

COHORT: (202002500) 2020 February 500-hr DEPT: MT

Classes meet from 08:15 a.m. to 12:45 p.m.

WEEK 1

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
02/18/2020	Tue	08:15 a.m.	1a	Orientation: The TLC Learning Environment	MD	C2
02/18/2020	Tue	09:15 a.m.	1b	Orientation: People, Study Skills, and Quality of	CM DP	C2
02/19/2020	wed	08:15 a.m.	2a	Kinesiology: Muscle Names and Locations - Posterior	CM	C2
02/19/2020	wed	09:15 a.m.	2b	H&H: Tools of the Trade	CM DP	C2
02/20/2020	Thu	08:15 a.m.	3a	H&H Self Care - Health, Wellness, Nutrition, Stres	CM	C2
02/20/2020	Thu	09:15 a.m.	3b	Swedish: Body Mechanics, Client Positioning, and D	CM DP	C2

WEEK 2

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
02/24/2020	Mon	08:15 a.m.	4a	Swedish: Effects of Massage Therapy / Massage Tech	CM CM	C2
02/24/2020	Mon	09:15 a.m.	4b	Swedish: Technique Demo and Practice - Posterior U	CM DP	C2
02/25/2020	Tue	08:15 a.m.	5a	A&P: Introduction to the Human Body - Cells	CM	C2
02/25/2020	Tue	09:15 a.m.	5b	Kinesiology: AOIs - Posterior Upper Body	CM DP	C2
02/26/2020	wed	08:15 a.m.	6a	A&P: Introduction to the Human Body - Tissues	CM	C2
02/26/2020	wed	09:15 a.m.	6b	Swedish: Technique Review and Practice - Posterior	CM DP	C2
02/27/2020	Thu	08:15 a.m.	7a	A&P: Introduction to the Human Body - Body Compass	CM	C2
02/27/2020	Thu	09:15 a.m.	7b	Swedish: Technique Demo and Practice - Posterior L	CM DP	C2

WEEK 3

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
03/02/2020	Mon	08:15 a.m.	8a	Written Exam Prep	CM CM	C2
03/02/2020	Mon	09:15 a.m.	8b	Kinesiology: AOIs - Posterior Lower Body	CM DP	C2
03/03/2020	Tue	08:15 a.m.	9a	H&H Therapeutic Relationships	CM	C2
03/03/2020	Tue	09:15 a.m.	9b	Business: Introduction	AS JM	C2
03/04/2020	wed	08:15 a.m.	10a	Written Exam	CM	C2
03/04/2020	wed	09:15 a.m.	10b	Swedish: Technique Review and Practice - Posterior	CM DP	c2
03/05/2020	Thu	08:15 a.m.	11a	H&H: Infection Control	CM	c2
03/05/2020	Thu	09:15 a.m.	11b	Swedish: Technique Demo and Practice - Posterior a	CM DP	c2

WEEK 4

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
03/09/2020	Mon	08:15 a.m.	12a	Kinesiology: Muscle Names and Location - Anterior	CM	c2
03/09/2020	Mon	09:15 a.m.	12b	Swedish: Technique Demo and Practice - Anterior Lo	CM DP	c2
03/10/2020	Tue	08:15 a.m.	13a	A&P: Skeletal System - Cells, Tissues, and Bone Sh	CM	c2
03/10/2020	Tue	09:15 a.m.	13b	Kinesiology: AOIs - Anterior Lower Body and Upper	CM DP	c2
03/11/2020	wed	08:15 a.m.	14a	A&P: Skeletal System - Appendicular and Axial Divi	CM	c2
03/11/2020	wed	09:15 a.m.	14b	Swedish: Technique Review and Practice - Feet, Ant	CM DP	c2
03/12/2020	Thu	08:15 a.m.	15a	A&P: Skeletal System - Bony Landmark Palpation	CM	c2
03/12/2020	Thu	09:15 a.m.	15b	Swedish: Technique Demo and Practice - Chest and A	CM DP	c2

WEEK 5

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
03/16/2020	Mon	08:15 a.m.	16a	A&P: Skeletal System - Synovial Joints	CM	c2
03/16/2020	Mon	09:15 a.m.	16b	Swedish: Technique Demo and Practice - Neck, Face,	CM DP	c2

WEEK 20

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
06/30/2020	Tue	08:15 a.m.	17a	A&P: Skeletal System - Joint Actions and Articulat		
06/30/2020	Tue	09:15 a.m.	17b	Kinesiology: AOIs - Anterior Shoulder, Anterior Ne		

