

Learn fundamental principles and hands-on techniques you can use to give a great massage to friends and loved ones. Also learn what it takes to start a career as a massage therapist. You'll tap into the anatomy, health sciences and medical terminology that professional massage therapists need to know. This gateway course can be taken on its own, but it is a mandatory requirement for entry into either the Massage Therapy Certification or A.A.S. degree programs here at National.

## **Registration**

You will need to complete the attached registration form and submit with the \$90 course fee. The registration deadline is the Friday before the first day of class. No refunds will be given after the first day of class. You must be 18 years of age and have sufficient vision, hearing, touch, strength, and coordination to interact with the person you will assess, palpate and massage at the massage table. Please forward to the following address:

Office of Admissions  
National University of Health Sciences  
200 E. Roosevelt Rd.  
Lombard, IL 60148-4583  
P: 630-889-6566 / F: 630-889-6554

Upon receipt of your completed form and fee, you will be sent a registration confirmation, temporary parking permit and student ID card. This card should be brought to class and used as confirmation of enrollment.

## **Course Overview**

The course lasts for two weeks and consists of 4 evening classes (meeting 2 nights per week) from 6:00 to 10:00 p.m.

Course material will cover a wide variety of massage techniques, anatomy, ethical and legal issues, boundaries, hygiene, contraindications, massage terminology, table management, traits of a massage therapist, benefits of massage, and much more.

## ***What you will need –***

- A photo ID will be required on the first day of class (you must be at least 18 years of age to participate).
- No books need to be purchased. Students will receive handouts for all course content. Although you'll be practicing massage, please bring writing materials to take notes. During the final class, students will be required to complete a written assessment of course concepts as well as a practical evaluation of massage technique.
- Students are to bring a clean twin sheet set (flat and fitted sheets plus a pillow case). A small blanket is optional for those who chill easily.
- Be sure to wear comfortable sneakers and massage-appropriate clothing. Loose fitting, casual and comfortable clothes are best, with no belts or buckles. Slacks with elastic waistbands are ideal. The back must be easily and fully exposed (women should wear short-sleeved shirts, bras and/or bikini tops that open from the back. Wearing your shirt backwards is OK!)
- Students must purchase "Biotone" (professional massage cream) and bring their Biotone to class. Oil or other lotions may not be used on NUHS tables. Biotone can be purchased in the NUHS bookstore. Students should contact the bookstore at 630-889-6527 for hours of operation.

## **Please Remember....**

After successfully completing this course, you may choose to enroll in the Massage Therapy Certificate or A.A.S. degree program. You will be required to complete an admission application for acceptance, however, there will be no application fee. Passing the Introduction to Massage Course does not ensure automatic admission to the MT program. Please contact the Admissions Office at 630-889-6566 or visit our website to apply on-line at [www.nuhs.edu](http://www.nuhs.edu).

# Introduction to Massage Registration Form

First Name \_\_\_\_\_ Middle \_\_\_\_\_ Last Name \_\_\_\_\_

Social Security Number \_\_\_\_\_ Email Address \_\_\_\_\_

( ) ( )

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Present Address \_\_\_\_\_ Street \_\_\_\_\_ APT. or BOX# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code / Postal Code \_\_\_\_\_

Are you considering entering the MT Program?  No  Yes **If yes,**  AAS  Certificate

How did you first hear about National University of Health Sciences? \_\_\_\_\_

## Session Dates:

**Summer 2016:**  Session A: June 6, 9, 13, 16

Session B: July 11, 14, 18, 21  Session C: August 1, 4, 8, 11

**Course Fee: \$90**  Check  Credit Card

**Credit Card Information:**  Visa  MC  Discover  AMEX

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name on Credit Card: \_\_\_\_\_ Signature: \_\_\_\_\_

### For Office Use Only

Date Paid \_\_\_\_\_

Check # \_\_\_\_\_

## DEMOGRAPHIC INFORMATION

**(Responses are recorded for statistical purposes only.)**

Sex:  Male  Female Date of Birth: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

Marital Status:  Single  Married  Divorced  Widowed

Number of Children: \_\_\_\_\_

How would you best describe your race?

Caucasian  Black / Non-Hispanic  Hispanic  American Indian / Alaskan Native

Asian / Pacific Islander  Other \_\_\_\_\_