

EDUCATION & TRAINING HOURS COURSEWORK FORM - MASSAGE THERAPIST

This form can also be obtained at: cca.hawaii.gov/pvl

Applicant's Name: _____ (Use on-line fillable form or print)

The MINIMUM massage education and training hours required is **570 hours**. All applicants must show proof of having completed the education and training hours prior to being approved to sit for the exam.

- **LIST** all courses for which you are requesting credit under the appropriate category. **Attach additional sheet if needed.**
- If transcripts indicate "credits", have your school convert the "credits" to "hours".
- ALL courses listed must be accompanied by a course completion certificate and or transcript; a course description for **EACH** course; and a copy of your school catalog and/or brochure from the time you attended.
- Please ensure that all course descriptions and school or certificate approval documentation match the dates of your training.
 * **FAILURE TO PROVIDE THE REQUESTED INFORMATION WILL DELAY THE PROCESSING OF YOUR APPLICATION ***

50 Hours of in-class coursework on Anatomy, Physiology and Structural Kinesiology

Course #	COURSE TITLE	School Name or Course Provider	No. of Hrs. Completed	Course Description Attached?	School Approval Attached?

100 Hours of in-class coursework on THEORY & DEMONSTRATION of massage

Course #	COURSE TITLE	School Name or Course Provider	No. of Hrs. Completed	Course Description Attached?	School Approval Attached?

420 Hours of PRACTICAL Massage Training

Course #	COURSE TITLE	School Name or Course Provider	No. of Hrs. Completed	Course Description Attached?	School Approval Attached?

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The education and training hours shall consist of at least:

1. **50** hours of in-class coursework on human anatomy, physiology and structural kinesiology;
2. **100** hours of in-class coursework on the theory and demonstration of massage which shall include the following:
 - >The proper procedure in massaging;
 - >Record keeping;
 - >Hygiene;
 - >Theory;
 - >Draping;
 - >Technique for specific conditions;
 - >Contraindications of massage for specific techniques according to conditions;
 - >Assessment of the client's condition and the general technique to be applied.
3. **420** hours of practical massage training either as a student in a licensed massage school OR massage apprentice under Hawaii's massage apprentice program with a course of study for at least six (6) months that consist of the following:
 - >Clinical operations (70 hrs: 30 hrs sanitation + 30 hrs office procedures + 10 hrs record keeping)
 - >Advanced Techniques (40 hrs: 20 hrs of observation of classroom-instructors + 20 hrs of consulting)
 - >Hands on supervised massage with record keeping (310 hrs).