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WEEK 20

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
07/01/2020	wed	08:15 a.m.	18a	18a Written Exam Prep		
07/01/2020	wed	09:15 a.m.	18b	Swedish: Technique Review and Practice - Chest, Ar		
07/02/2020	Thu	08:15 a.m.	19a	Written Exam Prep		
07/02/2020	Thu	09:15 a.m.	19b	Swedish: Guided Full Body		

WEEK 21

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
07/06/2020	Mon	08:15 a.m.	20a	Treatment Planning: Intake, Assessment, and Docume		
07/06/2020	Mon	09:15 a.m.	20b	Swedish: Full Body Demo / Interviewing Practice		
07/07/2020	Tue	08:15 a.m.	21a	Written Exam (2 hours)		
07/07/2020	Tue	10:15 a.m.	21b	H&H: Emergency Preparedness (2.5 hours)		
07/08/2020	wed	08:15 a.m.	22a	H&H: Therapeutic Relationships - Conflict		
07/08/2020	wed	09:15 a.m.	22b	Swedish Touch Assessment		
07/09/2020	Thu	08:15 a.m.	23a	Pathology: Medications		
07/09/2020	Thu	09:15 a.m.	23b	Swedish Practical Exam		

WEEK 22

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
07/13/2020	Mon	08:15 a.m.	24a	A&P: Muscular System - Organization of Skeletal Mu		
07/13/2020	Mon	09:15 a.m.	24b	Hydrotherapy: Theory and Technique Demo		
07/14/2020	Tue	08:15 a.m.	25a	A&P: Muscular System - Mechanism of Contraction		
07/14/2020	Tue	09:15 a.m.	25b	Hydrotherapy: Dry Brush, Cold water wash, and Foot		
07/15/2020	wed	08:15 a.m.	26a	A&P: Muscular System - Fiber Types, Actions, and C		
07/15/2020	wed	09:15 a.m.	26b	Hydrotherapy: Cold Water Treading, Facial, and Her		
07/16/2020	Thu	08:15 a.m.	27a	Pathology: Musculoskeletal System		
07/16/2020	Thu	09:15 a.m.	27b	Hydrotherapy: Heat, Cold, and Contrast Treatments		

WEEK 23

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
07/20/2020	Mon	08:15 a.m.	28a	A&P: Integumentary System		
07/20/2020	Mon	09:15 a.m.	28b	Integration Massage Swedish and Hydrotherapy		
07/21/2020	Tue	08:15 a.m.	29a	Pathology: Integumentary System		
07/21/2020	Tue	09:15 a.m.	29b	Kinesiology: AOIs - Glenohumeral and Scapulothorac		
07/22/2020	wed	08:15 a.m.	30a	Kinesiology: Synergists - Glenohumeral and Scapulo		
07/22/2020	wed	09:15 a.m.	30b	Passive Stretches: Technique Demo and Practice - U		
07/23/2020	Thu	08:15 a.m.	31a	Written Exam Prep		
07/23/2020	Thu	09:15 a.m.	31b	Passive Stretches: Technique Demo and Practice - L		

WEEK 24

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
07/27/2020	Mon	08:15 a.m.	32a	Written Exam Prep		
07/27/2020	Mon	09:15 a.m.	32b	Passive Stretches: Guided Full Body		
07/28/2020	Tue	08:15 a.m.	33a	H&H: Communication Skills		
07/28/2020	Tue	09:15 a.m.	33b	Chair Massage: Technique Demo and Practice		
07/29/2020	wed	08:15 a.m.	34a	Written Exam (2.5 hours)		
07/29/2020	wed	10:45 a.m.	34b	Chair Massage: Technique Review and Practice (2 ho		
07/30/2020	Thu	08:15 a.m.	35a	A&P: Cardiovascular System - Blood Cells, Tissues,		
07/30/2020	Thu	09:15 a.m.	35b	Integration: Swedish and Passive Stretches		

WEEK 25

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WEEK 25

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
08/03/2020	Mon	08:15 a.m.	36a	A&P: Cardiovascular System - Blood Vessels and Pat		
08/03/2020	Mon	09:15 a.m.	36b	Business: Professional Ethics		
08/04/2020	Tue	08:15 a.m.	37a	Pathology: Circulatory System		
08/04/2020	Tue	09:15 a.m.	37b	Business: State Massage Law and Find a Job		
08/05/2020	wed	08:15 a.m.	38a	A&P: Lymphatic System and Immunity		
08/05/2020	wed	09:15 a.m.	38b	Body Mobilization Techniques: Technique Demo and P		
08/06/2020	Thu	08:15 a.m.	39a	Pathology: Lymph and Immune System		
08/06/2020	Thu	09:15 a.m.	39b	Body Mobilization Techniques: Technique Demo and P		

