

Just For Your Health
College of Massage

CATALOG

Just for Your Health
1095 Bird Ave. Ste. 3
San Jose, CA 95125
(408) 723-2131
www.just4yourhealth.com

01/01/ 12 - 12/31/12

CALENDAR

The office is open daily, Sunday 11am-5pm, Monday 10am-7pm, Tuesday CLOSED, Wednesday & Thursday 10am-7pm, Friday 11am-8pm, Saturday 10am-6pm. The College will be closed on the following holidays if that date falls on a scheduled school day. Holidays include Memorial Day, Labor Day, Thanksgiving (Thursday & Friday), Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day.

SCHEDULE

The schedule for day classes is Monday through Friday, 8:00 **AM** to 7:00 **PM** with one hour for lunch, for a total of 10 hours a day. The combined courses (500 hours) are 20 - 25 weeks Monday through Friday 8:00 **AM** to 11:00 **AM** and some weekends. The schedule for evening classes is Tuesday and Thursday 7:00 **PM** to 10:00 **PM**. Continuing education courses have two sets schedule to choose from 1st (Saturday and Sunday), 2nd (Monday - Friday). Each course is presented in modules, and new students may enter at the beginning of each module (approximately every month in the day session and every 14 weeks in the evening session. Continuing Education Courses begin approximately twice a month. Schedules are subject to change).

FACILITIES

The college has one classroom, two treatment rooms, and an office. The classroom is supplied with massage tables, massage creams, Anatomy poster boards, resourceful books, music, sheets, blankets and bolsters. Restrooms are next to the college classroom. All classes are held at our business address 1095 Bird Ave ste 3, San Jose, Ca, 95125. The institution, the facilities it occupies and the equipment it utilizes, comply with all federal, state, and local ordinances and regulations, including fire, safety, and health. Our small yet resourceful library is located near the classroom. There you will find Books and audio tapes to further your knowledge in the classroom. Access to the library is made simple. Simply notify the instructor or front office of the books or audio tapes you liked to view. All students have access to library during normal business hours. Keep in mind all student services can be accessed with the front office. Services include job assistance, continue education classes, books, audio tapes, purchasing supplies, building resumes and city / state application help.

OUR MISSION

Upon successful completion of the Massage Therapist Program, students will be able to demonstrate the knowledge and skills required in the field of massage therapy, including anatomy and physiology, health enhancement and practice management. The graduate will be prepared to set up a private practice or to work in spas, gyms, clubs, corporate fitness centers, or other offices, assisting clients with general health improvement, stress reduction, relaxation, conditioning and injury prevention. In addition to our continuing education course such as tai chi, sports massage, Acupressure and shiatsu the graduate will be prepared to work in health and medical settings as an adjunctive health service for remedial or rehabilitative purposes. Whether it's part time work your looking for, a career or a change of industry. We believe massage therapy will be with you for a lifetime.

Studies show in 2011 our industry made 11 billion dollars according to American massage therapy association. It is no longer a luxury but a new way of life.

METHOD OF PAYMENT

Tuition and fees are due 3 weeks prior to the start date of each program. The College accepts Visa/Master Card/Discover and American express. In order to make monthly payments over the length of the program, the student must make a down payment totaling ½ the tuition (available for 500-hour program only). Just for Your Health is NOT a Title IV institute. Therefore, we do not participate in federal, state financial aid programs or any student loans.

GRIEVANCE PROCEDURE

Persons seeking to resolve problems or complaints should first contact the instructor or staff member in charge. If the issue is not resolved, the manager should be contacted. If still unresolved, a written request may be made to the director, Yuan Si. If still unresolved, a request for further action may directed to Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833 (888) 370-7589 toll-free.

NONDISCRIMINATION PROVISIONS

Just for Your Health's non-discrimination, provisions are in accordance with Section 12940 (d).

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the bureaus internet web site www.bppe.ca.gov.

