

# Yunique Wellness Center

SCHOOL CATALOG

10505 VALLEY BLVD, SUITE 608  
EL MONTE, CA 91731

## **MISSION**

Yunique Wellness Center merges the philosophy of eastern and western natural healing techniques. We train students interested in helping clients achieve wellness and comforts through proper evaluation and tailor an individual massage and wellness program.

## **PHILOSOPHY**

Our philosophy is education through practical training. While theory is taught in the classroom, hands-on experience and modern practical training is stressed to assist the individual student to meet current Job market entry level requirements. The school's academic goals are to stimulate and assist the student to acquire a positive attitude toward work, participate actively and responsibly at work, acquire the knowledge and skills necessary to obtain employment in a chosen field and to acquire the ability to apply. At work, this knowledge and these skills in an effective and efficient ways.

## **OBJECTIVES:**

The main objectives of Yunique Wellness Center are:

- 1) To provide quality education with both technical skills and knowledge.
- 2) To provide an understanding of eastern and western wellness philosophies.
- 3) To provide empowerment through knowledge and skills

The technical programs taught in this institute are in high demand and with great future growth potential. Our course is designed for the students whom has no prior experience in the massage field and wish to enter the industry immediately upon graduation. The reasonably diligent student can expect employment in the field.

## **FACILITY & EQUIPMENT**

The school is located at 10505 Valley Blvd. Suite 608 in the city of El Monte, California. The classrooms are air conditioned and furnished appropriately for their instructional purpose. Yunique Wellness Center meets all safety standards.

Our facility offers its students a reference library with reference texts and other educational materials related to our curriculum. Our labs are equipped with complete massage equipments for students to practice new skills and enhance their learning experience.

Convenient free parking for students is available at the campus. The campus is located in close proximity to public transportation such as the El Monte bus station and the El Monte Metro Link Station.

### **Accreditation/Approvals:**

#### **State of California:**

Yunique Wellness Center's approval to operate through July 2, 2013 in the State of California is based on provisions of the California Private Postsecondary Education Act (CPPEA) of 2009, which is effective January 1, 2010. The Act is administered by the Bureau for Private Post-secondary Education, under the Department of Consumer Affairs. The Bureau can be reached at:

Bureau for Private Post-secondary Education  
P.O. Box 980818,  
Sacramento, CA 95798-0818  
Ph: 916.574.7720.

### **Faculty & Administration:**

Executive Director - Manli Yu L.Ac.Ph.D

Instructor- Manli Yu L.Ac. Ph.D., 31 years in acupuncture and herbal field, 21 years teaching.

Instructor- Dr. Jonathan Tam M.D., 28 years in women's health and weight loss specialist

Instructor – Dr. Michael Lee D.C., specialized in chiropractic natural healing

### **ENTRANCE REQUIREMENTS/ADMISSIONS PROCEDURE**

Minimum age is 18 years old. Each applicant will have an in-person interview where the applicant's goals will be discussed. A tour of the facilities will be provided and the course will be explained. Interviews and enrollments can be arranged by appointment any day the school is open. All applicants will be considered without regard to race, color, national origin, sex, age, disability, religion, or sexual orientation.

If the applicant meets all requirements and wants to proceed, they will read the enrollment agreement and sign it. The disclosures, cancellation notice, and other information will be given.

## **Credit for Previous Training:**

The school will evaluate previous education and training that may be applicable to our educational program offered at Yunique Wellness Center at the discretion of the Education director. There is no charge for evaluation of credit. All decisions on credit are final. Appeals are not accepted.

## **NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION:**

The transferability of credits you earn at Yunique Wellness Center is at the complete discretion of the Institution, that of which you seek to transfer. The acceptance of the certificate you earn in your program is also at the complete discretion of the institution to which you seek to transfer. If the credits or certificates that you earn at this institution are not accepted at the institution you seek to transfer to, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution would meet your educational goals. This may include contacting an institution which you may seek to transfer into after attending Yunique Wellness Center to determine if your credits or certificate will transfer.

## **Academic Policies**

### **CLASS SIZE**

The maximum class size is: five (5) maximum. This gives the student the personal attention needed to acquire the knowledge.

### **Instruction Methods:**

Our main objective is to teach students how to perform in a real working world environment. Our faculty is comprised of professionals who have been in their professional fields for a number of years. Various methods are utilized for instruction such as lectures, laboratories, case studies, simulations and individualized methods. Assignments, field trips, and guest speakers are also part of our educational process.

