

# ***Kapi`olani Community College Massage Therapy Program***

**Fall 2009 Registration Packet  
Evening program begins October 28, 2009**

***Registration begins July 15, 2009***

## ***CAREER OVERVIEW***

Massage therapy is a personal health service utilizing soft-tissue manipulations to treat pain, increase range of motion, reduce stress, and promote relaxation. Massage therapists obtain the basic medical history for a client, assess any problems or conditions, and perform appropriate massage techniques based on the current health of the client. In addition, they must understand the laws, rules, regulations, limitations, and obligations concerning the practice of massage.

Licensed massage therapists may find work at resort spas, day spas, fitness centers, athletic teams, chiropractor and physician clinics, hospitals, cruiseships, physical therapy clinics, or be self-employed managing and servicing their own clientele.

## ***LICENSURE AND CERTIFICATION***

Graduates of the KCC program are eligible to take the Hawaii State Board of Massage License Examination and the National Certification Examination for Therapeutic Massage and Bodywork (NCETMB).

## ***THE KCC MASSAGE THERAPY PROGRAM***

Kapi`olani Community College's Massage Therapy Program is a 600+ hour non-credit, evening/weekend program comprised of coursework with theory, ample hands-on practice, competency testing and clinical experience. The length of the program is approximately 11 months to complete. It includes two certificates of competence, one in General Massage Therapy and another in Specialty Massage Therapy.

Students who successfully complete both certificates in its entirety at Kapi`olani Community College will be eligible to take the Hawaii State Board of Massage License Examination, as well as the National Certification Examination for Therapeutic Massage and Bodywork.

KCC offers a very high quality massage therapy education provided by some of the finest instructors from Hawaii and from the mainland. Besides lectures and lab experiences, students are also encouraged to take an active role in the community outside of the campus and are given ample opportunities to participate and provide student massages in the community and at other organized events.

Class meeting times are usually limited to Mondays through Thursdays from 6pm to 9pm to meet the needs of many who work or attend school during the day. On some occasions, the class may

meet on Fridays, Saturdays, or Sundays with advance notice to students. Student clinic times may be custom tailored to meet each student's schedule, but are usually available from 2pm to 6pm, Mondays through Saturdays.

## ***STUDENT TESTIMONIALS***

*"To Martin Chong, KCC Massage Therapy Program Director---- I hired a recent graduate of your Massage Therapy Program. Sarah has been a wonderful addition to our staff and I have been impressed by her range of knowledge and skills that were acquired through your program. I look forward to having more of your graduates as our employees."*

*Sincerely, Sheryl Bell, Vice President, Serenity Spa Hawaii and Waikiki Plantation Spa*

*"This program provided me with a solid understanding of the field of massage therapy. The instructors were excellent and took the time to develop our skills and build our knowledge in their respective specializations. I feel that with the knowledge and skills I've learned from this program, I believe that I have built a solid foundation to pursue my career in massage therapy."*

*Edmund L. (Fall 2005 graduate)*

*"KCC has a great massage therapy program. The teachers are very knowledgeable and are there for individual guidance. The program is well organized and I felt that it has prepared me well for my future. My fellow classmates have made it a great experience. It felt like we were as one and was there for each other."* Jason F. (Fall 2006 graduate)

*"I have never learned so much in such a short period of time!! The knowledge I've gained from this program has been so rewarding, and the time I've spent here with all the teachers and classmates have taught me so much."* Ashley C. (Fall 2006 graduate)

*"I had reserves about the technical depth of this program when I first started. After finishing the program, I highly valued the massage education I received at KCC. The depth of study and techniques is the best on the island."* Matt P. (Fall 2007 graduate)

*"The instructors were very patient, understanding, and caring, not to mention the outstanding job the program director does. Thanks to everyone who made this program a success."* Craig N. (Fall 2007 graduate).