ADMISSION REQUIREMENTS

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

Students enroll prior to the beginning of each module in a course. Applicants must be high school graduates, or have passed a high school equivalency examination (such as GED), or be a minimum of 18 years of age and able to benefit from the course of training. Students must also speak and understand English. Currently this institution does not accept **requirements for ability-to-benefit students.** Applicants must have an admissions interview with the school Manager or Administrator. Any written agreement signed shall become operative the first class or session of instruction. Any Contract, Enrollment agreement is legally binding when signed.

This institute has not entered into an articulation or transfer agreement with any other college or university.

GRADUATION REQUIREMENTS

Standards for student achievement:

1. Complete all of the required hours for the course (17-500 hours), including make-up hours for any missed hours of instruction.
2. Receive a satisfactory evaluation in all coursework from the faculty members.
3. Satisfy all financial indebtedness to the school. Student is obligated to pay \$25.00 for lost or damage of the sheet set and/or towel.

Upon meeting the above requirements, students receive a Certificate of Completion. An additional Certificate of Completion and/or Transcript request are \$25.00 each, plus handling. The student must request a certificate/transcript in writing with the signature

TRANSFER REQUIREMENTS

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Just for your Health is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in Just for Your health is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, 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 will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Just for Your Health to determine if your certificate will transfer.

ATTENDANCE POLICY

Students are expected to attend classes as scheduled just as they would be expected to be present for work. Absences and tardiness will be recorded.

Just For Your Health has NO responsibility to find or assist a student in finding housing, if and when you attend Just For Your Health you will be expected to show up everyday and on time.

Students failing satisfactory attendance per policy will be counseled by the administrator, if attendance fails to improve, the school administrator will terminate a student for unsatisfactory attendance. Re-admittance may be permitted if the caused for unsatisfactory attendance has been corrected and is approved by school administrator. This school does not offer probation polices.

Tardiness disrupts a good learning environment and is discouraged. Tardiness without legitimate reason on two occasions will be considered as one unexcused absence.

Absence will be considered excused under the following circumstances: Illness or death in the immediate family and mandatory government appointments. Other absences will be considered unexcused.

Make Up Time: Make up time will be assigned by the office manger, for class available, and by instructor, in the event that an unexcused absence is the result of tardiness, on full session (hours) must be made up, not the actual minutes of tardiness. A fee is charged for make up time for unexcused absences.

Leave of Absence: A Leave of Absence (LOA) may be granted for emergency situations. A LOA should not exceed one week, and if it does it cannot exceed the time required for the student to return to the same place in the curriculum when he or she left. Only on LOA can be granted during a calendar year. A student must request a LOA in writing, and must be approved in writing by a school administrator. Instructors cannot grant a LOA.

NOTICE OF STUDENT RIGHTS

A student has the right to cancel or terminate enrollment by mailing a written notice to Just for Your Health, 1095 Bird Ave. Suite 3, San Jose, CA 95125 by Certified Mail. The effective date of cancellation or termination is the postmark date. If any refund is due by the school it will be mailed within 30 days.

Cancellation: A student shall have a right to cancel an agreement for a course of instruction including any equipment as follows:

MMT Course-No later than 12am (which is the 5th business day following the first day of class).

CMT Course-No later than 12, midnight the business day before class.

Single Subject Courses- No later than 12, midnight the business day before class.

STUDENTS RIGHT TO CANCEL

You may cancel your contract for school, without any obligations and receive a refund of monies you have paid, less the registration fee. Cancellation notice must be provided to Just for Your Health in writing; any other means of communicating cancellation will not be accepted. Student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at first class session or the seventh day after enrollment, whichever is later for the MMT Course and/or midnight the business day before the CMT Course, no refund will be given thereafter. As described in the Notice of Cancellation form that will be given to you at the first class session you attend. Read the Notice of Cancellation form for an explanation of your cancellation rights and responsibilities. Go to the web site at www.just4yourhealth.com for a sample copy.

