



# Master Massage Practitioner (MT 1000) - Energetic Track

Diploma

1000 Classroom Hours  
 39.5-47.25 Credit Hours  
 55 Instructional Weeks/60-62 Calendar Weeks  
 14 Months Full Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
MT 115	Anatomy	60	4.00		
MT 200	Swedish Massage	40	1.25		
BC 302	Business Practices for Massage Therapists	12	0.75		
CC 100	Communication Skills for Practitioners I	15	1.00		
CC 101	Communication Skills for Practitioners II	15	1.00	CC 100	
MT 530	CPR Certification	4	0.25		
BC 301	Ethics for Massage Therapists	8	0.50		
MT 521	First Aid	8	0.25		
MT 151	Kinesiology - Anatomical Applications	36	2.25	MT 115	
SC 415	Pathology - BW	40	2.50		
MT 500	Physiology	60	4.00		
BC 430	Practice Development Portfolio	15	1.00		
BC 110	SOAP Notes	6	0.25		
EV 003	Massage Clinic Orientation	-	-		
MT 999	Massage Clinic – Supervised	100	2.00	MT 200	
PC 850	Cranial Unwinding I ***	20	1.00		
TE 220	Deep Tissue Sculpting	24	0.75	MT 200	
CB 400	Mother Touch	8	0.25		
MT 400	Myotherapy - 7 Step Release System	40	1.25	MT 200	
RF 201	Reflexology - A Western Approach	20	0.75		
	<b>MASSAGE CORE COURSES SUBTOTAL</b>	<b>531</b>	<b>25.00</b>		
<b>ENERGETIC TRACK</b>					
PC 100	Polarity - Basic I	20	1.00		
PC 700	Polarity - Reflexology	20	1.00	PC 100 & PC 400	
EC 700	Reiki I - Traditional	16	0.50		
PC 860	Cranial Unwinding II	24	1.00	PC 850	
PC 400	Polarity - Communication, Resonance, & Relations I	32	2.00	PC 100 or PC 850	
PC 870	Cranial Unwinding III	24	1.00	PC 850	
PC 150	Polarity - Basic II	48	2.25	PC 100	
PC 960	Polarity- Sessions Given	30	0.50	PC 100 + PC 400	
PC 200	Polarity APP/Cranial - Practicum	30	1.25	PC 100 + PC 400	
	<b>ENERGETIC TRACK MASSAGE CLASSES</b>	<b>244</b>	<b>10.50</b>		
<b>CHOOSE A COMBINATION OF SPECIALTIES AND ELECTIVES TO TOTAL 225 HOURS*</b>					
AR	Aromatherapy	100	5.50		
CRA	Cranial Unwinding	70	2.25		
HN	Holistic Nutrition Specialist	200	11.50		
HY	Hypnotherapy	100	4.75		
MEDM	Medical Massage	100	3.75		
MYF	Myofascial	100	3.25		
TM1	Myotherapy	160	5.00		
RF	Reflexology	80	3.25		
RE	Reiki	84	2.50		
ST	Spa Treatments	164	7.25		
SPT	Special Touch	76	2.50		
YO-N	Yoga Nidra	100	4.50		
YO-BP	Yoga Body Psychology	100	4.50	YTT 200, APP MT*	
YO	Yoga Teacher Training	200	6.25		

	<b>SPECIALITY SUBTOTAL</b>	<b>225</b>			
	<b>PROGRAM TOTAL</b>	<b>1000</b>	<b>39.5-47.25</b>		

**OTHER AVAILABLE MASSAGE ELECTIVE COURSES**

EL 220	Face Lift Acupressure	4	0.25		
EL 600	Canine Massage	4	0.25		
MT 363	Massage - Sideline Techniques	16	0.50		
MT 300	Corporate Chair Introduction	4	0.25	Licensed	
MT 600	Safe-Touch for Massage Therapy	16	0.75		
MT 605	Neurotouch	20	1.00		
MT 604	Advanced Lymphatic Massage	8	0.25		
OE 640	Thai Foot Massage	20	0.50		
RF 202	Reflexology - Pathology & Assessment for Bodyworkers	20	0.75		
RF 203	Reflexology - Emotional Balance & Being for Bodyworkers	20	0.75		
OE 620	Thai Massage	40	1.25		
TE 142	Scar Tissue	8	0.25		
TE 422	Medical Conditions - Deep & Light Touch	16	1.00		
TE 662	Hydrotherapy/Injury Management	20	0.75		

\* Arizona State Board of Massage requires 700 hrs of Bodywork coursework - choose specialties accordingly.

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Student date

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Advisor date

*SWIHA's mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.*