## ***FREQUENTLY ASKED QUESTIONS***

**How long is the program?** The program is approximately 11 months long.

**How often is the program offered?** The program is offered to students twice a year in May and in October. Students are encouraged to check the webpage periodically for any updates on upcoming programs and courses. Web address is [www.programs.kcc.hawaii.edu](http://www.programs.kcc.hawaii.edu).

**How much will it cost me?** The entire program tuition will cost approximately \$6,000, depending on the variations of course offerings.

**Can I pay course by course?** Students may pay course by course as each approach; therefore, alleviating any large, lump sum payments upfront.

**When are the classes held?** Classes are generally held in the evenings, Mondays thru Thursdays from 6pm-9pm. Occasionally, there may be classes scheduled for Fridays, Saturdays, or Sundays with advance notice to students.

**Is parking available?** There is ample free parking on our campus.

**Can I work full time during the day and still be able to complete this program?** Yes, you may continue to work full time during the day and be able to complete the program successfully. Many of our graduates have done so. However, students need to be mindful of any additional time outside of class that may be needed to study, prepare for exams and outside assignments, and for massage practice.

**Can I work as a massage therapist in Hawaii after completing this program?** After completing the program successfully, you may apply to the State Board of Massage for licensure eligibility. Upon passing the licensing exam, you will be licensed and will be able to practice massage immediately in Hawaii.

**Can I work as a massage therapist in the mainland after completing this program?** In addition to being eligible to take the Hawaii State Board of Massage licensing examination, you will also be eligible to take the National Certification Examination for Therapeutic Massage and Bodywork. Many states are now requiring the passing of this exam to practice. Please check with the respective state or county boards for their requirements since they vary widely.

**Which places hire massage therapists?** Some of the more common places that hire massage therapists are at resorts spas and day spas, chiropractor's offices, physician's offices, physical therapy clinics, fitness centers, cruise ships, hospitals, massage clinics, or one may begin their own private practice.

**Is the program approved by the Board of Massage?** Yes, our program is approved both by the Hawaii State Board of Massage and the National Certification Board for Therapeutic Massage and Bodywork for having met the minimum requirements for graduates to be eligible for state licensure and national certification.

**Do you offer continuing education courses after being licensed?** Continuing education courses are constantly being offered at our institution. Some are taught by instructors brought over from the mainland. Please view our webpage for any additional updates on these exciting courses.

## ***ADMISSION and COSTS***

**PREREQUISITE AND ADMITTANCE:** Students will need to be proficient in the English language. Students will be admitted into the program as soon as payment is received on a first-come-first-served basis. There is limited seating for this program.

**TECHNICAL REQUIREMENTS:** Students must also meet the technical requirements for the program, which include:

- Auditory ability sufficient to monitor and assess health needs.
- Mobility sufficient to support and move clients; must be able to perform one-hour massage sessions while standing, bending over clients, reaching for supplies.
- Motor skills and arm strength sufficient to keep uniform pressure on client and adjust based on client response.
- Tactile ability sufficient for physical assessment.
- Visual ability sufficient for observation and assessment necessary in massage therapy setting.
- Ability to work calmly and efficiently while providing massage services to the satisfaction of the client.

**COSTS:** YOUR STARTUP COST FOR THE PROGRAM IS \$315. REGISTRATION AND PAYMENTS WILL BE RECEIVED ON A FIRST-COME-FIRST-SERVED BASIS. This will include the cost of the first course (Introduction to Massage Therapy), liability insurance, and your basic textbooks. The cost of the complete program is approximately \$6,000. However, students may pay for each course as they approach, which will be approximately \$300-\$600 per month. The length of the program is usually 11 months long to complete prior to licensure. Federal Stafford Loans will not cover these expenses; however, some community based employment and training programs as well as military benefits may be available to cover full or partial cost of tuition. Please contact these particular agencies for details.

**ADDITIONAL COSTS:** Liability insurance is required for all students and is valid for one academic year for \$15. Renewal will be required in September 2010. Additional costs for supplementary texts, handouts, field trips, or other supplies may be incurred during the course of the program.