### **Program Changes/ Policy Guidelines:**

Yunique Wellness Center has the right, at its discretion, to make reasonable changes in program content, materials, and equipment, as it deems necessary in the interest of improving our student's educational experience. It also reserves the right to make changes in policy and procedures as circumstances dictate.

### **Library/Media Center:**

An assortment of books and references are readily available to all students and instructors. Students may check out books by completing a Check out Form provided by the program director or instructor. The books and media are accessible and available during school hours.

### **Program Measurement:**

Yunique Wellness Center measures its programs in quarter credit hours/units to allow for comparison with other postsecondary institutions and clock hours to allow measurement of the programs on this basis where required.

### **Quarter credit hours/credits are defined as follows:**

- 1 quarter credit hour=10 clock hours of lecture
- 1 quarter credit hour=20 clock hours of laboratory time
- 1 quarter credit hour=30 clock hours of externship work experience

**Clock hours are defined as:**

There is a minimum of 50 minutes, in which lectures, demonstrations, and similar class activities are conducted.

**Yunique Wellness Center grading scale policy:**

The progress and quality of the student's work is measured by a system of letter grades and percentages.

**A=Excellent 90%-100%**

**B=Good 80%-89%**

**C=Satisfactory 70%-79%**

**D=Poor 60%-69%**

**F=Failing 00%-59%**

**W=Withdrawal No credit/No grade assigned**

**Satisfactory Academic Progress:**

The student must show satisfactory progress is being made toward completion of their program. A student must show satisfactory progress is being made toward completion of their program. A student's progress will be measured at the completion of 25%, 50%, and 75% of the program's length. A student who falls below the 2.0 GPA will be placed on academic probation for the next module of the program. Students may make up work and exams with their instructor's approval.

**Repeating a Course:**

If a student fails and receives a final grade of F, the student may repeat the class. Classes may be repeated within the maximum time allowed to complete the program of study (150% of program length). The grade given for the failed module will not be used to compute the cumulative GPA. When students repeat a failed module, the grade received replaces the failed grade on the transcript.

**ATTENDANCE POLICY:**

Students are expected to attend classes regularly following the approved schedules. It is the responsibility of each student to notify the school in advance if they will be absent or late, just as it is necessary to notify an employer.

A minimum of 75% of attendance must be maintained throughout the enrollment period. Failure to maintain satisfactory attendances will result in attendance probation for a 30-day period. Satisfactory attendance is evaluated at 25%, 50%, and 75% of program length. Satisfactory attendance of 75% must be maintained for the 30 days in order to be removed from attendance probation. At the end of this time period if satisfactory attendance is not achieved the student may be withdrawn from the program.

Tardiness is a disruption to a good learning environment and is discouraged. For the purpose of satisfactory attendance, a student arriving more than 20 minutes late will be considered tardy. This policy applies to students leaving more than 20 minutes early. If repeated in excess, this may result in disciplinary action including probation, suspension, or termination.

Yunique Wellness Center will consider a written request for a leave of absence and may approve the leave after determining that the request is justifiable and there is a reasonable expectation that the student will return to school. A leave may be approved if:

1. The leave is requested in writing, states the reason the leave is necessary, and is signed and dated by the student.
2. The leave is requested in advance unless unforeseen circumstances prevent doing this.
3. The initial leave does not exceed 60 days, under exceptional circumstances an extension may be granted if requested before expiration of the current leave.
4. Additional leaves may be granted under exceptional circumstances

The total leave granted to the student in a 12-month period may not exceed 180 days. The first day of the initial leave is counted as the start of the 12-month period. All calendar days are counted as LOA (leave of absence) days.

The following are exceptions, as stated by law, jury duty, military service, and circumstances covered under the Family Medical Leave Act of 1993.

If you fail to return to school on the scheduled return date, you will be subject to the school's withdrawal policy, and will be withdrawn from school.

### **Withdrawal from School:**

Students who wish to withdraw from their training program should contact the Program Director. A student who is absent for 21 consecutive class days without an approved leave of absence will be considered withdrawn. All students who withdraw are required to meet with the Financial Aid Officer. The official date of withdrawal is the last date on which a student attended class regardless of the circumstances or the date of notification to the school. Both refunds and final grade determinations are based upon this date.

