

**SUGGESTIONS FOR  
A  
CONTENT OUTLINE FOR PREPARING FOR YOUR EXAMS**

- I. HUMAN ANATOMY, PHYSIOLOGY AND KINESIOLOGY
- Structure of the human body
    - Reproduction, Urinary – Circulation – Skeletal - Senses
  - Function and location of the major organs and organ systems of the human body - brain
  - Macular-skeletal (including connective tissue) characteristics, contractions
    - proprioceptors - origins, insertions and actions of muscles, muscle fiber and other tissues
  - Nervous
  - Cardiovascular
  - Lymphatic
  - Skin/integumentary
  - Respiratory
  - Digestive
  - Endocrine – Immune systems – Excretory system
  - Urogenital
  - Relationship between anatomy and physiology and the practice of Massage Therapy/Bodywork
  - Efficient and safe movement patterns (e.g., body mechanics, lifting, walking, etc.)
- II. CLINICAL PATHOLOGY AND RECOGNITION OF VARIOUS CONDITIONS
- Contraindications
  - Signs and symptoms of disease
  - Healing mechanisms of the body as they relate to various condition
  - Medical terminology – typed of medications -
  - Hygiene and sanitation in Massage Therapy/Bodywork
  - Injuries (e.g. strain/muscle tears, whiplash, muscle spasms, sprain/ligament, tendonitis, etc.)
  - Joint disorders (e.g. osteoarthritis, rheumatoid arthritis, facet dysfunction/subluxation, TMJ dysfunction, etc.)
  - Neurological disorders (e.g., constipation, ulcers, spastic colon, irritable bowel syndrome, etc.)
  - Gastrointestinal disorders (e.g. constipation, ulcers, spastic colon, irritable bowel syndrome, etc.)
  - Skeletal dysfunction (e.g., scoliosis, Kyphosis, lordosis, etc.)
  - Skin conditions (e.g., eczema, psoriasis, etc.)
  - Muscle/fascia conditions (e.g., chronic muscle spasm, acute muscle cramp, torticollis, fibromyalsia, tension headaches, etc.
  - Emotional states (e.g., stress, depression, anxiety, grief reactions, etc.)
  - Respiratory conditions (e.g., asthma, bronchitis, etc.)
  - Circulatory conditions (e.g., high blood pressure, edema, etc.)

III. MASSAGE/BODYWORK THEORY, ASSESSMENT AND PRACTICE - 40%

Interview techniques

Range of motion

Palpation (e.g., soft tissue, energy blockages, bony landmarks, energetic meridians, etc.)

Observation techniques (e.g., looking, listening, smelling, etc.)

Basic theory of Massage/Bodywork and Massage/Bodywork hand

Technical descriptions of Massage/Bodywork

The use of Massage/Bodywork to affect soft tissue, energy systems, fascia, etc.

Physiological rationale of Massage/Bodywork

Endangerment sites (e.g., jugular vein, eyes, etc.)

Joint mobilization

Client positioning, support draping, and turning

IV. ADJUNCT TECHNIQUES AND METHODS - 5%

Hydrotherapy

Exercise methods (e.g., breathing, relaxation, rehabilitation, etc.)

Stress management/relaxation techniques (e.g., biofeedback, yoga, creative visualization/imagery, meditations, etc.)

V. BUSINESS PRACTICES AND PROFESSIONALISM - 10%

Scope of practice of other disciplines within Massage Therapy/Bodywork for purposes of referral,

Scope of practice of healthcare disciplines -outside- Massage Therapy/Bodywork (e.g., M.D.'s, D.C.'s, O.M.D.'s etc.) for purposes of referral,

Professional standards and ethical guidelines pertaining to Massage Therapy/Bodywork.

Basic business practices and standards

PR/Standard First Aid.

Ethics – Resolving Ethical Dilemmas – Ethics Scenarios (sample)

Sample Code of Ethics

Marketing –Effective Ways of Marketing

Boundaries – Type of Boundaries - Three Stages of Recovery