**REFUNDS:** After payment is made, refunds for tuition and textbooks will be allowed before classes begin. However, there will be no refund for the liability insurance

## **REGISTRATION PROCEDURES**

### **STEP 1:**

Attend a mandatory information session listed below. Information sessions are free and no appointment is needed.

July 23, 2009	Thursday	4:30-5:30	Kauila 208
August 13, 2009	Thursday	4:30-5:30	Kauila 208
September 3, 2009	Thursday	4:30-5:30	Kauila 208
September 24, 2009	Thursday	4:30-5:30	Kauila 208
October 15, 2009	Thursday	4:30-5:30	Kauila 208

### **STEP 2:**

Complete the attached application found at the end of this packet. Your minimum payment is \$315 to be fully registered.

### **STEP 3:**

Register and pay by credit card by calling the Adult Continuing Education Registration Office at 734-9211. You may also submit payments in person at the Registration Office located in Ilima 102 during business hours. Textbooks will be issued on the first class meeting.

**\*\*\* Any further questions regarding the program should be directed to Martin Chong, Massage Therapy Program Director, at 734-9540 or through email at martinc@hawaii.edu**

**FALL 2009 MASSAGE THERAPY PROGRAM CURRICULUM**

<b><i>CERTIFICATE OF COMPETENCE IN GENERAL MASSAGE THERAPY (320 hours)</i></b>	<b><i>COST</i></b>
<b>Introduction to Massage Therapy + Textbooks + Liability Insurance (15 hours)</b> <b>6pm-9pm 093HSMTh100</b> October 28, 29, November 2, 4, 5 Instructor: Martin Chong, M.Ed., LMT, NCTMB *** Successful completion of this course is a prerequisite to all subsequent courses	\$315
<b>Your Body and Your Health I (45 hours) 6pm-9pm 093HSMTh101</b> November 9, 10, 12, 16, 17, 18, 19, 23, 24, 30, December 1, 7, 8, 14, 15 Instructor: Jill Wakabayashi, MPH, PTA	\$310
<b>Massage Practice I (45 hours) 6pm-9pm 093HSMTh105</b> December 2, 3, 9, 16, 17, January 13, 20, 21, 27, February 3, 4, 10, 17, 18, 24 Instructor: Jim McKnight, M.Ed., LMT	\$410
<b>Professional Issues (30 hours) 6pm-9pm 093HSMTh117</b> December 10, January 14, 28, February 11, 25, March 11, April 1, 15, 29, May 13 Instructor: Jim McKnight, M.Ed., LMT	\$310
<b>Your Body and Your Health II (30 hours) 6pm-9pm 101HSMTh102</b> January 11, 12, 19, 25, 26, February 1, 2, 8, 9, 16 Instructor: Dr. Kathleen Yim, DC, LMT *** Prerequisite: Successful completion of Your Body and Your Health I	\$310
<b>Your Body and Your Health III (30 hours) 6pm-9pm 101HSMTh103</b> February 22, 23, March 1, 2, 8, 9, 15, 16, 29, 30 Instructor: Dr. Kathleen Yim, DC, LMT *** Prerequisite: Successful completion of Your Body and Your Health II	\$310
<b>Massage Practice II (45 hours) 6pm-9pm 101HSMTh106</b> March 3, 4, 10, 17, 18, 31, April 7, 8, 14, 21, 22, 28, May 5, 6, 12 Instructor: Jim McKnight, M.Ed., LMT *** Prerequisite: Successful completion of Massage Practice I and Your Body and Your Health I.	\$410
<b>Your Body and Your Health IV (30 hours) 6pm-9pm 101HSMTh104</b> April 5, 6, 12, 13, 19, 20, 26, 27, May 3, 4 Instructor: Jill Wakabayashi, MPH, PTA *** Prerequisite: Successful completion of Your Body and Your Health III	\$310
<b>Massage Therapy Clinical Internship I (50 hours) 102HSMTh118</b> <b>Variable schedule</b> To begin May 10 Instructor: Martin Chong, M.Ed., LMT, NCTMB *** Prerequisite: Successful completion of Your Body and Your Health IV, Massage Practice II, and Professional Issues	\$310
<b>TOTAL</b>	<b>\$2,995</b>

