

Lakeside

SCHOOL OF
MASSAGE THERAPY



*Don't just make a
living, make a difference*



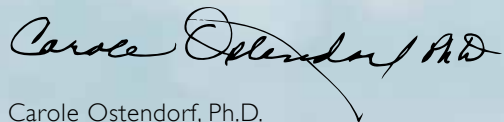
Lakeside School of Massage Therapy Welcomes You!

So you are considering massage therapy as a career?!

We are delighted that you are considering us as your guide and teacher to follow your heart on this career path.

Massage therapy provides an opportunity to “touch” others, to offer relaxation, to facilitate healing, and to support others in staying connected to themselves through your personal presence. Scientific research has identified a physiological link between our individual life experiences and our body’s ability to remember. Therapeutic massage provides an opportunity to affect the clients’ experience of safe touch and influence the mind-body connection. There are many paths to reaching your personal dreams, and we are grateful that you are considering Lakeside to participate in making your dream a reality.

Warmly,



Carole Ostendorf, Ph.D.

Chief Executive Officer

- 3 What Makes Lakeside Unique
Faculty/Student Ratio
Philosophy
Educational Goals
- 4 Overview of the Programs
Curriculum and Hours
- 6 Diploma Core Program
Course Descriptions
- 10 Associate Degree Program
Course Descriptions
- 12 Statement of Non-Discrimination
Professional Affiliation
Accreditation and Licensing



“I highly recommend Lakeside over any other school to anyone interested in massage. I also would be more likely to hire a Lakeside grad than any other.”

— Dr. Jodi Osborne, DC, March 2010



Unique Students. Unique Education.

Student Success Lakeside is committed to the successful education of each student who walks through our doors. Student success is supported through the availability of student advising, individualized learning options, study groups, tutors, and job placement opportunities.

Faculty/Student Ratio The school maintains a maximum faculty-student ratio of 1:14 in all bodywork classes. The ratio is 1:8 during supervised clinical experiences. In lecture classes the maximum ratio is 1:36. These ratios are an asset in providing quality instruction and supervision.

Philosophy Lakeside School of Massage Therapy trains students to become qualified and employable in the field of massage therapy. Lakeside is a non-profit corporation with a board of directors including President/Treasurer Carole Ostendorf, Vice-President Susan M. Miller, and Secretary Jerailyn Jones.

Educational Goals

- to provide a quality massage therapy training program resulting in competent practitioners entering the profession of massage therapy
- to develop student behaviors grounded in personal responsibility through learning experiences, teaching techniques, and modeling professional development
- to provide learning experiences that foster personal and professional integrity and a commitment to the respectful care of individuals in the learning environment, in the clinic, and in the community



Program Details

Lakeside offers **two** massage therapy training programs: the Professional Massage Therapy Diploma Core Program that results in the certificate of completion necessary for massage therapy licensure, as well as an Associate Degree in Massage Therapy Program.



Overview of the Programs

Professional Massage Therapy Diploma Core Program

Core Curriculum Progression

Semester I

Anatomy and Physiology A&P 101
Human Body & Movement HBM 101
Massage Therapy MT 101
Massage and the Therapeutic Relationship MTR 101
Clinic Class CC 101
Student Clinic SC 101
Clinic Integration CI 101

Semester II

Massage Therapy MT 201
Pathophysiology PTH 201
Massage Therapy and Business BUS 201
Student Clinic SC 201
Fieldwork FW 201
Clinic Integration CI 201
Critical Thinking and Integration CT I201
Research RE 201
Independent Reading Project

Core Program Hours

30-week Day Program

Monday through Thursday, 8am until 3pm.
This class will have one Friday class from 8 am - 4:30 pm.

52-week Evening Program

Monday, Wednesday, and Thursday, 5:30 - 10 pm for the fall class and Tuesday, Thursday and Friday evenings for the spring class. This class will include one Saturday or Sunday class from 8 am - 4:30 pm for CPR and First Aid and one all day Friday class from 8 am - 4:30 pm.

