

# **SOUTH BAY MASSAGE COLLEGE**

## **Course Information Catalog**

2011 Curriculum

**Dr. Kevin Dobalian, D.C.**  
College Director

**South Bay Massage College**  
120 B South Sepulveda Blvd.  
Manhattan Beach, CA 90266  
**(310) 546-8774**

# **CALENDAR 2011**

**MASSAGE TECHNICIAN COURSE (MT)**

**DEEP TISSUE SPORTS MASSAGE COURSE (DTSMIOO)**

**REFLEXOLOGY(REFLEX 100)**

**ADVANCED MASSAGE TECHNIQUE (AMT200)**

**ADVANCED ANATOMY(AA200)**

**INTERNSHIP PROGRAMS(INTERN50&100)**

**DEEP TISSUE II (DTII)**

**ACUPRESSURE & THEORY(ACUPRES)**

**CHAIR MASSAGE (CHAIRMAS)**

**PREGNANCY MASSAGE (PREGMAS)**

**AROMATHERAPY/ESSENTIAL OILS (OILS)**

**PATHOLOGY (PATHO)**

**SPORTS MASSAGE (SM)**

**CRANIAL SACRAL (CS)**

**MYOFASCIAL RELEASE THERAPY (MR)**

**KINESIOLOGY/PHYSIOLOGY (KP)**

**EXERCISE TRAINING/REHAB (ET)**

**EXERCISE PHYSIOLOGY (EP)**

**MASSAGE TECHNICIAN COURSE** - 175 hour course completed in 6-12 weeks

**DEEP TISSUE SPORTS MASSAGE COURSE**- 50 hour course completed in 10-12 weeks

**REFLEXOLOGY COURSE** - 25 hour course completed in 6 weeks

**ADVANCED MASSAGE TECHNIQUE** - 50 hour course completed in 6 weeks

**ADVANCED ANATOMY COURSE** - 50 hour course completed in 6 weeks

**INTERNSHIP PROGRAM** - 50 & 100 hour program completed in 5-12 weeks

**DEEP TISSUE II** - 28 hour course completed in 7 weeks

**ACUPRESSURE & THEORY**- 35 hour course completed in 7 weeks

**CHAIR MASSAGE** - 7 hour course completed in 1 day

**PREGNANCY MASSAGE** - 24 hour course completed in 6 weeks

**AROMATHERAPY & ESSENTIAL OILS** - 7 hour course completed in 1 day

**PATHOLOGY** - 24 hour course completed in 6 weeks

**SPORTS MASSAGE** -50 hour course completed in 10 weeks

**CRANIAL SACRAL THERAPY**-24 hour course completed in 6 weeks

**MYOFASCIAL RELEASE THERAPY**-24 hour course completed in 6 weeks

**KINESIOLOGY & PHYSIOLOGY**-24 hour course completed in 6 weeks

**EXERCISE TRAINING & REHAB** - 40 hour course completed in 10 weeks

**EXERCISE PHYSIOLOGY (EP)** - 294 hour course completed in 16 weeks

**Monday through Friday**

Day course .....9:00 AM - 1:00 PM  
Evening course.....6:00 PM -10:00 PM  
Saturday-Sunday.....9:00 AM - 1:00 PM  
2:00 PM - 6:00 PM

INTERN 50 & 100.....Clinic Hours; 9AM-7:00PM

**HOLIDAYS** - (no classes)

|              |                  |
|--------------|------------------|
| Memorial Day | Labor Day        |
| Thanksgiving | Independence Day |
| Christmas    | New Year's Day   |

## **OUR MISSION STATEMENT**

To provide our students the best academic education and training in becoming a qualified practitioner of massage therapy. Our goal is to guide you toward a successful and rewarding career in massage.

## **PHILOSOPHY**

Our philosophy at South Bay Massage College is to promote Massage as one of the healing arts. Our focus is to have our students and teachers work closely together and have an enjoyable learning experience. Our purpose is to assist you in becoming qualified practitioners of massage.

## **HISTORY**

The South Bay Massage College is a new school in Manhattan Beach, California and is the only massage school in the south bay. The South Bay Massage College is owned and operated by Dr. Kevin Dobalian, the director of the school.

## **PHYSICAL FACILITIES**

The college presently occupies 1100 (classroom and administration office) square feet of a modern facility. Located in Manhattan Beach, close to freeways, and 6 blocks from the beach. The physical premises of the class room can accommodate a maximum of 30 students at any given time. Enrollment is limited to 14 students per class to ensure an effective student to teacher ratio. South Bay Massage College will provide a small complete book and video library available for student use on school premises during regular business hours. Most lectures given will be on video-tape and are available on the college premises. Student Clinic occupies 450 square feet located in Manhattan Beach. The physical premises of the clinic can accommodate a maximum of 4 clients at any given time.

## **CAREER OPPORTUNITIES**

For the Massage Therapist, involvement in this hands-on health care art offers rewarding work in a stress-free environment and the opportunity to provide optimum care to patients and clients in areas that include stress management, health care facilities, athletic clubs, geriatric care, sports medicine, physical therapy as well as private practice.

