Paul Mitchell The School North Haven

MASSAGE COURSE INFORMATION

MASSAGE PROGRAM DESCRIPTION

Massage: ***Standard Occupational Classification (SOC) 31-9011***
Classification of Instructional Programs (CIP) Code 51.3501

The state of Connecticut requires 750 hours of education to become licensed as a massage therapist; however, the school is approved by the state to offer a 850 hour massage course.

This 850 hour program is designed to provide students with the essential skills needed to become, and sustain a career as, a Licensed Massage Therapist. It has been thoughtfully created to provide students with a solid foundation of theory and technique. Our curriculum includes courses in: fundamentals of therapeutic massage, anatomy and physiology, kinesiology, pathology, acupressure, business practices and ethics. Working from a base of Swedish theory, students are also taught orthopedic assessment, myofascial techniques, trigger point work and are introduced to Thai Massage, gua sha, cupping, lymphatic drainage, craniosacral work and reflexology. They are shown how to use their skills working in a variety of places such as spas, medical facilities, corporate offices and private studios, and with a broad range of people from athletes to special populations. Students also benefit from extensive hands-on experience in our student clinic as well as completing internship hours.

At The Paul Mitchell School, we strive to create a learning environment that prepares students to make a positive impact in the world and to bring the benefits of therapeutic massage to those in need.

Our 850-hour Massage Therapy Program is intentionally designed to go beyond the state minimum requirements to better prepare students for long-term success in the field. While licensure establishes the baseline, our goal is to develop confident, knowledgeable, and career-ready professionals who are fully prepared to thrive in today's competitive wellness industry.

The additional hours allow students to build a stronger foundation in both theory and hands-on technique. The curriculum includes comprehensive coursework in Fundamentals of Therapeutic Massage, Anatomy and Physiology, Pathology, Kinesiology, Professional Ethics, Pressure and Modalities, and Business Practices. By expanding the learning experience, students gain deeper clinical understanding, improved technical skill, and greater confidence in client care.

An 850-hour program also provides extended hands-on practice and supervised clinical experience, ensuring students refine their technique, body mechanics, communication skills, and professional presence. This extra preparation supports higher performance on the Massage & Bodywork Licensing Examination and strengthens readiness for licensure through the Connecticut Department of Public Health.

Beyond licensure, our expanded program equips graduates with essential business knowledge and professional development skills, empowering them not only to become licensed massage therapists, but to sustain and grow a successful career.

We believe excellence requires more than meeting the minimum — it requires preparation, confidence, and mastery. Our 850-hour program reflects that commitment.

**Graduates are prepared for an entry level massage therpist.*

This course is taught in English. Textbooks and course materials are only offered in the English language.

MASSAGE PROGRAM OBJECTIVES

- Prepare students to sit for and pass the Massage and Bodywork Licensure Exam (MBLex).
- Provide exceptional instruction in massage that meets the highest standards of quality and professionalism.
- Allow for students to gain extensive practical experience so they are immediately viewed by employers as experienced and coveted hires.
- Equip students with an understanding of self care, boundaries and communication skills so they become competent, compassionate, and effective leaders in the field of complementary and alternative medicine.
- Uphold the highest levels of ethical practice to ensure that our graduates abide by a strict code of professional conduct.

MASSAGE PROGRAM OVERVIEW

Course Hours: 850 clock hours

The course is divided into pre-clinical classroom instruction and clinic classroom learning experiences.

- **Pre-clinical Classroom Instruction:** The first 448 hours are devoted to classroom demonstration, theory and practical experience. You will learn massage therapy, anatomy & physiology, massage therapy enhancement, bone and muscle labs, energetic foundations, self care and professional development.
- **Clinic Classroom Learning Experience:** The remaining 402 hours are spent divided between in the Internship and clinic classroom, gaining the practical experience working on paying guests and continued classroom learning spent on theory and practical demonstration and workshops in advanced modalities.

MASSAGE PROGRAM OUTLINE

Throughout the 850-hour course, you will learn the theory of massage, bamboo massage, anatomy, physiology, kinesiology, pathologies, and finish with hands on application. Although we base our teaching on Swedish Massage we also incorporate modalities such as Asian bodywork, cupping, reflexology, sports, medical massage, therapeutic, hot stone, self-care and career longevity.

Subjects are presented by means of lecture, demonstration, and student participation. Audio- visual aids, guest speakers, field trips, and other related learning methods are used in the course.
Three specific learning styles are incorporated in one or more combinations:

- **Term 4 and 5**: This time period is dedicated to exploring fundamental knowledge, anatomy, physiology, massage therapy 1 and 2, energetic foundations. You will receive individual attention in practical palpation and you will complete monthly practicals and weekly tests throughout the course. This is an intense, rewarding and exciting portion of your experience.
- **Clinic and Classroom Floor Learning Experience**: Your remaining hours will be divided between Internship and clinic classroom honing in your practical skill sets along with learning advanced modalities in the form of theory, demonstration, and practical experiences. You will dress, act, and work like a massage therapist. You will use your own technical and therapeutic abilities, coupled with the assistance of our qualified learning leaders, to provide a therapeutic and relaxing service to our paying guests. You will make discoveries and learn professional relationship-building skills that will ensure your success in this rewarding diverse field.

MASSAGE PROGRAM COURSE SUBJECTS

The instructional program of Paul Mitchell The School North Haven cosmetology meets or exceeds the state requirements. The requirements listed below are required for the brick & mortar program.

Subject	Minimum Theory Hours	Minimum Clinical/Practical Hours
MT 1 Intro to Therapeutic Massage Technique	26	26
MT 2 Therapeutic Massage Technique	36	26
MT 3 Orthopedic Sports Massage Technique	36	26
Massage Therapy 1 Enhancement	13	39

Subject	Minimum Theory Hours	Minimum Clinical/Practical Hours
Massage Therapy 2 Enhancement	8	24
Anatomy & Physiology 1	52	0
Anatomy & Physiology 2	52	0
Professional Development	51	0
Pathology A	39	0
Pathology B	15	0
Kinesiology	52	0
Business practices	51	0
Acupressure	16	16
Energetic Foundations	9	9
Other Modalities	12	12
Self Care	7.5	7.5
Bone/Muscle Lab	10.5	10.5
Clinical Assessment	12	0
MBlex Review	12	0
MBlex Test Practice	12	0
MBlex Online Remote	4	0
MBlex Online	4	0
Internship	0	12
Clinic 1	0	20
Clinic 2	0	52
Clinic 3	0	28
Clinic 4	0	32
TOTAL CLOCK HOURS	**510**	**340**

The institution offers employment assistance to help graduates' efforts to secure education-related employment that includes, but is not limited to training in professionalism, resume' development, job interview preparation and job search skills.

MASSAGE PROGRAM TESTING AND GRADING PROCEDURE

The following tests and grading procedures are incorporated during the student's 850-hour program:

1. **Academic theory exams:** Students must receive a grade of 75% or higher on each assigned theory exam.
2. **Core Foundations skills evaluation:** Students must receive a grade of 75% or higher on each written exam and each practical skill exam in order to complete the Core program. The exams are an overview of instruction taught during Term 1 and 2. All Core written and practical skill exams must be passed with a 75% in order to transition to the Clinic Classroom. If students are unable to pass each exam after two attempts, the student may be asked to withdraw from the program and re-enroll in the next available Core class start date.
3. **Final Written Exam:** This test is an overview of all related massage subjects (e.g., anatomy, kinesiology, pathologies, etc.). Students must receive a grade of 75% or higher on all Final tests.
4. **Clinic practical requirements:** Students must complete all clinic practical requirements.