9-month Day Program

Monday through Friday, 9 am - 1:30 pm.

Associate Degree in Massage Therapy Program

468 hours, 24 semester credits

The occupational associate degree includes all of the course work and the requirements for completion of the Professional Massage Therapy Diploma Core Program in addition to the coursework outlined on pages 10 and 11.

The Professional Massage Therapy Diploma Core Program

Course Descriptions

MT 101: Massage Therapy, Theory, Technique, and Practice

Key components

Swedish massage; Self care – body mechanics

Functional Assessment

- Postural assessment
- Tissue assessment
- Pain assessment

Hydrotherapy

Joint Mobilization, Stretching, and Range of Motion

- Assessment of joint movement
- Passive stretching as an element of massage therapy sessions
- Range of motion to enhance movement

Connective Tissue Massage

Trigger Point Strategies

Chair/Seated Massage

- Strategies to use with clients when using a massage chair and recognition of the value of onsite massage for various organizations and events.

Worried about paying for school?

Financial aid is available for those who qualify. Contact the financial aid office at financialaidinfo@lakeside.edu



Massage Therapy 201

Prerequisite: MT 101

Therapeutic Strategies in Massage;

Approaches that affect the following conditions:

- Whiplash
- Carpel tunnel syndrome
- Thoracic outlet syndrome
- Low back pain and sciatica
 - » Postural distortions and scoliosis
- Rotator cuff syndrome
- Repetitive strain disorders
- Sprains and Strains
 - » Pre and post event massage for athletes

Eastern Philosophy of Health

- Asian philosophy of health
- Introduction to Shiatsu

Massage Therapy and the Therapeutic Relationship 101

- Introduction to professional standards of behavior and interaction within the practice of massage therapy.
- Ethics and Boundaries; Standards of Practice; Scope of Practice

Prerequisite: none

Massage Therapy and Business 201

- Development of employment or business plan.
- Application for licensure, National Exam, State Licensing.

Prerequisite: MTR 101

Critical Thinking and Integration 201

Skill development in problem solving, treatment planning, and assessing results.

Prerequisite: successful completion of all first semester courses

Research 201

Locating and critically reading scientific literature.

Prerequisite: successful completion of all first semester courses

Anatomy & Physiology 101

- The study of the normal structures and related functions of the body systems.
- Emphasize the interaction between the body systems and the application of massage therapy.

Prerequisite: none

Massage Therapy Core Program Course Descriptions *Continued*

Human Body & Movement 101

- Understanding human body movement
- Locations of bones and major landmarks on the bones where muscles attach, as well as the names of muscles, their placement in the body, and the actions that muscle groups produce.

Prerequisite: none

Pathophysiology 101

Focus on diseases and dysfunctions of the human body and how this knowledge influences decision making in massage therapy.

Clinic Class 101

- A preparatory class readying the student for the student clinic and fieldwork activities
- Goals of the student clinic and fieldwork, the student's responsibilities, clinic and fieldwork operations, and the methods the school uses to evaluate the student.