# CURRICULUM

1. Massage Technician Course provides 125 clock hours of instruction and practice. The course is offered both in the daytime and in the evening for a six week period. Sequence and course hours for Massage Technician MT100 are as follows:

| <b>Sequence of class sessions:</b>               | <b>Clock hours</b> |
|--|--------------------|
| Massage History and Theory.....                  | 1                  |
| Hygiene.....                                     | 1                  |
| Anatomy and Physiology.....                      | 40                 |
| Swedish Massage (Demonstration & Practice) ..... | 75                 |
| Foot Reflexology.....                            | 1                  |
| Basic Nutrition .....                            | 3                  |
| Deep Tissue Therapy.....                         | 2                  |
| Sports Massage .....                             | 1                  |
| Business Ethics and Marketing Skills .....       | 1                  |
| Internship.....                                  | 50                 |
| <b>Total Clock Hours.....</b>                    | <b>175</b>         |

2. The Deep Tissue Sports Massage Course provides 50 hours of instruction and practice. The course is offered both in the daytime and in the evening on Fridays for a 10 week period.

| <b>Sequence and course hours for Deep Tissue Sports Massage DTSM100</b> |           |
|---|-----------|
| <b>Deep Tissue Sports Massage.....</b>                                  | <b>50</b> |
| <b>Total Clock Hours .....</b>  | <b>50</b> |

3. The Reflexology Course provides 25 hours of instruction and practice. The course is offered in the daytime and evening for a 6 week period.

| <b>Sequence and course hours for Reflexology REFLEX100</b> |           |
|--|-----------|
| <b>Reflexology.....</b>                                    | <b>25</b> |
| <b>Total Clock Hours .....</b>                             | <b>25</b> |

4. The Advanced Massage Technique Course provides 50 hours of instruction and practice. The course is offered both in the daytime and in the evenings on Mondays and Wednesdays for a 6 week period.

| <b>Sequence and course hours for Advanced Massage Technique AMT200</b> |           |
|--|-----------|
| <b>Advanced Massage Technique.....</b>                                 | <b>50</b> |
| <b>Total Clock Hours .....</b>   | <b>50</b> |

5. The Advanced Anatomy Course provides 50 hours of instruction and practice. The course is offered both in the daytime and in the evening for a 6 week period.

| <b>Sequence and course hours for Advanced Anatomy AA200</b> |           |
|---|-----------|
| <b>Advanced Anatomy .....</b>                               | <b>50</b> |
| <b>Total Clock Hours .....</b>                              | <b>50</b> |

6. The Internship Program provides 50 & 100 hours of instruction and practice. The program is offered from 9:00am to 7:00pm for a 5-12 week period.

|  |                     |
|--|---------------------|
| <b>Sequence and hours for Internship Program .....</b> | <b>50 &amp; 100</b> |
| <b>Internship Program.....</b>                         | <b>50&amp;50</b>    |
| <b>Total Clock Hours .....</b>                         | <b>100&amp;50</b>   |
| <b>Internship Program.....</b>                         | <b>100</b>          |
| <b>Total Clock Hours .....</b>                         | <b>100</b>          |

7. The Deep Tissue Course provides 28 hours of instruction and practice. The course is 7 week period.
- Sequence and course hours for Deep Tissue Dill**
- Deep Tissue .....28**
- Total Clock Hours .....28**
8. The Acupressure and Theory Course provides 35 hours of instruction and practice. The course is 7 week period.
- Sequence and course hours for Acupressure & Theory**
- Deep Tissue .....35**
- Total Clock Hours .....35**
9. The Chair Massage Course provides 7 hours of instruction and practice. This course is a one day course.
- Sequence and course hours for Chair Massage**
- Deep Tissue .....7**
- Total Clock Hours .....7**
10. The Pregnancy Massage Course provides 24 hours of instruction and practice. This course is a 6 week period.
- Sequence and course hours for Pregnancy Massage**
- Pregnancy Massage24**
- Total Clock Hours .....24**
11. The Aromatherapy & Essential Oils Course provides 7 hours of instruction and practice. This course is a one day course.
- Sequence and course hours for Aromatherapy & Essentials Oils**
- Aromatherapy/Essentials Oils .....7**
- Total Clock Hours .....7**
12. The Pathology Course provides 24 hours of instruction and practice. This course is a 6 week course.
- Sequence and course hours for Pathology**
- Pathology .....24**
- Total Clock Hours .....24**
13. The Sports Massage Course provides 50 hours of instruction and practice. This course is a 10 week course.
- Sequence and course hours for Sports Massage**
- Sports Massage .....50**
- Total Clock Hours .....50**
14. The Cranial Sacral Course provides 24 hours of instruction and practice. This course is a 6 week course.
- Sequence and course hours for Cranial Sacral Therapy**
- Cranial Sacral24**
- Total Clock Hours24**
15. The Myofascial Release Therapy Course provides 24 hours of instruction and practice. This course is a 6 week course.
- Sequence and course hours for Myofascial Release Therapy**
- Myofascial Release.....24**
- Total Clock Hours .....24**

16. The Kinesiology/Physiology Course provides 24 hours of instruction and practice. This course is a 6 week course.
- Sequence and course hours for Cranial Sacral Therapy**
- Kinesiology/Physiology.....24**
- Total Clock Hours .....24**
17. The Exercise Training/Rehab Course provides 40 hours of instruction and practice. This course is a 10 week course.
- Sequence and course hours for Cranial Sacral Therapy**
- Exercise Training/Rehab.....40**
- Total Clock Hours .....40**
18. The Exercise Physiology Course provides 294 hours of instruction and practice. This course is a 16 week course.

## **EDUCATIONAL SERVICES**

Workshops will be offered at South Bay Massage College and students are encouraged to attend these workshops. SBMC will participate in local athletic and sporting events in an effort to provide the students with a chance to use their new skills in the community. The college will also have a flexible audit program available for those students with difficult schedules. Group tutoring in practical portions of the massage technician program is also available.

## **CLINIC FACILITIES**

The South Bay Massage College is located in Manhattan Beach, about 3 miles from Coastline Health Center; which is staff with certified massage therapists and licensed chiropractic doctors. Over 160 massages are preformed weekly at Coastline Health Center. This clinic is available for students who need care at discounted rates and staff will be available to provide students with clinical & practical experience.

# FINANCIAL INFORMATION

## 2011 TUITION SCHEDULE

### MASSAGE TECHNICIAN COURSE (MT100)

|                               |                  |
|-------------------------------|------------------|
| Registration fee is.....      | \$75.00          |
| Tuition cost is.....          | \$2220.00        |
| Total Cost of Course is ..... | <b>\$2295.00</b> |

The cost of Anatomy Drawing Book (not included) .... purchase price varies. Payment in full for course of study may be made at the time of registration. A schedule of payments: A tuition payment plan is available allowing for several payments over the duration of the course. Initial payment of \$340.00 plus the non-refundable registration fee of \$75.00 is needed to start the course (\$415.00). Balance of tuition is paid in equal installments over the length of the course. Visa and MasterCard are accepted.