Withdrawal: After the end of the cancellation period, you also have the right to stop (withdraw or drop) school at any time, and you have the right to receive a refund for the part of the course not yet taken. Your refund rights are described in the contract, or go to the web site at www.just4yourhealth.com for a sample copy.

Single Subject Courses refund policy- A student may cancel your contract for school, without any obligations and receive a full refund, less the registration fee, “STUDENTS RIGHT TO CANCEL” Cancellation notice must be provided to Just for Your Health in writing; any other means of communicating cancellation will not be accepted. Student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at first class session or the seventh day after enrollment, whichever is later.

Refund Policy

This school has and maintains a policy for refunding the unused portion of tuition, fees and other charges in the event the student fails to enter the course or withdraws or is discontinued there from and provides that the amount charged to the person for tuition, fees and other charges for a portion of the course does not exceed the approximate pro rata portion of the total charges for tuition, fees, and other charges that the length of complete portion of the course bears to its total length. The student is obligated to pay only for educational materials obtained and services rendered.

NOTE TO SCHOOL APPLICANT CONSIDERING THIS POLICY STATEMENT: This policy for refund monies means that the institution does not retain ANY monies until such monies have been earned, meaning that the enrollee has an obligation to pay ONLY for materials actually purchased and in his/her possession and for educational services actually rendered and for instruction actually given.

The refund for students who have completed 60 percent or less of the course of instruction shall be a pro rata refund, less a (\$75.00) registration fee. There is no refund if a student has completed 61 percent or more of a course.

The Bureau requires to inform a student obtaining a loan, the student will have to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student receives federal student financial aid funds, the student is entitled to a refund of the money not paid from federal financial aid funds. This is required by the bureau but DOES NOT apply to this institution.

PROFESSIONAL CONDUCT

At the discretion of the school administration, a student may be warned, suspended, or terminated from school for: Drug or alcohol intoxication during class; possession of drugs or alcohol at school; disobedient or disrespectful behavior to another student, an administrator, a visitor, or a faculty member; theft; unauthorized entry; cheating.

PLACEMENT ASSISTANCE

Professionals or companies may contact this institution for candidates for employment. Known vacancies in the field will be posted in the job binder. While this institution will provide placement assistance, it can make no guarantee of employment.

RECORDS RETENTION

Enrollees are advised and cautioned that state law requires this education institution to maintain school and student records for only a five-year period.

STUDENT TUITION RECOVERY FUND

California law requires that, upon enrollment, a fee be assessed the institution in relation to the cost of tuition (Education Code Section 94343). These fees support the Student Tuition Recovery Fund (STRF), a special fund established by the California Legislature to reimburse students who might otherwise experience a financial loss as a result of (a) the closure of the institution, (b) the institution's breach or anticipatory breach of the agreement for the course of instruction, or (c) a decline in the quality or value of the course of instruction within the 30-day period before the institution's closure. The Fund protects only California students. Institutional participation is mandatory.

It is important that enrollees keep a copy of any enrollment agreement, contract or application to document enrollment, and tuition receipts or canceled checks to document the total amount of tuition paid. Such information may substantiate a claim for reimbursement from the STRF, which must be filed within one year of the Council's* service on the student of their rights under the STRF, or if no notice of rights are served to the student, within four years of the institution's closure.

FOR ALL COURSES THERE IS A REGISTRATION FEE OF \$75.00 with \$2.50 per \$1,000 of institutional charges, STRF Assessment fee (Student Tuition Recovery Fund) IS REQUIRED and non-refundable. 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 student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay 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. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency program attending certain schools regulated by the Bureau for Private Postsecondary Education.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following.

1. The School closed 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 or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.

4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.

APPROVAL

This is a private institution and is approved to operate by the bureau for Private Postsecondary Education. Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the bureau for Private Postsecondary education.

Bureau for Private Postsecondary Education
2535 Capitol Oaks Drive, suite 400,
Sacramento, CA. 95833,

Or

P.O. Box 980818, West Sacramento, Ca 95798

www.bppe.ca.gov,

toll-free telephone number (888) 370-7589, fax (916) 263-1897

This institution does not have a pending petition in bankruptcy, it is not operating as a debtor in possession, has not filed a petition within the preceding five years, or has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under chapter 11 of the United States bankruptcy Code (11U.S.C. Sec.1101 et seq.)