Prerequisite: none

Student Clinic & Fieldwork

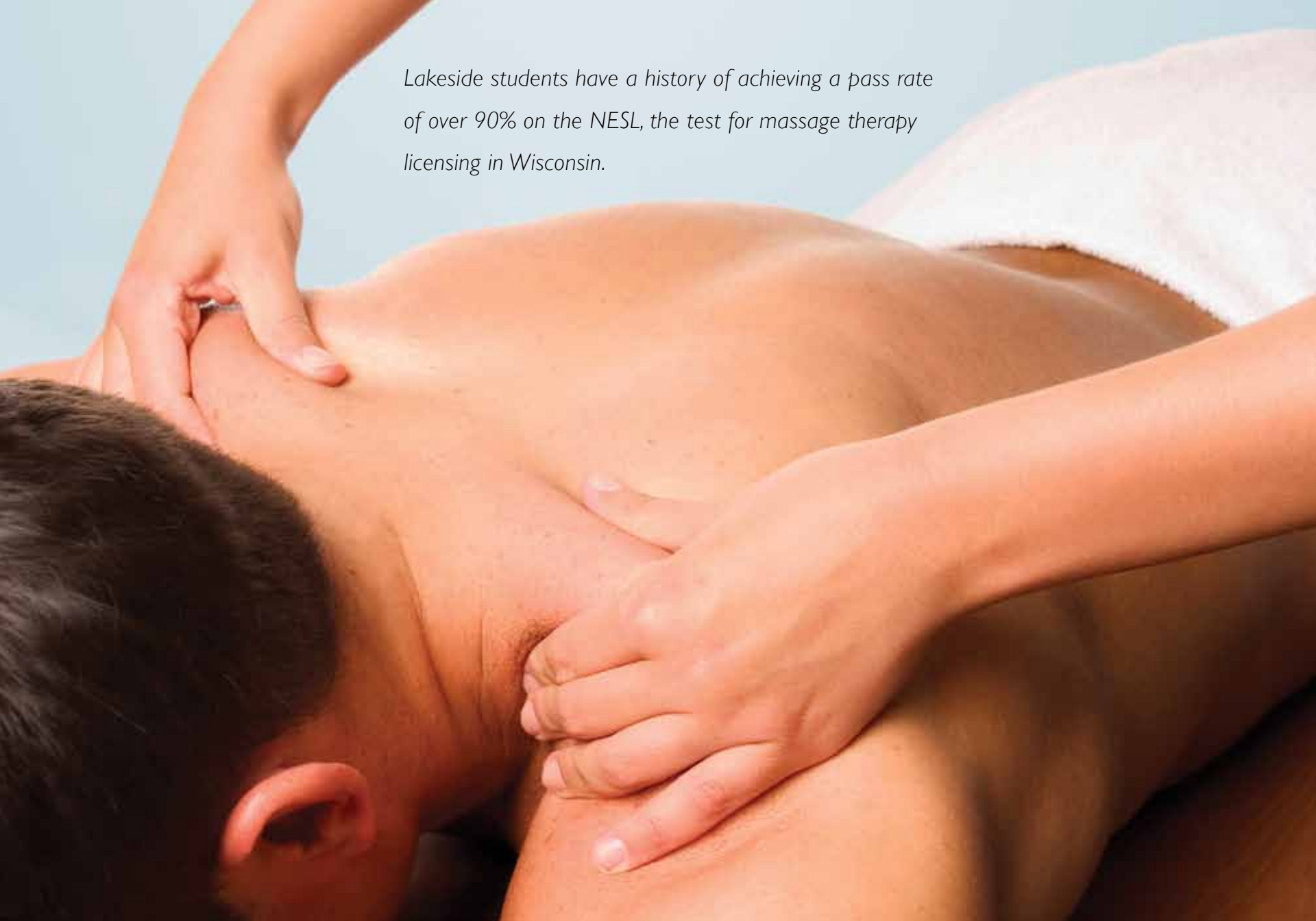
Provides the student with the opportunity to work with clients applying basic massage techniques and interpersonal communication skills in clinical and community environments.

CPR, First Aid & AED

- Adult CPR, First Aid, and AED techniques are offered and taught by certified instructors.
- Students are required to have current certification at the time of graduation in preparation for licensure within the State of Wisconsin.



Lakeside students have a history of achieving a pass rate of over 90% on the NESL, the test for massage therapy licensing in Wisconsin.



The Associate Degree in Massage Therapy (ADMT)

468 hours, 24 semester credits

The occupational associate degree includes all of the course work and the requirements for completion of the Professional Massage Therapy Diploma Core Program in addition to the coursework outlined below.

Prerequisite: successful completion of all courses required in the Professional Massage Therapy Diploma Core Program.

300-level courses of the Associate Degree Program: Friday from noon to 9pm, Saturday and Sunday from 9am to 6pm (contact the admissions coordinator for a specific list of scheduled weekend days).