### DEEP TISSUE SPORTS MASSAGE COURSE (DTSM100)

|                               |                 |
|-------------------------------|-----------------|
| Registration fee is.....      | \$ 50.00        |
| Tuition cost is.....          | \$600.00        |
| Total Cost of Course is ..... | <b>\$650.00</b> |

### REFLEXOLOGY COURSE (REFLEX100)

|                               |                 |
|-------------------------------|-----------------|
| Registration fee is.....      | \$50.00         |
| Tuition cost is.....          | \$325.00        |
| Total Cost of Course is ..... | <b>\$375.00</b> |

### ADVANCED MASSAGE TECHNIQUE COURSE (AMT200)

|                               |                 |
|-------------------------------|-----------------|
| Registration fee is.....      | \$50.00         |
| Tuition cost is.....          | \$475.00        |
| Total Cost of Course is ..... | <b>\$525.00</b> |

### ADVANCED ANATOMY (AA200)

|                               |                 |
|-------------------------------|-----------------|
| Registration fee is.....      | \$50.00         |
| Tuition cost is.....          | \$440.00        |
| Total Cost of Course is ..... | <b>\$490.00</b> |

### DEEP TISSUE II COURSE (DTII)

|                               |                 |
|-------------------------------|-----------------|
| Registration fee is.....      | \$ 50.00        |
| Tuition cost is.....          | \$375.00        |
| Total Cost of Course is ..... | <b>\$425.00</b> |

### ACUPRESSURE & THEORY (ACUPRES)

|                               |                 |
|-------------------------------|-----------------|
| Registration fee is.....      | \$ 50.00        |
| Tuition cost is.....          | \$425.00        |
| Total Cost of Course is ..... | <b>\$475.00</b> |

### CHAIR MASSAGE (CHAIRMAS)

|                               |                 |
|-------------------------------|-----------------|
| Registration fee is .....     | \$15.00         |
| Tuition cost is .....         | \$110.00        |
| Total Cost of Course is ..... | <b>\$125.00</b> |

### PREGNANCY MASSAGE (PREGMAS)

|                               |                 |
|-------------------------------|-----------------|
| Registration fee is.....      | \$ 50.00        |
| Tuition cost is .....         | \$310.00        |
| Total Cost of Course is ..... | <b>\$360.00</b> |

|                                     |                  |
|-------------------------------------|------------------|
| AROMATHERAPY/ESSENTIALS OILS (OILS) |                  |
| Registration fee is.....            | \$15.00          |
| Tuition cost is.....                | \$95.00          |
| Total Cost of Course is .....       | <b>\$110.00</b>  |
| PATHOLOGY (PATHO)                   |                  |
| Registration fee is.....            | \$ 50.00         |
| Tuition cost is.....                | \$215.00         |
| Total Cost of Course is .....       | <b>\$265.00</b>  |
| SPORTS MASSAGE (SM)                 |                  |
| Registration fee is.....            | \$ 50.00         |
| Tuition cost is.....                | \$545.00         |
| Total Cost of the Course is ...     | <b>\$595.00</b>  |
| CRANIAL SACRAL (CS)                 |                  |
| Registration fee is.....            | \$ 50.00         |
| Tuition cost is.....                | \$310.00         |
| Total Cost of the Course is ...     | <b>\$360.00</b>  |
| MYOFACIAL RELEASE (MR)              |                  |
| Registration fee is.....            | \$ 50.00         |
| Tuition cost is.....                | \$310.00         |
| Total Cost of the Course is ...     | <b>\$360.00</b>  |
| KINESIOLOGY/PHYSIOLOGY (KP)         |                  |
| Registration fee is.....            | \$ 50.00         |
| Tuition cost is.....                | \$238.00         |
| Total Cost of the Course is ...     | <b>\$288.00</b>  |
| EXERCISE TRAINING/REHAB (ET)        |                  |
| Registration fee is.....            | \$ 50.00         |
| Tuition cost is.....                | \$445.00         |
| Total Cost of the Course is ...     | <b>\$495.00</b>  |
| EXERCISE PHYSIOLOGY (EP)            |                  |
| Registration fee is .....           | \$150.00         |
| Tuition cost is.....                | \$3340.00        |
| Total Cost .....                    | <b>\$3490.00</b> |

Payment in full for course of study may be made at the time of registration. A schedule of payments: A tuition payment plan is available allowing for several payments over the duration of the course. Registration fee of \$50.00 is non-refundable. Visa and MasterCard are accepted.

#### INTERNSHIP PROGRAM 50 & 100

Total Cost ..... **\$0 (No Cost)**

Both 50 & 100 hour internship program will be offered. Clients will be seen in a clinical sitting at South Bay Massage College Student Clinic. You must pass a clinical entrance exam to enter into this internship program.

## **CANCELLATION & REFUND RIGHTS**

### **"NOTICE OF STUDENT RIGHTS**

"1. You may cancel your contract for South Bay Massage College, without any penalty or obligation on the fifth business day following your first class session as described in the Notice of Cancellation form that will be given to you at "the first class you go to.

"2. After the end of the cancellation period, you also have the right to stop school at any time, and you have the right to receive a refund for the part of the course not taken. Your refund rights are described in the contract. If you have lost your contract, ask the South Bay Massage College for a description of the refund policy.

"3. If the South Bay Massage College closes before you graduate, you may be entitled to a refund. Contact the Bureau for Private Postsecondary and Vocational Education at the address and telephone number printed below for information.