WEEK 26

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
08/10/2020	Mon	08:15 a.m.	40a	A&P: Reproductive System		
08/10/2020	Mon	09:15 a.m.	40b	Body Mobilization Techniques: Guided Full Body		
08/11/2020	Tue	08:15 a.m.	41a	Pathology: Reproductive System		
08/11/2020	Tue	09:15 a.m.	41b	Business: Get a Job		
08/12/2020	wed	08:15 a.m.	42a	Written Exam Prep		
08/12/2020	wed	09:15 a.m.	42b	Kinesiology: AOIs - Coxal and Tibiofemoral Joints		
08/13/2020	Thu	08:15 a.m.	43a	Kinesiology: Synergists - Coxal and Tibiofemoral		
08/13/2020	Thu	09:15 a.m.	43b	Integration Massage: Swedish, Passive Stretches, a		

WEEK 27

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
08/17/2020	Mon	08:15 a.m.	44a	Written Exam Prep		
08/17/2020	Mon	09:15 a.m.	44b	Integration Practical Exam		
08/18/2020	Tue	08:15 a.m.	45a	History of Massage: Prehistoric		
08/18/2020	Tue	09:15 a.m.	45b	Business: Self-employment and Marketing		
08/19/2020	wed	08:15 a.m.	46a	Written Exam (3 hours)		
08/19/2020	wed	11:15 a.m.	46b	Chair Massage: Technique Review and Practice (1.5		
08/20/2020	Thu	08:15 a.m.	47a	Pregnancy		
08/20/2020	Thu	09:15 a.m.	47b	Side-lying & Pregnancy Massage: Technique Demo and		

WEEK 28

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
08/24/2020	Mon	08:15 a.m.	48a	A&P: Nervous System Introduction		
08/24/2020	Mon	09:15 a.m.	48b	Side-lying and Pregnancy Massage: Technique Review		
08/25/2020	Tue	08:15 a.m.	49a	A&P: Nervous System - Synaptic Transmission		
08/25/2020	Tue	09:15 a.m.	49b	Side-lying and Pregnancy Massage: Guided Full Body		
08/26/2020	wed	08:15 a.m.	50a	A&P: Nervous System - Peripheral Nervous		
08/26/2020	wed	09:15 a.m.	50b	Business 5: Marketing and Website		
08/27/2020	Thu	08:15 a.m.	51a	A&P: Nervous System - Autonomic Nervous System		
08/27/2020	Thu	09:15 a.m.	51b	Kinesiology: AOIs - Elbow, Wrist, and Finger Joint		

WEEK 29

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
08/31/2020	Mon	08:15 a.m.	52a	Pathology: Nervous System		
08/31/2020	Mon	09:15 a.m.	52b	Integration 4: Deep Swedish		
09/01/2020	Tue	08:15 a.m.	53a	Deep Tissue: Introduction		
09/01/2020	Tue	09:15 a.m.	53b	Deep Tissue: Technique Demo and Practice - Posteri		
09/02/2020	wed	08:15 a.m.	54a	A&P: Endocrine System		
09/02/2020	wed	09:15 a.m.	54b	Deep Tissue: Technique Demo and Practice - Posteri		

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WEEK 29

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
09/03/2020	Thu	08:15 a.m.	55a	Pathology: Endocrine System		
09/03/2020	Thu	09:15 a.m.	55b	Deep Tissue: Technique Review and Practice - Upper		

WEEK 30

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
09/08/2020	Tue	08:15 a.m.	56a	Internship Orientation		
09/08/2020	Tue	09:15 a.m.	56b	Mock Internship		
09/09/2020	wed	08:15 a.m.	57a	Written Exam Prep		
09/09/2020	wed	09:15 a.m.	57b	Deep Tissue: Technique Demo and Practice - Anterio		
09/10/2020	Thu	08:15 a.m.	58a	Written Exam Prep		
09/10/2020	Thu	09:15 a.m.	58b	Deep Tissue: Technique Demo and Practice - Anterio		