### **Re-entering Students:**

If accepted, the student must reenter under the admissions, academic and administrative policies of the current catalog. The student must have his/her financial account current at the time of reentry. The application for reentry will be reviewed and determination made by the program director and/or other administrative staff as deemed appropriate by Yunique Wellness Center.

### **Graduation Requirements:**

A student is considered to have completed their program if he/she achieves a cumulative grade point average (GPA) of 2.0 or higher and passes every course/module with a passing score.

He/she must complete the training with an attendance rate of 75% of the total hours for the program and meet his/her financial obligations to the school. All program completers will receive a certificate confirming all educational and administrative requirements have been successfully met for their program of study.

Students have full rights to access their own files in compliance with the Family Educational Rights and Privacy Act of 1974. They also have the right to disclosures of personally identifiable information contained in the student's educational records except to the extent that FERPA authorizes disclosures without consent. A copy of this may be obtained from the Student Services Department. The school retains all student files for a minimum of five years. Transcripts are available upon written request and maintained indefinitely.

Yunique Wellness Center maintains student records for each student, whether or not the student completes the educational program, for a period ending five years after the date of the student's graduation, withdrawal, or termination.

The student records shall be retrievable by student name and shall contain the following:

- Written records and transcripts of any formal education or training relevant to the student's qualification for admission.
- Copies of all documents signed by the student (including contracts and instruments of indebtedness).

- Records of the dates of courses or educational services completed or attempted.
- Grades or evaluations given to the student.
- Attendance records.
- Documents specifying the amount of a refund (if applicable; the date of the refund, amount refunded for tuition and/or equipment).
- Method of calculating a refund, check number, name, and address of the person/entity /recipient of refund.
- Copies of any official advisory notices or warnings regarding student progress.
- Complaints received from the student (including any correspondence, notes, and phone logs related to the complaint).

### **Dress Code:**

Students are required to wear medical attire as specified during the enrollment and orientation process. During the training period, students are expected to dress and groom accordingly as expected in their future prospective positions. Employers may visit the facility for guest lecturers or interviews, so it is important that the students convey a professional image at all times. Students dressed inappropriately may be asked to leave class.

### **Conducts:**

Any student not conducting themselves in an orderly and professional manner, which includes use of drugs and alcohol during school hours, dishonesty, disrupting classes, Use of profanity, excessive tardiness, insubordination, violation of safety rules, or not abiding by the school rules will lead to either probation or dismissal from classes.

### **Sexual Harassment:**

Yunique Wellness Center is committed to providing an environment that is free from all forms of discrimination. Conduct that can be considered harassing, disruptive, or coercive, including sexual harassment is prohibited. Actions, words, comments, or jokes based on an individual's sex, color, national origin, race, age, religion, disability, or sexual orientation will not be tolerated. Any person who becomes aware of possible harassment or discrimination must immediately advise the director so it can be investigated in a timely manner. Anyone engaging in harassment or discrimination will be subject to disciplinary action, up to and including termination from school or employment.

### **Drug Abuse Prevention:**

The use of drugs or alcohol is strictly forbidden on Yunique Wellness Center's premises. We reserve the right to terminate students who violate this policy. Students who need counseling assistance for drug or alcohol dependency should contact the Student Services Director. All referrals will be kept confidential. Information on drug abuse prevention is available for all students and employees.

## **Campus Safety:**

Safety from accidents is the responsibility of everyone. Security cameras are located in the parking area. Yunique Wellness Center strives to provide a safe environment for students, employees, and visitors. We encourage you to comply with all safety standards including:

Smoking in designated outside areas only.

Food, drink and their containers are restricted to designated break areas.

Equipment is only used with instructor's knowledge and supervision.

If you are injured, are aware of injury to another person or observe a safety hazard, please report this information to your instructor or Palladium employee immediately.

Campus crime statistics are maintained and updated annually in compliance with regulations. This report is available for review by students, employees, or interested public parties.