"4. If you have any complaints, questions, or problems which you cannot work out with the school, write or call the Bureau for Private and Postsecondary Education:

**THE BUREAU FOR POSTSECONDARY  
AND VOCATIONAL EDUCATION  
2535 Capitol Oaks, Suite 400  
SACRAMENTO, CALIFORNIA 95833  
(888) 370-7589**

## Notice of Cancellation

### Cancellation Period

1. The student shall have the right to cancel agreement for a course of instruction including any equipment, until midnight of the fifth business day after the day on which the student attended the first class of the course of instruction.
2. Cancellation shall occur when the student gives written notice of cancellation to the institution at the address specified in the agreement. This is the same address as the school address.
3. The written notice of cancellation, if given by mail, is effective when deposited in the mail properly addressed with postage prepaid.
4. The written notice of cancellation need not take a particular form and, however expressed, is effective if it indicates the Student's desire not to be bound by the agreement.
5. If the student cancels the agreement, the student shall have no liability except as provided in Paragraph six (6), and the institution shall refund any consideration paid by the student within 30 days after the institution receives notice of the cancellation.
6. If the institution gave the student any equipment, the student shall return the equipment within 30 days following the date of the notice of cancellation. If the student fails to return the equipment within this 30-day period, the institution may retain that portion of the consideration paid by the student equal to the documented cost to the institution of the equipment and shall refund the portion of the consideration exceeding the documented cost to the institution of the equipment within 30 days after the period within which the student is required to return the equipment. The student may retain the equipment without further obligation to pay for it.

## CANCELLATION FORM

The institution shall provide the student with two cancellation forms at the first class attended by the student. The form shall be completed in duplicate, captioned "Notice of Cancellation" and shall contain the following statement:

### CANCELLATION FORM "Notice of Cancellation"

\_\_\_\_\_ **Date of first class**

"You may cancel this contract for South Bay Massage College, without any penalty or obligation by the date stated below.

"If you cancel, any payment you have made and any negotiable instrument signed by you shall be returned to you within 30 days following the school's receipt of your cancellation notice.

"But, if the school gave you any equipment, you must return the equipment within 30 days of the date you signed a cancellation notice. If you do not return the equipment within this 30-day period, the school may keep an amount out of what you paid that equals the cost of the equipment. The total amount charged for each item of equipment shall be separately stated. The amount charged for each item of equipment shall not exceed the equipment's fair market value. The institution shall have the burden of proof to establish the equipment's fair market value. The school is required to refund any amount over that as provided above, and you may keep the equipment.

"To cancel the contract for South Bay Massage College, mail or deliver a signed and dated copy of this cancellation notice, or any other written notice, or send a telegram to:

**South Bay Massage College, at 120 B South Sepulveda Blvd., Manhattan Beach, CA 90266**

"NOT LATER THAN \_\_\_\_\_.

(Enter midnight of the date that is the fifth business day following the day of the first class)

"I cancel the contract for South Bay Massage College

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student's Signature

"REMEMBER, YOU MUST CANCEL IN WRITING. You do not have the right to cancel by just telephoning the school or by not coming to class.

"If you have any complaints, questions, or problems which you cannot work out with the school, write or call the Bureau for Private Postsecondary and Vocational Education:

**BUREAU FOR PRIVATE POSTSECONDARY AND VOCATIONAL EDUCATION**

**STUDENT TUITION RECOVERY FUND (STRF)  
CATALOG DISCLOSURE  
STUDENT TUITION RECOVERY FUND**

To be eligible for STRF, you must be a "California Resident" and reside in California at the time the enrollment agreement is signed or when you receive lessons at a California mailing address from an approved institution offering correspondence instruction. Students who are temporarily residing in California for the sole purpose of pursuing an education, specifically those who hold student visas, are not considered a "California Resident".

To qualify for STRF reimbursement you must file a STRF application within one year of receiving notice from the bureau that the school is closed. If you do not receive notice from the Bureau, you have 4 years from the date of closure to file a STRF application. If a judgment is obtained you must file a STRF application within two years of the final judgment.

It is important that you keep copies of the enrollment agreement, financial aid papers, receipts or any other information that documents the monies paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary and Vocational Education,

2535 Capitol Oaks, Suite 400  
SACRAMENTO, CALIFORNIA 95833  
(888) 370-7589

**ENGLISH**

Only English will be offered at this time.

**AID PROGRAMS**

No state or federal loan programs are available.

**STUDENT COMPLAINTS**

Students seeking to resolve problems or complaints should first contact the instructor teaching the course. Requests for further action may be made to the college director. Unresolved complaints may be directed to the California State Department of Education.

**BUREAU FOR PRIVATE POSTSECONDARY AND VOCATIONAL EDUCATION,**

2535 Capitol Oaks, Suite 400  
SACRAMENTO, CALIFORNIA 95833  
(888) 370-7589

**CALIFORNIA LICENSING REQUIREMENTS**

South Bay Massage College will provide students with adequate preparation for city and county licensing requirements and licensing examinations. California presently does not offer a state wide licensing program for Massage Therapists. Most cities and counties in California require a valid massage certificate first before a license to practice can be

issued to a massage therapist.

## **COURSE DESCRIPTIONS**

### **I. MASSAGE TECHNICIAN COURSE(MT100)**

#### **MASSAGE HISTORY & THEORY**

The history and theory of Massage Therapy is discussed from its origin to its present day.

#### **HYGIENE**

Explores sanitary procedures and personal hygiene emphasizing how therapists can protect themselves against communicable diseases. State health laws governing massage are also discussed.

#### **ANATOMY & PHYSIOLOGY**

Basic concepts in anatomy and physiology of the human body with a specific focus on the effects of massage and bodywork. Curriculum will emphasize the muscular and skeletal systems

#### **ESSENTIAL OILS**

Introduction of essential oils and their effects upon the human body.

#### **SWEDISH MASSAGE**

This class emphasizes the four basic Swedish massage strokes: Effleurage, Petrissage, Friction, and Percussion. This class is the nucleus of the Massage Technician Course. Biomechanics of correct posture during a massage will also be discussed.

