hours – 34 Classroom, 34 Lab

- Geriatric Clients
- Physical Challenges
- Mental Health
- Terminally Ill Clients

HOSA: Chapter Meeting

Work-Based Learning: Simulated Lab

Experience

ADE Standard: 10.1, 10.4-10.6, 10.8

Priority Assessments: Quizzes, Physical Challenges Rubric

Unit 7: Absorption & Secretion

28 Hours – 14 Classroom, 14 Lab

- Digestive System
- Urinary System

HOSA: Chapter Meeting

Work-Based Learning: No

ADE Standard: 1.4, 1.7, 2.4, 2.7, 2.13

Priority Assessments: Quizzes, Semester Test

District Post-Assessment

Semester 3 – 180 Hours

Unit 8: Orientation

6 Class Hours

- CAVIT Handbook
- Syllabus
- Roles and Responsibilities
- Rules and Procedures

Unit 9: Kinesiology

88 Hours – 26 Classroom, 62 Lab

- Identify Attachments and Actions
- Postural Analysis and Assessment

HOSA: Officer Elections, Chapter Meeting
Work-Based Learning: Simulated Lab
Experience

ADE Standard: 8.10, 9.1, 9.9

Priority Assessments: Quizzes, Muscle Palpation
Rubrics

Unit 10: Clinical Massage Therapy

66 Hours – 16 Classroom, 50 Lab

- Fascia
- Trigger Points
- Deep Tissue Massage

HOSA: Chapter Meeting
Work-Based Learning: Simulated Lab
Experience

ADE Standard: 9.1, 9.2, 9.4-9.7, 9.9, 9.10

Priority Assessments: Quizzes, Trigger Point

Location Rubric, Deep Tissue Technique Rubric

Unit 11: Coordination & Control

20 Hours – 10 Classroom, 10 Lab

- Nervous System
- Special Senses
- Endocrine System

HOSA: Chapter Meeting
Work-Based Learning: Simulated Lab
Experience

ADE Standard: 1.8-1.10, 2.8-2.10, 2.13

Priority Assessments: Quizzes

Semester 4 – 180 Hours

Unit 12: Sports Massage

84 Hours – 23 Classroom, 61 Lab

- Sports Techniques
- Skeletal System
- Muscular System
- Joints

HOSA: Chapter Meeting
Work-Based Learning: Simulated Lab
Experience

ADE Standard: 1.2-1.13, 2.2-2.13, 8.1-8.11

Priority Assessments: Quizzes, Joint ROM
Rubric, Event Massage Rubric

Unit 13: Special Populations II

70 Hours – 25 Classroom, 45 Lab

- Reproductive System
- Pregnancy & Infant Massage

HOSA: Chapter Meeting
Work-Based Learning: Workplace Scenario
ADE Standard: 1.11, 2.11, 2.13, 10.2, 10.3

Priority Assessments: Quizzes, Pregnancy
Positioning Rubric, Infant Massage Rubric

Unit 14: Business

26 Classroom Hours

- Preparation for ADE Testing
- Resumes
- Advertising & marketing

HOSA: Chapter Meeting

ADE Standard: 3.1- 3.3

Priority Assessments: Quizzes, ADE Testing/
Semester Final

District Post-Assessment