PROFESSIONAL MEMBERSHIPS

Just for Your Health College of Massage is a member of the Associated Bodywork and Massage Professionals (ABMP) and the CAMTC.

ADMINISTRATIVE STAFF & FACULTY

Yuan Si

Owner/Director

Catrina Garcia

Manager

Rosalind Fleurs, D.C.
(Chiropractor)

Professional Instructor since 1998

Degree in Sports Medicine, Nutritional Science and Ayurveda

Oliver Chu, LAc
(Licensed Acupuncturist)

Professional Instructor since 1987

Oriental bodywork therapy

Nutrition Sciences

Master's degree in Traditional Chinese Medicine

Christina Garcia

Professional Instructor Since 1986

(Master Massage Therapist for over 30 years)

Degrees in Sports, Shiatsu, Trigger, Acupressure and
Sound Therapies

Jeff Jenkins

Professional Instructor since 2003

(Chiropractor)

Degrees in Sports Medicine

Nutrition Sciences

Dawn Shepard

Professional Instructor since 2000

(Master Massage Therapist for over 22 years)

Degree in fitness and alternative health sciences

Western modalities Sports Massage, Nutritional support, Qigong
And Ergonomics

COURSE INSTRUCTION

MASSAGE THERAPIST I (Certified Massage Therapist) Clock Hours: 100 Hours

Maximum Class Size: 12 Students

<u>Course Content by Subject</u>	<u>Hours</u>
Intro to Massage Theory	60
Anatomy and Physiology	25
Health and Hygiene Enhance	10
Business Practice Management	<u>5</u>
Total	100 Hours

MASSAGE THERAPIST II (Master Massage Therapist) Clock Hours: 400 Hours

Maximum Class Size: 12 Students

<u>Course Content by Subject</u>	<u>Hours</u>
Shiatsu Massage	45
Acupressure	45
Western Anatomy	30
Eastern Anatomy	10
Shiatsu Chair Massage	10
Chinese Herbal Therapy	10
Pain Management	100
Sports Physiology	30
Sports Massage	20
Apprenticeship	<u>100</u>
Total	400 Hours

SINGLE SUBJECT COURSES

SHIATSU MASSAGE Clock Hours: 125 Hours

Maximum Class Size: 12 Students

<u>Course Content by Subject</u>	<u>Hours</u>
Eastern Anatomy/Physiology	30
Shiatsu Massage	45
Student Apprenticeship	<u>50</u>
Total	125 Hours

ACUPRESSURE Clock Hours: 125 Hours

Maximum Class Size: 12 Students

<u>Course Content by Subject</u>	<u>Hours</u>
Acupressure Massage	45
Western Anatomy	30
Student Apprenticeship	<u>50</u>
Total	125 Hours

SPORTS MASSAGE

Clock Hours: 50 Hours

Maximum Class Size: 12 Students

Course Content by Subject

Sports Anatomy/ physiology
Sports Massage practical

Hours

30hrs
20

Total 50 Hours

Pain Management Therapy Practicum

Clock Hours: 100 Hours

Maximum Class Size: 12 Students

Course Content by Subject

Pain Management Therapy
Intro to Anatomy
Practicum

Hours

30
20
50

Total 100 Hours

MESSAGE SPA TECHNICIAN

Clock Hours: 100 Hours

Maximum Class Size: 12 Students

Course Content by Subject

Intro to Spa Treatment
Product use
Health Enhance, Marketing, Practice Management
Apprenticeship

Hours

50
15
10
25

Total 100 Hours

CONTINUING EDUCATION COURSES

MODULE I

UPPER BODY EXTREMITIES

Clock Hours: 17 Hours

Maximum Class Size: 12 Students

Course Content by Subject

Intro to Deep Tissue
Joint Mobilization
Stretching
Pulling
Tapping upper Trapezes Rhomboids,
Middle Trapezes and pain patterns