WEEK 31

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
09/14/2020	Mon	08:15 a.m.	59a	A&P: Psychoneuroimmunology		
09/14/2020	Mon	09:15 a.m.	59b	Deep Tissue: Technique Demo and Practice - Anterio		
09/15/2020	Tue	08:15 a.m.	60a	Written Exam (3.5 hours)		
09/15/2020	Tue	11:45 a.m.	60b	Chair Massage: Technique Review and Practice (1 ho		
09/16/2020	wed	08:15 a.m.	61a	A&P: Respiratory System		
09/16/2020	wed	09:15 a.m.	61b	Deep Tissue: Guided Full Body		
09/17/2020	Thu	08:15 a.m.	62a	Pathology: Respiratory System		
09/17/2020	Thu	09:15 a.m.	62b	Deep Tissue Touch Assessment		

WEEK 32

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
09/21/2020	Mon	08:15 a.m.	63a	A&P: Digestive System		
09/21/2020	Mon	09:15 a.m.	63b	Integration: Swedish, Passive Stretches, BMTs, and		
09/22/2020	Tue	08:15 a.m.	64a	Pathology: Digestive System		
09/22/2020	Tue	09:15 a.m.	64b	Business: Taxes and Bookkeeping		
09/23/2020	wed	08:15 a.m.	65a	A&P: Urinary System		
09/23/2020	wed	09:15 a.m.	65b	Business: Meet Employers and Therapists		
09/24/2020	Thu	08:15 a.m.	66a	Pathology: Urinary System		
09/24/2020	Thu	09:15 a.m.	66b	Integration: Side-lying & Pregnancy Massage Review		

WEEK 33

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
09/28/2020	Mon	08:15 a.m.	67a	Written Exam Prep		
09/28/2020	Mon	09:15 a.m.	67b	Kinesiology: AOIs - Muscle Review		
09/29/2020	Tue	08:15 a.m.	68a	Written Exam Prep		
09/29/2020	Tue	09:15 a.m.	68b	Integration Massage: Receiver's Choice		
09/30/2020	wed	08:15 a.m.	69a	History of Massage: Modalities		
09/30/2020	wed	09:15 a.m.	69b	History of Massage: Bodywork Tree and Demo		
10/01/2020	Thu	08:15 a.m.	70a	Written Exam (4 hours)		
10/01/2020	Thu	12:15 p.m.	70b	Chair Massage: Technique Review and Practice (30 m		

WEEK 34

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
10/05/2020	Mon	08:15 a.m.	71a	Sports Massage: Theory		
10/05/2020	Mon	09:15 a.m.	71b	Sports Massage: Technique Demo and Practice - Pre-		

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WEEK 34

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
10/06/2020	Tue	08:15 a.m.	72a	Orthopedic Massage: Introduction		
10/06/2020	Tue	09:15 a.m.	72b	Orthopedic Massage: Active Engagement and Active-A		
10/07/2020	wed	08:15 a.m.	73a	Orthopedic Massage: Piriformis Syndrome and S.I. L		
10/07/2020	wed	09:15 a.m.	73b	Orthopedic Massage: Piriformis Syndrome and S.I. L		
10/08/2020	Thu	08:15 a.m.	74a	MBLEx Prep		
10/08/2020	Thu	09:15 a.m.	74b	Orthopedic Massage: Piriformis Syndrome and S.I. L		

WEEK 35

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
10/12/2020	Mon	08:15 a.m.	75a	MBLEx Prep		
10/12/2020	Mon	09:15 a.m.	75b	Orthopedic Spot Check - Piriformis Syndrome and S.		
10/13/2020	Tue	08:15 a.m.	76a	Orthopedic Massage: Low Back Pain - Lecture		
10/13/2020	Tue	09:15 a.m.	76b	Orthopedic Massage: Low Back Pain - Technique Demo		
10/14/2020	wed	08:15 a.m.	77a	Special Populations: Introduction		
10/14/2020	wed	09:15 a.m.	77b	Orthopedic Massage: Low Back Pain - Technique Revi		
10/15/2020	Thu	08:15 a.m.	78a	Special Populations: Psychiatric Disorders		
10/15/2020	Thu	09:15 a.m.	78b	Orthopedic Spot Check - Low Back Pain		