#### **FOOT REFLEXOLOGY**

Reflex acupressure technique will be taught. Basics of Reflexology and Zone Therapy as well as how they can be effectively used to benefit the whole person by clearing energy pathways.

#### **BASIC NUTRITION**

Basic nutrition and eating healthy is emphasized.

#### **DEEP TISSUE THERAPY**

This course focuses on muscle tension and chronic holding patterns. It includes sensitivity and palpation skills as well as deep tissue release of all areas of the body.

#### **SEATED MASSAGE**

A special type of massage tailored to the working person *on the job*. Learn and practice an amazingly effective routine that can be adjusted to fit any time frame.

#### **SPORTS MASSAGE**

Focuses on pre- and post-event massage techniques for various competitive athletes.

Cramp relief techniques: cryotherapy, hypo/hyperthermia and stretching techniques will also be discussed.

## **BUSINESS ETHICS & MARKETING**

Basic ethical business and marketing skills needed to promote a successful massage practice.

## **II. DEEP TISSUE SPORTS MASSAGE COURSE (DTSM100)**

### **DEEP TISSUE SPORTS MASSAGE**

This course teaches various types of techniques; pressure-point massage, friction massage, deep transverse friction massage and massage therapy specifically for pre-event warm-up, post-event recovery, injury recovery, improving performance and preventing injury.

## **III. REFLEXOLOGY COURSE (REFLEX100)**

### **REFLEXOLOGY**

This course teaches that reflexology is a system of massage that balances the inner organs of the body. Manipulation is primarily of the feet, although the hands may also be massaged.

## **IV. ADVANCED MASSAGE TECHNIQUE COURSE (AMT200)**

### **ADVANCED MASSAGE TECHNIQUE**

This course teaches where Massage Technique Course left off. ..includes techniques using soft fists, forearm, stretching, sideline, trigger point therapy, chair massage, and more ... Explores different working environments for the massage therapist.

## **V. ADVANCED ANATOMY (AA200)**

### **ADVANCED ANATOMY**

Expands on the anatomy that the massage technician has learned. Breaks down groups of muscles into individual muscles and their functions. Also includes hands on practice. The course is divided into 40 hours of lecture and 10 hours of lab. The lab portion will be the last hour of the class and will be hands on.

## **VI. INTERNSHIP PROGRAM (INTERN50&100)**

### **INTERNSHIP PROGRAM**

This program includes practical and instructional applications performed on clients in our student clinic. 50 and 100 hours programs are offered in our clinic. A clinical entrance exam will be required in order to enter into the internship program.

## **VII. DEEP TISSUE H (DTII)**

This program includes practical and instructional applications. This course is a continuation of the 50 hour deep tissue course. An in depth study of the deep tissue techniques. Emphasis will be placed on breaking up adhesions, reducing muscle spasms and stretching hypertonic muscles.

## **VIII. ACUPRESSURE & THEORY**

This course you will learn the theory of traditional oriental medicine and practical methods for balancing body energies.

## **IX. CHAIR MASSAGE**

This course you will learn how to give a basic 15 minute seated chair massage, market your practice and develop skills to expand your business.

## **X. PREGNANCY MASSAGE**

This course you will learn specialized pregnancy massage techniques. This class will cover contra-indications, draping and bolstering. Anatomy of trimesters will also be covered.

## **XI. AROMATHERAPY/ESSENTIALS OILS**

This course you will learn essentials oils and their therapeutic effects upon the body.

## **XII. PATHOLOGY**

This course you will learn basic pathological processes. Common disease conditions relevant to massage therapy will be examined.

## **XIII. SPORTS MASSAGE**

This course you will learn sports massage techniques, special strokes, pre/post event massage, common sports injuries, first aid and passive & active stretching.

## **XIV. CRANIAL SACRAL THERAPY**

This course you will learn cranial sacral therapy and its applications in the healing process.

## **XV. Myofascial Release Therapy**

This course you will the theory of myofascial release and its practical applications in healing.

## **XVI. KINESIOLOGY & PHYSIOLOGY**

This course you will learn the basic concepts in kinesiology and physiology to provide theoretical background and its practical applications.

## **XVII. EXERCISE TRAINING/REHAB**

This course you will learn the basic concepts in exercise training/rehab and its practical applications in becoming an effective therapist in exercise rehab.

## **XVIII. EXERCISE PHYSIOLOGY**

This course you will learn the identification of physiological mechanisms underlying physical activity, the delivery of treatment services concerned with analysis, improvement, and maintenance of health and fitness.

## **MATERIALS & EQUIPMENT**

All material necessary for completion of the Massage Technician Course, Deep Tissue Sports Massage Course and Advanced Massage Technique Course are provided with the exception of sheets and books. Massage Tables, oils, books, and supplies are available for purchase.

## **STUDENT CLINIC**

South Bay Massage College provides a complete & modern 450 square foot clinic for our Internship Program. You must pass a clinical entrance exam to enter into this internship program.

## **LIBRARY**

South Bay Massage College will provide a small but complete book and video library available for student use on school premises during regular business hours. Most lectures given will be on video-tape and are available on the college premises. Our library is small but offers a complete reference library which covers a range of topics relating to health, massage therapy and job placement. Numerous reference books, research studies and literature on massage occupations will be provided to prepare our students in becoming a qualified practitioner.

## **CAREER COUNSELING**

Academic counseling will be available by appointment to discuss student progress. Tutoring will also be available during our open practice sessions.

## **OPEN HOUSE**

South Bay Massage College will hold an open house on the 3rd Wednesday of each month at 7:00 P.M. with the exception of legal holidays. In the event of a holiday, call the Business Office for the date. We will answer all your questions and give you a tour. Refreshments will be served.