10
4
1
1
1

Total 17 Hours

MODULE II

SPA/FOOT REFLEXOLOGY

Clock Hours: 17 Hours

Maximum Class Size: 12 Students

Course Content by Subject

Spa Hand and Foot Treatments
Introduction to Exfoliation
Honey Treatment
Mud Treatment
Buff Polish
Oil Massage

10
3
1
1
1
1

Total 17 Hours

MODULE III
HOT STONE MASSAGE
Maximum Class Size: 12 Students

Clock Hours: 17 Hours

Course Content by Subject

Theory, Lecture, Hygiene	10
Demonstrations	2
Hands on Practicum	4
Aromatherapy	<u>1</u>
Total	17 Hours

MODULE IV
CHAIR MASSAGE
Maximum Class Size: 12 Students

Clock Hours: 17 Hours

Course Content by Subject

Theory, lecture, hygiene	10
Introduction to Deep Tissue Chair Massage a variety of strokes which concentrate on the neck, shoulders, upper back, and arms.	4
Hands on Practicum	<u>3</u>
Total	17 Hours

FEE SCHEDULE

MASSAGE THERAPIST I

Registration	\$ 75.00
S.T.R.F. Fee	2.50
<u>Tuition</u>	<u>1,495.00</u>
Total Fees Level I	1,572.50

MASSAGE THERAPIST II

Registration	\$ 75.00
S.T.R.F. Fee	5.00
<u>Tuition</u>	<u>4,617.00</u>
Total Fees Level II	4,697.00

MASSAGE THERAPIST I and MASSAGE THERAPIST II Combined Package

Registration	\$ 75.00
S.T.R.F. Fee	5.00
<u>Tuition</u>	<u>6,192.00</u>
Total Fees Level I & II	6,272.00

SHIATSU

Registration	\$ 75.00
S.T.R.F. Fee	2.50
<u>Tuition</u>	<u>1,495.00</u>
Total Fees	1,572.50

ACUPRESSURE

Registration	\$ 75.00
S.T.R.F. Fee	2.50
<u>Tuition</u>	<u>1,495.00</u>
Total Fees	1,572.50

SPORTS MASSAGE

Registration	\$ 75.00
S.T.R.F. Fee	2.50
<u>Tuition</u>	<u>895.00</u>
Total Fees	972.50

TAI CHI BODY MECHANICS

Registration	\$ 75.00
S.T.R.F. Fee	2.50
<u>Tuition</u>	<u>1,495.00</u>
Total Fees	1,572.50

MASSAGE SPA TECHNICIAN

Registration	\$ 75.00
S.T.R.F. Fee	2.50
Supplies	195.00
<u>Tuition</u>	<u>1,425.00</u>
Total Fees	1,697.50

CONTINUING EDUCATION FEES

MODULE I UPPER BODY

Registration	\$ 75.00
S.T.R.F. Fee	2.50
<u>Tuition</u>	<u>498.00</u>
Total Fees	575.50

MODULE II SPA/FOOT REFLEXOLOGY

Registration	\$ 75.00
S.T.R.F. Fee	2.50
<u>Tuition</u>	<u>498.00</u>
Total Fees	575.50

MODULE III HOT STONE MASSAGE

Registration	\$ 75.00
S.T.R.F. Fee	2.50
<u>Tuition</u>	<u>498.00</u>
Total Fees	575.50

MODULE IV CHAIR MASSAGE

Registration	\$ 75.00
S.T.R.F. Fee	2.50
<u>Tuition</u>	<u>498.00</u>
Total Fees	575.50

Make Up Time.....\$15.00 per hour
Transcript and/or Certificate of Completion.....First one is free / \$25.00 each thereafter
Textbooks and supplies are included in tuition figures. Books are issued in the module where the corresponding subject is presented. There are no separate charges for books.