Philosophy

The education components of the Associate Degree in Massage Therapy are based on the following constructs that will be woven into the course offerings:

- therapeutic decision making for practitioners
- professional communication with clients, colleagues, other care givers, and funding sources
- professional network participation – accessing the larger community of interest, current literature, and expert input
- embodiment of the professional massage therapy practitioner

Course Descriptions

Exercise Physiology and Nutrition 301

This course is designed to build upon the basic knowledge of anatomy, physiology, and kinesiology as it relates to the human body to include the physiological responses of body systems to various types of exercise. Prerequisite: A&P 101, HBM 101

Massage Therapy; Exercise Testing, and Prescription 302

This course is designed to integrate the knowledge learned as it relates to tissue elasticity and the effects of massage strategies with the principles of various types of exercise, exercise testing, and exercise prescriptions. Prerequisite: EPN 301

Pharmacology and Massage 301

This course covers the effects of various pharmaceutical agents on the body, their variability in therapeutic effects, and their impact on the delivery of massage therapy. Prerequisite: none

Research 301

This course prepares students to critically read and analyze research literature, including understanding concepts of reliability and validity and types of variability in the sample or the implementation of a study. Prerequisite: none

Associate Degree in Massage Therapy Course Descriptions *Continued*

Orthopedic Testing 301

This course covers functional testing already used in massage therapy practice to include more advanced techniques to allow the practitioner to assess underlying signs and symptoms in areas of the body where restricted movement, tissue restriction, or pain limits the abilities of the client. Prerequisite: none

Mind, Body, Mood, and Massage 301

This course explore the physiology and psychological connections between mind, body, and mood as they relate to the human experience. Prerequisite: none

Advanced Massage Therapy 301

The series of classes within this course will include integration of the current thinking in massage therapy and bodywork literature, application of the orthopedic testing, critical thinking strategies, and types of exercise that would be advisable. Prerequisites: MT 101, MT 201, CTI 201, PTH 201, OT 301

Business 301

This course covers business and promotional strategies for the advanced practitioner, interfacing with the professional community, and being proactive in furthering the profession of massage therapy. Prerequisite: BUS 201 or equivalent

Internship 301

The internship provides students with opportunities to practice their massage therapy and exercise skills with various populations at off-site locations under faculty supervision. Prerequisites: successful completion of EPN 301 & 302

Lakeside is proud of its history as the first school in Wisconsin to offer an associate degree program in massage therapy.



Tuition and Fees

See catalog addendum for specific information.

Statement of Non-Discrimination

Lakeside School of Massage Therapy admits students to all privileges, programs, and activities generally made available, without regard to sexual orientation, age, disability, color, gender, race, ethnicity, place of origin, or religion. Lakeside does not discriminate on the basis of race, color, national or ethnic origin, gender, sexual orientation, religion, age or disability in administration of the educational policies, admission policies, and other school administrated programs.

Institution Accredited by

Commission on Massage Therapy Accreditation
5335 Wisconsin Ave NW, Suite 440
Washington DC 20015
www.comta.org

Institution Approved by

State of Wisconsin Educational Approval Board
30 West Mifflin Street
PO Box 8696
Madison, WI 53708-8696
www.eab.state.wi.us

Other Lakeside Approvals and Affiliations

- Approved for Federal Title IV financial aid in the form of Federal Pell Grants, Federal Direct Student Stafford Loans, and Federal Plus Loans for those who qualify.
- Approved by the State of Wisconsin Department of Vocational Rehabilitation (DVR)
- Eligible training provider under the Workforce Investment Act.
- Approved by the State Approving Agency (SAA), Wisconsin Department of Veterans Affairs (WDVA) to train veterans and their qualified dependents who are eligible for Veterans Administration Educational Benefits.
- Approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider.



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Check us out!

For additional information or a tour of the school, contact the admissions office or check out our website at **www.lakeside.edu**.



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