## **Student Grievance/Complaint Procedure:**

Students are encouraged to verbally express any concern to members of the faculty and/or administration at all times, for a solution that is mutually acceptable. Students should submit a written complaint within 48 hours after the incident occurs. After receiving the written complaint, the school will inquire whether a verbal complaint has indeed been discussed to resolve the problem with the instructor or a staff member. If all the above steps were properly taken, the school director will commence a grievance committee within 7 days of the report. All documentation in support of the complaint must be submitted with the report. All people involved in the incident are requested to be present at the time of the hearing. The committee will hear all sides and immediately meet without the presence of the involved individuals to review the evidence and vote on a decision. The decision will be reported at once. If the decision is not acceptable to the student, he/she must send a letter indicating why the decision was not acceptable within 24 hours. All complaints must be resolved within 30 days of their initial report. Any unresolved complaint matters can be reported to:

**Bureau for Private Postsecondary Education**

**P.O. Box 980818**

**Sacramento, California 95798-0818**

**Phone: (916) 431-6959**

## **STUDENT SERVICES**

### **Orientation:**

Students will be scheduled to attend an orientation session prior to the start of their program. In this session, the policies and procedures of Yunique Wellness Center will be reviewed and the student will receive their student handbook. Students will be oriented with Media resources and Student Services.

### **Advising:**

Students have access to the staff of Yunique Wellness Center (faculty and administrative) for both, vocational and academic advising. Students experiencing personal problems, which require professional counseling, will be referred to the following agencies:

**Department of Social Services Department of Social Services**

**12860 Crossroads Parkway South 14545 Lanark St.**

**City of Industry CA 91736 Panorama City, CA 91402**

**Phone: (562) 908-8669 Phone: (818) 901-3185**

### **Job Placement Services:**

Yunique Wellness Center assists students who successfully complete their program in employment preparation and employment search activities. In this effort, we only provide assistance; the students are

responsible for securing employment. Yunique Wellness Center does not guarantee employment to any student. As their education unfolds, the students receive training and instruction in preparing resumes and job interview skills. The Placement Department at Yunique Wellness Center is in contact with many employers and will actively provide assistance in locating suitable employment. Up-to-date job leads are obtained and passed along to our students so they may pursue employment in the field for which they were trained.

Yunique Wellness Center's core belief is that students who have obtained the practical training and understand the culture of the business world can flourish in a working environment. We have embedded this factor as the core of our educational goal. Yunique Wellness Center wants to ensure that students who complete their program of study have obtained a high level of competency and the confidence needed to perform in their future careers. Our programs incorporate the work ethic and standards considered necessary for success; beginning at orientation, at which time the importance of attendance and productivity in class is stressed.

**CURRENT SCHEDULE OF STUDENT CHARGES**

Program of Training	Registration Fee	Tuition	Total Cost
Practical Massage Therapy	\$50.00	\$3000.00	\$3500.00
Massage Therapy	\$20.00	\$855.00	\$875.00
Acupressure therapy	\$20.00	\$855.00	\$875.00
Foot Reflexology Massage	\$20.00	\$855.00	\$875.00
Tui Na Therapy	\$20.00	\$855.00	\$875.00

**Purposes of Charges:**

**Registration:** To pay the cost of establishing student file and other paperwork associated with enrolling the Student in a program.

**Tuition:** The fee to cover the education training of a student in a program.

**Mandatory Student Charges:**

Registration - Non refundable, to a maximum of \$50.

Tuition - Refundable up to 60% of the program. For detailed explanation and sample, please refer to Cancellation and Refund section of this Catalog.

1. Students must complete all lessons before they are allowed to graduate.
2. One absence is deemed as missing or not being present for one four hour scheduled class.
3. The school stresses attendance to allow you to complete the program as rapidly as possible. However we realize that unusual events may occur. If you are going to be unable to attend class please call the school.

4. Students who are tardy 15 minutes or more will not be admitted into class.
5. Interruptions and leaves must be requested in writing to the Director, which may be granted for valid reasons.
6. If a student is absent from class, the student may make up that class at no additional charge. The student should meet with their instructor to arrange scheduling. All classes must be completed within six months of starting the program.
7. At no time in any student or graduate to be admitted into a class unless their name appears on the class roster or they have made advance arrangements with the Director. Anyone not scheduled for a class will be denied entrance.

## **STANDARD OF PROGRESS, GRADING & GRADUATION REQUIREMENTS**

There are written and practical tests required to graduate from the program. A student must meet a minimum 70% on the final test. A practical final is given in all programs. Students must satisfactorily complete all requirements before they are allowed to graduate and be issued the CERTIFICATE OF COMPLETION or use the placement service. Students who do not meet satisfactory grades will be allowed to repeat examinations at the discretion of the instructor. A student may purchase additional practice time if required at a rate of \$10.00 per hour above the hours contracted for in the course. No leaves or interruptions will be granted or enforced for unsatisfactory grades. A student may request a written progress report or transcript from the school in writing at no charge. All records and grades are permanently maintained by the school for a period of five years and are protected from fire, theft and other perils. All tests are administered and graded by the instructor.