<b><i>CERTIFICATE OF COMPETENCE IN SPECIALTY MASSAGE THERAPY (291 hours)</i></b>			<b><i>COST</i></b>
<b>Shiatsu (30 hours)</b>	<b>6pm-9pm</b>	Spring 2010	\$310
Instructor: Dustin Ebesu, BA, LMT			
<b>Sports Massage (30 hours)</b>	<b>6pm-9pm</b>	Spring 2010	\$310
Instructor: Jim McKnight, M.Ed., LMT			
<b>Pregnancy Massage (18 hours)</b>	<b>6pm-9pm</b>	Summer 2010	\$190
Instructor: Jan Sniffen, LMT, NCTMB			
<b>Trigger Point Therapy (30 hours)</b>	<b>6pm-9pm</b>	Summer 2010	\$310
Instructor: Martin Chong, M.Ed., LMT, NCTMB			
<b>Foot Reflexology (30 hours)</b>	<b>6pm-9pm</b>	Summer 2010	\$310
Instructor: Heather Han, MSCP, LMT			
<b>Medical Massage (Torso, Upper and Lower Extremities-28 hours)</b>			Summer 2010
Instructor: Ralph Stephens, BA, LMT, NCTMB			\$450
Ralph is a guest instructor from Cedar Rapids, Iowa			
<b>Medical Massage (Side-Lying and Shoulder Girdle-15 hours)</b>			Summer 2010
Instructor: Ralph Stephens, BA, LMT, NCTMB			\$240
Ralph is a guest instructor from Cedar Rapids, Iowa			
<b>Lomi Lomi (39 hours)</b>	<b>6pm-9pm</b>	Summer 2010	\$390
Instructor: Keola Chan, LMT			
<b>Massage Therapy Clinical Internship II (50 hours)</b>	<b>Variable</b>	Summer 2010	\$310
Instructor: Martin Chong, M.Ed., LMT, NCTMB			
<b>Massage Therapy General Review (21 hours)</b>	<b>6pm-9pm</b>	Fall 2010	\$200
Instructor: Jim McKnight, M.Ed., LMT, NCTMB			
<b>TOTAL</b>			<b>\$3,020</b>
<b>GRAND TOTAL PROGRAM TUITION COST</b>			<b>\$6,015</b>

**NOTE: ALL COURSE DATES, TIMES, COST AND OTHER INFORMATION  
MAY BE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.**

# **Kapi`olani Community College Massage Therapy Program Registration Form (Fall 2009)**

Registration: Please register and make credit card payment by calling the Adult Continuing Education Registration Office at 734-9211. You may also register in person with cash or check at `Ilima Building, room 102 (Registration Office).

For additional program information, please call Martin Chong at 734-9540, or email at martincs@hawaii.edu

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (Day) \_\_\_\_\_ Phone (Evening) \_\_\_\_\_

VISA                       MasterCard                       Other \_\_\_\_\_

Card Account Number \_\_\_\_\_

Cardholder's Name (Please Print Clearly) \_\_\_\_\_

Expiration Date \_\_\_\_\_ Card Number\*\*\* \_\_\_\_\_

\*\*\* Card number is the last 3 or 4 digits of the account number printed on the back.

Authorized Signature \_\_\_\_\_

Course No.	Start and End Dates	Course Title Certificate of Competence (General Massage)	Fee
<b>093HSMTh100</b>	<b>Oct. 28-Nov. 5, 2009</b>	<b>Introduction to Massage Therapy Textbooks Liability Insurance</b>	<b>\$315</b>

**\*\*\* After your initial payment has been made, you are officially enrolled in the Fall 2009 program. Additional tuition costs for subsequent program courses, materials, supplies, etc. will be incurred.**