## **INSTRUCTORS**

1. Dr. Kevin Dobalian, B.A., D.C.- Anatomy & Physiology and Business & Marketing Instructor. Has been a healer and teacher for the past 10 years. Dr. Kevin Dobalian earned his Bachelor's Degree in Psychology from the University of California at Irvine and then went on to gain his Doctorate in Chiropractic from the Los Angeles College of Chiropractic in Whittier, California (1986). Dr. Dobalian has been the director for the past 10 years at Coastline Health Center, located in Manhattan Beach, California.
2. Dr. Luke Milovich, CMT, B.S., D.C- Anatomy Instructor. Received his Bachelor of Science in Biology and a Doctorate of Chiropractic from Cleveland Chiropractic. Graduate from IPSY in Culver City, Ca with a Diploma in Deep Tissue Massage. Personal Exercise Trainer and Nutritional.
3. Lani Dower, CMT. - Massage Instructor. She has been a Certified Therapist since 1998. Graduate from South Bay Massage College, Manhattan Beach CA.
4. John Marasigan, AOS, C.M.T, L.M.T, BS - Massage & Advanced Massage Tech. Instructor. Attended the Institute of Massage Therapy of New York and graduated in 1995. Over 1000 hour of Clock Hours Certification and is National Certified. Licensed in city of West Hollywood.

5. Behi Evans, CMT.- Massage Technician Instructor and Pregnancy Massage and Spa Treatment Instructor.. Certified Massage Therapist for 12 years. Graduate from South Bay Massage College, Manhattan Beach CA. Owner of a Spa in Germany for Many Years.
6. Dr. Lana Montes, CMT, B.S., D.C- Anatomy Instructor. Received her Bachelor of Science in Biology and a Doctorate of Chiropractic from Cleveland. Chiropractic. Also a Certified Massage Therapist. Graduate from South Bay Massage College in Manhattan Beach.
7. Dr. Chris Palmer, B.S., D.C- Anatomy Instructor. Received his Bachelor of Science in Biology and a Doctorate of Chiropractic from Cleveland Chiropractic.
8. Ryan Smith, CMT.-Massage Technician & Advanced Massage Technique Instructor. Qigong and Body Energy. Graduated from Cottonwood School Of Massage Therapy in Denver CO 1996. With 10+ years of experience.
9. Deynice Gianossis, CMT-Cranial Sacral Instructor Has her Own practice dealing with Cranial Sacral and Polarity for over 15 years.
10. Dr Daniel Layne, CMT Ph D. - Advanced Massage Instructor. Licensed from International Association of Martial Arts & Oriental Medicine. Prior to this; graduated Leiland College with a doctor of Philosophy-Martial Arts.
11. Donna Cetorelli, CMT. - Reflexology Instructor. Studied the art and science of Reflexology at The Reflexology Center Fairfield, CT .Also attended Connecticut Center for Massage Therapy in Newington, CT..
12. Silvia Peluso,. - Aromatherapy & Essential Oils Instructor. Currently working at Sooth Your Soul with holistic healing alternatives.

## **WITHDRAWAL**

The student has the right to withdrawal from a course of instruction at any time. If a Student withdraws from a course of instruction after midnight of the fifth business day after the day on which the student attended the first class of the course of instruction, the School will remit a refund, as per the following refund formula. The amount of the refund shall be calculated on a pro-rata basis, less a \$75.00 registration fee (MT100) and less a \$50.00 registration fee (DTSM100), (REFLEX100), (SM), (AMT200 and (AA200) and the cost of any equipment the School provided the Student which was not returned within 30 days following the date of the student's withdrawal. The refund formula is as follows:

### **Total Refund Equals**

$(\text{Total Cost} - \text{Registration Fee}) \times \text{Hours paid for but not received} / \text{Hours of instruction paid for} - \text{Unreturned Equipment}$

A hypothetical example of a refund:

Example: Assume a 150 hour program costing \$1520.00 tuition and \$75.00 for registration. The Student withdraws after 40 classroom hours of attendance and takes no school equipment: The refund to the Student would be:  
 $(\$1595.00 - \$75.00) \times 40/100 - 0 = \$608.00$  refunded.

## **ADMISSION REQUIREMENTS/ENTRANCE REQ.**

The prerequisites for enrollment in the Massage Technician course are:

- Eighteen years of age or older
- High school graduate or equivalent
- Satisfactory completion of the South Bay Massage College application form and a personal interview with the school's director of admissions.

The prerequisites for enrollment in the Deep Tissue Sports Massage Course, Reflexology Course, Advanced Massage Course and Internship Program:

\*Massage Technician course

You must pass a clinical entrance exam to be accepted into the Internship Program. The South Bay Massage College accepts applicants without regard to age, sex, or personal beliefs.

### **"Enrollment Agreement"**

1. A general description of the course of the instruction: Massage Technician Program (MT100)
2. Equipment to be provided: State-of-the-Art Massage Tables, video equipment, over head projector, slide screen, and plastic skeletons.
3. The total number of hours required to complete the courses of instruction: 12.5 clock hours of practice and instructions.
4. The total amount that the student is obligated to pay: \$2295.00
5. All fees, charges, and expenses separately itemized that must be paid to complete

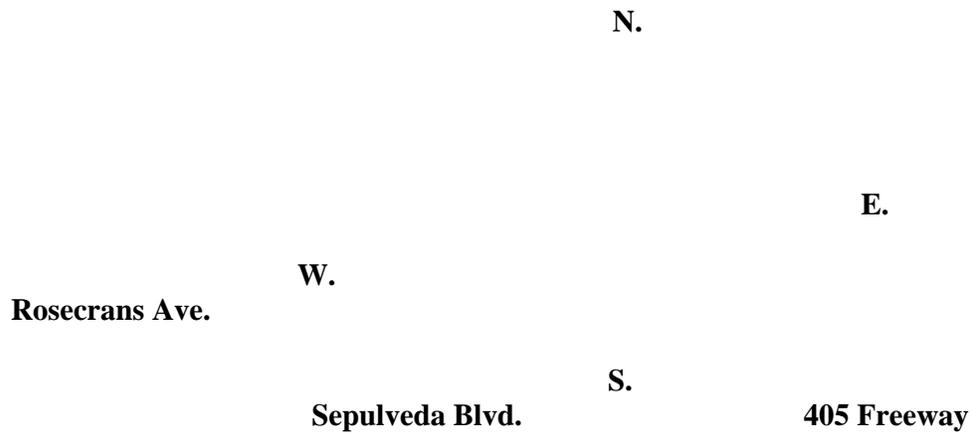
the course of instruction:

Registration fee is..... \$75.00  
Tuition cost is..... \$2220.00  
Total Cost of Course is..... \$2295.00

6. The amount of text book (not included) price varies. Anatomy Drawing Book
7. A schedule of payments: A tuition payment plan is available allowing for several payments over the duration of the course.
8. A notice about the student's right to withdraw from the course of instruction.
9. An explanation of how the amount of refund will be determined: If the Student withdraws from a course of instruction after midnight of the fifth business day after the day on which the student attended the first class of the course of instruction, the School will remit a refund, as per the following refund formula. The amount of the refund shall be calculated on a pro-rata basis, less a \$50.00 registration fee and the cost of any equipment the School provided the Student which was not returned within 30 days following the date of the student's withdrawal. The refund formula is as follows: Total Refund Equals (Total Cost - Registration Fee)X Hours paid for but not received/Hours of instruction paid for - Unreturned Equipment
10. A hypothetical example of a refund: Example: Assume a 150 hour program costing \$1595.00 tuition and \$75.00 for registration. The Student withdraws after 40 classroom hours of attendance and takes no school equipment. The refund to the Student would be:  $(\$1595.00 - \$75.00) \times 40/100 - 0 = \$608.00$  refunded.
11. A detailed explanation of the student's right to cancel the agreement.
12. "IF YOU HAVE ANY COMPLAINTS, QUESTIONS, OR PROBLEMS WHICH YOU CANNOT WORK OUT WITH THE SCHOOL, WRITE OR CALL THE BUREAU FOR PRIVATE POSTSECONDARY AND VOCATIONAL EDUCATION:
13. STUDENT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**BUREAU FOR PRIVATE POSTSECONDARY AND VOCATIONAL EDUCATION**  
**2535 Capitol Oaks, Suite 400**  
**SACRAMENTO, CALIFORNIA 95833**  
**(888) 370-7589**

## MAP/LOCATION



**Free Parking:  
South Bay Massage College  
120-B South Sepulveda  
Blvd. Manhattan Beach,  
CA 90266**

## MAIN CAMPUS

**From the 40.5 freeway:** Take Rosecrans Ave., and go west toward the beach, take a left on Sepulveda Blvd., to 120-B South Sepulveda Blvd., Manhattan Beach.

**SOUTH BAY MASSAGE COLLEGE**  
120-B South Sepulveda Blvd Manhattan Beach, CA 90266  
(310) 546-8774 - Fax: (310) 546-8775

**CONFIDENTIAL APPLICATION FOR ADMISSION**

Circle One \$75.00 registration fee for MT100 with application (non-refundable)  
\$50.00 registration fee for DTSM100, REFLEX100, AMT200, AA200,  
DTII, ACUPRES, PREGMAS, PATHO, SM with application (non-  
refundable) \$15.00 registration fee for CHAIRMAS or OILS with  
application (non-refundable)

Name (Please print) Last \_\_\_\_\_ First \_\_\_\_\_

Home Address Street \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Home ( ) \_\_\_\_\_ Work ( ) \_\_\_\_\_ Birth Date \_\_\_\_\_  
Social Sec.# \_\_\_\_\_ Driver's License # \_\_\_\_\_

Occupation \_\_\_\_\_  
Business Address Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
\_\_\_\_\_ Zip \_\_\_\_\_

Have you ever been convicted of a non-traffic is crime? No( ) Yes( )

If so, please describe \_\_\_\_\_

**Educational History**

Highest Grade Completed \_\_\_\_\_ Degrees \_\_\_\_\_

**Health**

Describe any health conditions you have: \_\_\_\_\_

List major surgeries, accidents, etc. \_\_\_\_\_

**Course Information**

When would you like to start (see starting dates in School's Catalog)? \_\_\_\_\_

What prior experience (if any) do you have relating to this course? \_\_\_\_\_

What are your goals in taking this course? \_\_\_\_\_

Where did you hear about SBMC? \_\_\_\_\_

Yellow Pages Friend Others \_\_\_\_\_

Are you currently taking medication, including homeopathic remedies? \_\_\_\_\_

In case of emergency, call \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Method of Payment-Check one In Full ( ) \_\_\_\_\_ Installments ( ) \_\_\_\_\_

**Declaration**

**I declare under penalty of perjury that the above information is true and correct.**

Signature \_\_\_\_\_ Date \_\_\_\_\_.

## INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1

### SCHOOL NAME

---

South Bay Massage College

School Code-1936381

---

Accrediting Association

Date of last accreditation visit

---

### COURSE TITLE

**Exercise Physiology Course**

**294 hours / 16- weeks**

---

Course Title

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

---

| <u>CLASS TITLE</u> | <u>LECTURE/PRACTICUM HOURS</u> | <u>TOTAL ICH's</u> | <u>TOTAL CREDIT</u> |
|--------------------|--------------------------------|--------------------|---------------------|
|--------------------|--------------------------------|--------------------|---------------------|