## **RE-ADMISSION**

A student terminated for lack of attendance or lack of progress may be considered for re-admission only once. However, the student must show proof that the problem(s) causing the reason for termination have been corrected. Students who wish to re enroll must arrange to meet with the Director for re valuation. Any re-admitted student is to start the course from the beginning. No credit is granted for previous training.

## **PROBATION**

A student may be placed on probation -for unsatisfactory attendance or academic progress only once. The length of probation will be determined by the Director and at the end of the probationary period the student will be re-evaluated. During the probation the student must maintain 80% attendance and have satisfactory progress based upon feedback from the instructor. The student can submit a written appeal of their probation to the Director. All requests will be evaluated and acted upon promptly.

## **CANCELLATION & REFUNDS**

**BUYER'S RIGHT TO CANCEL.** You have the right to cancel the enrollment agreement and obtain a refund. The institution, for all student, without penalty or obligation, shall refund 100 percent of the amount paid for institutional charges, less a reasonable deposit or application fee not to exceed one hundred dollars (\$100), if the notice of cancellation is made prior to or on the first day of instruction.

Cancellation shall occur when you give written notice of cancellation at the address of the College shown

on the front page of this catalog. You can do this by mail, hand delivery, or telegram. The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addressed with postage prepaid.

The written notice of cancellation need not take any particular form and, however, expressed, it is effective if it shows that you are no longer wish to be bound by this Agreement.

## **REFUND INFORMATION**

You may withdraw from a course after instruction has started and receive a pro-rate refund for the portion of the tuition and other refundable charges if you have completed 60% or less of the instruction. For example, if the student completes only 10 hours of 100-hour course and paid \$300.00 tuition, \$10.00 Registration the student would receive a refund of \$270.00. The school will also refund money collected for sending to a third party on the student's behalf such as license or application fees. If the school cancels or discontinues a course or educational program, the school will make a full refund of all charges. Refund will be paid within 30 days of cancellation or withdrawal.

**CANCELLATION AFTER COMPLETING 60% OF THE COURSE WILL RESULT IN NO REFUND.**

### **Student Tuition Recovery Fund:**

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by California residents who students were attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education.

You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student, who is a California resident and prepays all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. The school closed indefinitely before the course of instruction was completed
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds; under a federally guaranteed student loan program, as required by law. To pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a decline in the quality of the course of instruction within 30 days before the school closed or, if the decline began earlier than 30 days prior to closure, the period of decline determined by the Bureau.
5. An inability to collect on a judgment against the institution for a violation of the Act.

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 Council for Private Postsecondary and Vocational education, 1027 10th Street, Fourth Floor, Sacramento, CA 95814, and (916) 445-3427

## **COMPLAINT/GRIEVANCE PROCEDURE**

From time to time, differences in interpretation of school policies will arise among students, faculty, and/or the administration.

For this reason, we urge both students & staff to communicate any problems that arise directly to the individual(s) involved. When such differences arise, usually a miscommunication or misunderstanding is a major contributing factor. If the problem cannot be resolved in this manner, the Director of the School should be contacted. Normally, the informal procedure of "discussing" the difference will resolve the problem.

If the complaint cannot be resolved after exhausting the institution's grievance procedure, the student may file a complaint with the appropriate state agency, being the Council for Private Postsecondary & Vocational Education. The student may contact the Council for further details.

Program-1: Massage Therapy Program (500 Clock Hours)

MBP-01: Anatomy and Physiology	125 clock hours
MBP-02: Kinesiology	40 clock hours
MBP-03: Pathology	40 clock hours
MBP-04: Massage and Tui Na Therapy	122 clock hours
MBP-05: Swedish massage	25 clock hours
MBP-06: Business practice and ethics I	13 clock hours
MBP-07: Acupressure Therapy	100 clock hours
MBP-08: CPR and First Aid	10 dock hours
MBP-09: Hygiene and infection control	25 clock hours

Program-2: Advanced Massage Therapy Program (500 clock hours)