WEEK 36

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
10/19/2020	Mon	08:15 a.m.	79a	Orthopedic Massage: Rotator Cuff Strain and Carpal		
10/19/2020	Mon	09:15 a.m.	79b	Orthopedic Massage: Rotator Cuff Strain and Carpal		
10/20/2020	Tue	08:15 a.m.	80a	MBLEx Prep		
10/20/2020	Tue	09:15 a.m.	80b	Orthopedic Massage: Rotator Cuff Strain and Carpal		
10/21/2020	wed	08:15 a.m.	81a	MBLEx Prep		
10/21/2020	wed	09:15 a.m.	81b	Orthopedic Spot Check - Rotator Cuff Strain and Ca		
10/22/2020	Thu	08:15 a.m.	82a	Orthopedic Massage: Thoracic Outlet Syndrome - Lec		
10/22/2020	Thu	09:15 a.m.	82b	Orthopedic Massage: Thoracic Outlet Syndrome - Tec		

WEEK 37

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
10/26/2020	Mon	08:15 a.m.	83a	Special Populations: HIV and AIDS		
10/26/2020	Mon	09:15 a.m.	83b	Orthopedic Massage: Thoracic Outlet Syndrome - Tec		
10/27/2020	Tue	08:15 a.m.	84a	MBLEx Prep		
10/27/2020	Tue	09:15 a.m.	84b	Orthopedic Spot Check - Thoracic Outlet Syndrome		
10/28/2020	wed	08:15 a.m.	85a	Orthopedic Massage: Neck Pain - Lecture		
10/28/2020	wed	09:15 a.m.	85b	Orthopedic Massage: Neck Pain - Technique Demo and		
10/29/2020	Thu	08:15 a.m.	86a	MBLEx Prep		
10/29/2020	Thu	09:15 a.m.	86b	Orthopedic Massage: Neck Pain and Tension Headache		

WEEK 38

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
11/02/2020	Mon	08:15 a.m.	87a	MBLEx Prep		
11/02/2020	Mon	09:15 a.m.	87b	Orthopedic Spot Check - Neck Pain		
11/03/2020	Tue	08:15 a.m.	88a	Deep Massage: History		
11/03/2020	Tue	09:15 a.m.	88b	Deep Massage: Introduction		
11/04/2020	wed	08:15 a.m.	89a	Practice MBLEx (2.5 hours)		
11/04/2020	wed	10:45 a.m.	89b	Chair Massage: Technique Review and Practice (2 ho		
11/05/2020	Thu	08:15 a.m.	90a	Kinesiology: Palpation - Posterior Back and Neck		
11/05/2020	Thu	09:15 a.m.	90b	Deep Massage: Posterior Back and Neck Technique		

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WEEK 39

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
11/09/2020	Mon	08:15 a.m.	91a	Kinesiology: Palpation - Anterior and Posterior Le		
11/09/2020	Mon	09:15 a.m.	91b	Deep Massage: Anterior and Posterior Leg Technique		
11/10/2020	Tue	08:15 a.m.	92a	Deep Massage: Working at Interface and Seven Dimen		
11/10/2020	Tue	09:15 a.m.	92b	Deep Massage: Posterior Technique Review and Pract		
11/11/2020	wed	08:15 a.m.	93a	Kinesiology: Palpation - Anterior Torso and Arms P		
11/11/2020	wed	09:15 a.m.	93b	Deep Massage: Anterior Torso and Arms Technique		
11/12/2020	Thu	08:15 a.m.	94a	Kinesiology: Palpation - Neck, Face, and Scalp		
11/12/2020	Thu	09:15 a.m.	94b	Deep Massage: Anterior Neck, Face, and Scalp Techn		

WEEK 40

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
11/16/2020	Mon	08:15 a.m.	95a	Special Populations: Seniors		
11/16/2020	Mon	09:15 a.m.	95b	Deep Massage: Anterior Technique Review and Practi		
11/17/2020	Tue	08:15 a.m.	96a	Special Populations: Hospice and End of Life		
11/17/2020	Tue	09:15 a.m.	96b	Deep Massage: Full Body Technique Review and Pract		
11/18/2020	wed	08:15 a.m.	97a	Special Populations: Cancer		
11/18/2020	wed	09:15 a.m.	97b	Deep Massage Touch Assessment		
11/19/2020	Thu	08:15 a.m.	98a	Practice MBLEx (2.5 hours)		
11/19/2020	Thu	10:45 a.m.	98b	Chair Massage: Technique Review and Practice (2 ho		

WEEK 41

Date	Day	Time	Topic Num	Class Name	Instructor(s)	Room#
11/23/2020	Mon	08:15 a.m.	99a	Completion		
11/23/2020	Mon	09:15 a.m.	99b	Integration Massage: Receiver's Choice		