---

|   |    |  |  |
|---|----|--|--|
| 1. Exercise Physiology                    | 36 |  |  |
| 2. Biomechanics                           | 28 |  |  |
| 3. Cardiopulmonary rehab                  | 24 |  |  |
| 4. CPR & First Aid                        | 12 |  |  |
| 5. Cell Biology/Bio-chemistry             | 24 |  |  |
| 6. Sports/Exercise Physiology             | 16 |  |  |
| 7. Research on Related Topic              | 10 |  |  |
| 8. Sports Nutrition                       | 24 |  |  |
| 9. Physiological Assessment               | 24 |  |  |
| 10. Psychophysiology of stress & exercise | 24 |  |  |
| 11. Advance Exercise Physiology           | 24 |  |  |
| 12. Sports Management                     | 24 |  |  |
| 13. Strength & Conditioning               | 12 |  |  |
| 14. Musculoskeletal Injuries in sports    | 12 |  |  |

**INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1**

**SCHOOL NAME**

---

**South Bay Massage College**

---

**School Code-1936381**

---

Accrediting Association

---

Date of last accreditation visit

**COURSE TITLE**

**Acupressure & Theory Course**

**35 hours / 7- weeks**

---

Course Title

---

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

---

**CLASS TITLE                      LECTURE/PRACTICUM HOURS    TOTAL ICH's    TOTAL CREDIT**

1. Acupressure theory

5

---

2. Acupressure treatment approaches

15

---

3. Practical methods of balancing body energies

15

---

**INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1**

**SCHOOL NAME**

---

**South Bay Massage College**

---

**School Code-1936381**

---

Accrediting Association

---

Date of last accreditation visit

**COURSE TITLE**

**Chair Massage Course**

**7 hours / 1-day**

---

Course Title

---

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

---

**CLASS TITLE                      LECTURE/PRACTICUM HOURS    TOTAL ICH's    TOTAL CREDIT**

1. Develop business skills for on-site seated massage    1

---

2. Market your practice using seated massage                      1

---

3. Practical chair massage skills    5

---

**INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1**

**SCHOOL NAME**

---

**South Bay Massage College**

---

**School Code-1936381**

---

Accrediting Association

---

Date of last accreditation visit

**COURSE TITLE**

**Pregnancy Massage Course**

**24 hours / 6-weeks**

---

Course Title

---

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

**CLASS TITLE**

**LECTURE/PRACTICUM HOURS**

**TOTAL ICH's TOTAL CREDIT**

---

1. Anatomy of trimesters

3

---

2. Expand your clientele

1

---

3. Draping and bolstering

2

---

4. Contra-indications to pregnancy massage

3

---

5. Learn specialized pregnancy massage techniques

15

---

**INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1**

**SCHOOL NAME**

---

**South Bay Massage College**

---

**School Code-1936381**

---

Accrediting Association

---

Date of last accreditation visit

**COURSE TITLE**

**Aromatherapy & Essential Oils Course**

**7 hours / 1-day**

---

Course Title

---

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

**CLASS TITLE**

**LECTURE/PRACTICUM HOURS**

**TOTAL ICH's TOTAL CREDIT**

---

1. Essential Oils

3

---

2. Aromatherapy - therapeutic effects

4

---

**INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1**

**SCHOOL NAME**

---

**South Bay Massage College**

---

**School Code-1936381**

---

Accrediting Association

---

Date of last accreditation visit

**COURSE TITLE**

**Pathology Course**

**24 hours / 6-weeks**

---

Course Title

---

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

**CLASS TITLE**

**LECTURE/PRACTICUM HOURS**

**TOTAL ICH's TOTAL CREDIT**

---

1. Basic pathological conditions

16

---

2. Inflammation reaction

2

---

3. Beneficial effects of massage

6

---

# INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1

## SCHOOL NAME

---

South Bay Massage College

---

School Code-1936381

---

Accrediting Association

---

Date of last accreditation visit

## COURSE TITLE

Sports Massage Course

50 hours / 10-weeks

---

Course Title

---

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

## CLASS TITLE

## LECTURE/PRACTICUM HOURS

## TOTAL ICH's TOTAL CREDIT

1. Intro to sports massage

2

---

2. Sports massage techniques (upper & lower body)

10

---

3. Special strokes (deep strokes, cross fiber, deep friction)

10

---

4. Pre/Post event massage

10

---

5. Common sports injuries & first aid

8

---

6. Passive & Active stretching

10

---

**INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1**

**SCHOOL NAME**

---

**South Bay Massage College**

---

**School Code-1936381**

---

Accrediting Association

---

Date of last accreditation visit

**COURSE TITLE**

**Cranial Sacral Course**

**24 hours / 6-weeks**

---

Course Title

---

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

**CLASS TITLE**

**LECTURE/PRACTICUM HOURS**

**TOTAL ICH's TOTAL CREDIT**

1. Cranial Sacral Theory

4

---

2. Cranial Sacral treatment approaches

---

10

---

3. Practical Methods

---

10

---

**INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1**

**SCHOOL NAME**

---

**South Bay Massage College**

---

**School Code-1936381**

---

Accrediting Association

---

Date of last accreditation visit

**COURSE TITLE**

**Myofascial Release Course**

**24 hours / 6-weeks**

---

Course Title

---

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

**CLASS TITLE**

**LECTURE/PRACTICUM HOURS**

**TOTAL ICH's TOTAL CREDIT**

---

1. Myofascial Release Theory

4

---

2. Myofascial Release treatment approaches

10

---

3. Practical Methods

10

---



# INSTRUCTIONAL CLOCK HOUR DISCLOSURE-FORM 1

## SCHOOL NAME

---

**South Bay Massage College**

---

**School Code-1936381**

---

Accrediting Association

---

Date of last accreditation visit

## COURSE TITLE

**Exercise Training/Rehab Course**

**40 hours / 10-weeks**

---

Course Title

---

Total Instructional Clock Hours/Course Length(Weeks) CIP Code

## **CLASS TITLE**

## **LECTURE/PRACTICUM HOURS**

## **TOTAL ICH's TOTAL CREDIT**

---

1. Anatomy & Skeletal Systems

8

---

2. Program design/training regimen

10

---

3. Practical Approach

20

---

4. Basic Nutrition

2

---