MBP-10: Reflexology	200 clock hours
MBP-11: Hydrotherapy	50 clock hours
MBP-12: Business practice and ethics II	40 clock hours
MBP-13: Nutrition and herbs	70 clock hours
MBP-14: Chair massage	50 clock hours
MBP-15: Advanced massage and bodywork 1 : Deep tissue massage	40 clock hours
MBP-16: Advanced massage and bodywork II: Clinical practice of acupressure and Tui Na	50 clock hours

Program-3: Reflexology program (250 clock hours)

Theory of reflexology	120 clock hours
Hand on practice in class	130 clock hours

## Acupressure and Massage Program (Total hours: 1,000

### hours) Course Description

#### MBP-01. Anatomy and Physiology

125 hours (60 hours in lecture, 65 hour in lab practice)

The beginning course provides an introduction and overview of the major anatomy and physiology system of the body. Student will learn general knowledge of the life, the sign of the life, the metabolism and homeostasis and levels of the structure in the body, such as cells, tissues, organs, and system.

In the advanced class student will learn in detail the major body system, included the structure and function of each system. Body landmarks and cavities for most organs in each system will also be taught. These body systems are skeleton system, skeleton muscular system, nervous system, endocrine system, Circulatory and Immune system, respiratory system, digestive system and Nutrition, urinary and reproductive system and integumentary system. Through this student, student will be able to locate the major organs in relative body cavities and the bony landmarks for certain important structure in the body which might be aware during massage. The student will also learn to recognize the normal structure and function of the human body system, especially skeleton system, muscular system, nervous system and circulatory system and integumentary system.

#### MBP-02. Kinesiology

40 hours (20 hours in lectures / 20 hours in lab practice)

Kinesiology is the study of the principals of biomechanics and anatomy in relation to human movement.

20 hours of basic kinesiology will provide the basic knowledge of the locomotion including the category of the joints, the joint movement and joint movement assessment.

In this course students will learn in detail the muscle origin, insertion and the action to better understand the importance of normal function of the skeleton muscles in personal movement pattern. The relation of muscle condition and normal posture is also taught. Through the study, the students learn to palpate the individual muscle using variety of bony landmarks and think broadly about their client's biomechanical backgrounds and could be able to apply their knowledge to better address their client's soft tissue condition.

#### MBP-03. Pathology

40 hours in lectures

The basic course of pathology is to introduce students to common pathological conditions in each body system. Several principles of the pathological condition will be discussed, which includes injuries of the tissues, the inflammation, the infection and related pathogens, the tumors (benign and malignancy), edema and neuropathy.

The advanced course of pathology covers disease condition in each body system, emphasizing on intergumentary, skeletal, nervous and endocrine, circulatory, pulmonary system. The pathological condition in digestive, immune and reproductive system will also be discussed. The stress and its relative pathological condition is also an important topic to be studied. Through this study, the student will gain the knowledge on indication and contraindication of massage and be able to recognize the abnormal condition in individual client and to ensure safety practice.

#### MBP-04. Massage and Bodywork Assessment

30 hours (15 hours in lectures /15 hours in supervised hand on practices in class)

This class will present an introduction to the skills of massage and bodywork assessment, including the history taking, observation, palpation, range of motion and muscle testing. In history taking section, student will be taught how to gain the skill to collect the client's information, including personal and social condition, physical and emotional condition related to their health, and the most important information-medical history. The communication and documentation skills are also introduced. In observation technique, students will learn how to assess the client's posture, symmetry and gait cycle. The general physical and emotional condition is also an important to pay attention to. The abnormalities of soft tissue, especially the texture, the color and appearance of the skin are included in this technique. Continual study on the assessment techniques is focused on palpation, range of motion and muscle testing. Palpation is the art of the touch for a massage therapist and body worker. In this class, students will learn the technique of the palpation to assess the condition of the soft tissue, such as ligaments, muscles and tendons, and skin textures, especially the temperature differences on the various areas of the body. Range of motion technique allow the students to learn the various techniques to assess the range of motion in a specific joint and to determinate the anatomic, physiological and pathological range of motion in a assessed joint. The muscle testing technique is designed to help the students to lean the muscle condition, including the tension and the force and its influence on the range of motion. Thought these studies, students will gain confidence in selecting appropriate treatment plan to address a client's presenting condition.

#### MBP-05. Swedish Massage

120 hours (60 hours in lecture, 60 hours hand on practice in class)

In an introduction course of Swedish massage history and the effectiveness and benefit of massage on the human body will be introduced. The specificities and characteristics of Swedish massage will be discussed, which include the mostly recognized the benefit of Swedish massage, the improvement of blood and lymph circulation and relaxation and sedation; the direction of the strokes applied. The general concept of massage indication and contraindication is also included in this class. In this hand on class, basic methods and techniques of Swedish massage will be taught, which include effleurage, petrissage, friction, vibration and tapotement. Student will also learn the benefits and application of each stroke in the human body. The indication and contraindication and precaution of performing Swedish massage will be discussed. Through the hand on study, the student will be able to perform Swedish massage strokes comprehensively in a one hour of full body massage. Therapeutic approach of Swedish massage is introducing in hand on practice class, which include stress reduction and regain the energy, pain relieving in strained muscles and its fascia and sprained ligaments, releasing compression on certain spinal nerves, and improving the joint mobilization. The principle of placing client in proper body position, the use of the cushion, the draping technique, the using massage oil as lubricant and common type of essential oil in massage oil will be taught.

#### MBP-06. Business Practice and Ethics I

10 hours in lectures (4 hours in business practice /6 hours in ethics)

This course will assist students in professional goals for success as a massage therapist in a various situations of business settings. This will include topics ranging from basic business laws to promoting and successfully operating massage practice.

This course will also provide student the concept of professional ethics and code of ethics for massage profession. These topics include the professional relation between the massage therapist and clients, between the massage therapist and other health care professionals, the prevention of

dual relationship and precaution of transference and counter-transferences.

#### MBP-07. Acupressure and Tui Na

100 hours (50 hours in lectures / 50 hours in supervised hand on practices in class)

The basic theory of the traditional Chinese medicine will be introduced, which includes Yin-Yang, five element, Zhan -Fu, and 12 regular organ meridians and governing and conception vessel.

Four diagnosis technique of traditional Chinese medicine will also be demonstrated.

This course will include hand-on training on basic skills of acupressure, an Asian form of massage therapy.

Students apply the five elements and eight principles theories and become familiar with Hara and Kyo and Jitsu assessment. A clinical integration allows students to learn the client pattern of disharmony and address imbalance using the more effective methodology. Students will familiar the common acupoints along a specific organ meridian to correct common imbalanced condition in the body. This clinical practice will be supervised by a licensing acupuncturist in a clinical facility.

#### MBP-08. CPR and First Aid

10 hours (6 hours in lectures / 4 hours in supervised hand on practices in class)

Fundamental principle and skill of first aid and cardiopulmonary resuscitation (CPR) include the care of wounds, bandaging, sudden illness, shock, artificial respiration, heart attacks and strokes. Students will learn the standard procedure to respond to emergency situations in their practices, which provides for the health and safety of their clients.

#### MBP-09. Hygiene and Infection Control

25 hours (15 hours in lecture, 10 hours in hand on practice in class)

The principle and procedure of universal precaution will be also introduced, which include the general hygiene procedure in safety massage practice. The sanitation and disinfection procedures will be taught. In infection control class, student will learn the concept of infectious disease including the pathogenic microorganisms (virus, bacteria, fungus and parasites), the transmission of pathogens, especially blood born pathogen, such as HIV, Hepatitis Band C, and the prevention of the communicable diseases in massage business setting. The safety practice in massage business activities will be introduced.

#### MBP-10. Reflexology

250 Hours (125 hours in lecture, 125 hours in hand on practice in class)

In the basic anatomy of hand and foot, student will learn in detail of the anatomy of the hands and feet including the bones, joints, ligaments, muscles, blood and lymph vessels and the nerves. The detail mapping of the foot and hand of the reflex points is also been introduced. Through this study, student will become familiar to foot and hand mapping of reflexology, to be able to localize the reflex points on the foot and hand, understand the reflex point and its correlated anatomy structure, and the specific point and its corresponding distal organ or part of the body. The instruction class also covers the benefit and effectiveness of reflexology in strengthening body and reinforcing the body to reach the balance and normalization and therefore to improve and enhance overall health status.

In the hand on practice class, student will learn the assessment techniques relative to reflexology. Through the assessment, student will be able to recognize the normal and abnormal condition in a specific zone by observation and palpation and gain the helpful information in designing therapeutic plane according to client's condition. The application of reflexology in treating some common abnormal conditions, such as tension headache, insomnia, chronic pain, muscle tightness and constipation will be taught by experienced acupuncturists or licensed reflexology practitioners.

### MBP-11 Hydrotherapy

50 hours (30 hours in lecture, 20 hours in hand on practice in class)

This class will provide student the general concept of the effectiveness and benefits hydrotherapy in human body, the thermal, mechanical and chemical effects of the hydrotherapy on the body will be introduced. The cold and heat effects on circulatory, nervous and muscular system and its applications will be emphasized in this class.

In hand on practice class, common application of hydrotherapy techniques are introduced, including ice pack, RICE method in first aid situation, ice massage in Cryotherapy; and fomentation, hydrocollator and moist heat pad. The variety of therapeutic baths will be demonstrated by photo or video type. The indication and contraindication of the individual therapeutic technique will be taught.

Through this study, student will be able to choose hydrotherapy technique properly according to the requirement of client's condition.

### MBP-12. Business practice and Ethics II

40 hours (20 hours in business practice, 20 hours in ethics)

This course of business practice will assist student in defining their personal and professional goals for success as a massage therapist, provide office procedures and requirement for working in various employment situations, emphasizing in self-employed status or work as independent contractor. In addition, this class will cover the skill for operating a massage business, including the financial management, marketing strategy and document maintaining and book keeping. The basic business law to promoting and successfully operating massage therapist's practice will be included as well. The taxes reports and insurance requirements in massage business are also discussed.

In this ethics class, essential ethical topics found in massage and bodywork and holistic health arena will be introduced in detail. This includes professionalism, legal and ethical requirements, confidentiality, role and boundaries, prevention of transference and contra-transference, prevention of sexual misconduct. The NCBTMB code of ethics will be introduced in this class.

### MBP-13. Nutrition and herbs

20 hours in lecture

The course provides foundational information required for understanding the relation between the nutrition and the health. Student will acquire the basic knowledge of Western and Eastern nutrition and the evaluation of foods, diet and herbs in methods of treatment. Student will have an understanding of nutritional terminology that enhances their ability to interact with other professionals and discuss the contraindications of specific nutritional approaches and any legal issues surrounding this field of specialization.

### MBP-14 chair massage

50 hours (25 hours in lecture, 25 hours in hand on practice in class)

Student will learn how to perform the full body massage on a chair. Different techniques, including Western and Eastern techniques will be introduced. In Western techniques, the stroke effleurage, friction, petrissage, vibration, and tapotement and passive joint movement and stretching will be applied in a sitting position in a chair massage. The strokes common used in Eastern massage, such as acupressure, pushing, pull, rubbing, milking, shaking, rolling, rocking and stretching are also demonstrated. Student will gain the skill of performing massage over clothing on a typical body position and in an open to public environment. The assessment techniques will apply prior to massage to identify the indication and contraindication for client's body condition. The stress reduction and muscle relaxation techniques for chair massage will be emphasized.

**MBP-15. Advanced Massage and Bodywork Techniques I: Deep Tissue Massage**  
40 hours (20 hours in lecture, 20 hours in hand on practice in class)

This course will provide student with principle and application of deep tissue massage.

In this class, the knowledge of anatomy, physiology and pathology of soft tissue, especially skeleton muscle and its surrounding fascia will be reviewed. The common dysfunction due to muscle strain and fascial restriction will be introduced. These conditions include chronic fibromyalgia; trigger point development, chronic fatigue syndrome, certain form of posture imbalance relative to muscle dysfunction. The emotional stress as a major pathological cause will be emphasized.

In hand on practice class, student will learn to identify the normal function of muscle and fascia and joint mobility in involved joints and functional deviation in body posture by basic techniques of assessment. Student will also learn to determinate the indication and contraindication in a prospected client.

The essential techniques for myofascial release and trigger point therapy and positional release will be introduced which include gentle compression, directional stretching to restore normal structure of the fascia and reset the muscle tone and regain the mobility and flexibility of the joint.

**MBP-16: Advanced Massage and Bodywork Techniques II: Clinical practice of Acupressure and Tui Na**  
50 hours Internship

This class allows student to practice acupressure and Tui Na technique in a clinical setting. Student will have opportunity to apply their knowledge and skills in working directly with the public in a supervised setting. Students assess the individual's needs and medical history of each client, and make a therapeutic sessions plan accordingly. Clinical supervisors, licensed acupuncturists, are available to guide student practitioners.

All courses are taught at Yunique Wellness Center, 10505 #608, Valley Blvd. in the city of El Monte, California. 91731.