



Massage Certification Program

Massage Therapist owned and operated for over 35 years, the Idaho School of Massage Therapy (ISMT) offers a non-accredited Massage program with both a holistic and medical emphasis. We recognize a need and growing market for knowledgeable, skillful graduates who also possess the “trifecta” of attributes for success in massage therapy: professionalism, a business plan and communication skills.

We offer students day and evening classes and a Massage Program that exceeds Idaho’s Massage Therapist License requirements. (See www.ibol.idaho.gov for details.) Be advised that Massage Licensing requirements vary by state and we cannot guarantee transfer of credit to any other schools.

Located at the heart of Treasure Valley, in Meridian close to the Eagle Rd. exit, ISMT’s comprehensive curriculum continues to be an ideal balance of clinical and wellness applications from relaxation to rehabilitation. Our school is registered with the Idaho State Board of Education, and taught by experienced, qualified faculty who focus on the skills and competencies necessary for the safe and effective delivery of therapeutic massage and bodywork. The Western coursework builds upon the fundamentals of Swedish techniques, Sport and clinical massage therapy skills with a solid base of sciences while the Eastern coursework (Asian and Reflexology) holistically provide the energetic aspect. The allied modalities of Craniosacral, Lymphatic facilitation, Visceral and Geriatric massage are effective, gentle, complementary therapies for both wellness and treatment models. Fulfill program in this order to minimize completion time:

DATE	COURSES	HOURS	TOTAL
Trimester A September 14-December 19, 2020 Open House: 8/26/20 5pm <i>Enrollment/Registration & Student Orientation: August 26, 2020 6-8 pm</i>	Anatomy (48), Physiology (48) Swedish (36), Bodywork 101(36) Business I/Ethics (28), Hydrotherapy (12) Movement Supervised Student Clinic	96 72 40 10 35	 253 hrs
Trimester B January 4-April 10, 2021 Open House: 12/11/20 4:30pm <i>Enrollment/Registration & Student Orientation: December 19, 2020 1-3 pm</i>	Kinesiology Pathology Bodywork 102 (55), Research Literacy (6) Business II, & Record keeping (SOAP) Movement (10) & First Aid/CPR (8) Supervised Student Clinic	38 40 61 42 18 35	 234 hrs
Trimester C April 26-June 29, 2021 Open House: 4/8/20 12pm <i>Enrollment/Registration & Student Orientation: April 7, 2021 6-8 pm</i>	Reflexology (15), Asian bodywork (33) Geriatric massage (12), Craniosacral (12) Sports (12), Lymphatic facilitation (12) Visceral massage (12) Supervised Student Clinic (32) and Case Study (8)	48 24 24 12 40	 148 hrs
Massage Therapy Program	<i>Approximately 10 months to complete this schedule. Supplies and Books additional \$800 estimate only.</i>	Tuition \$8,400	635 Hours
Massage Therapy Program	+Elective: Connective Tissue Bodywork 55 hours July 7 – August 23, 2021; \$880	Tuition \$9,280	690 Hours

Idaho School of Massage Therapy



2020-21 Tuition, Cancellation and Attendance Policy

Tuition Payments and Refunds:

ISMT does not accept any Federal student aid monies. We accept tuition payments on a pay-as-you-go or class-by-class basis. Alternatively, State funds may be available through Job Service or Vocational Rehabilitation and military personnel or their spouses may qualify for funding through the Veteran's Administration, GI benefits; check on your eligibility.

Tuition fees are not paid up front or in advance of classes therefore refunds do not apply. Tuition fees do not include books and/or supplies. Student obtains these independently.

Class tuition payments on a "pay as you go" or class-by class basis, as follows:

- **1/2 and 1 1/2:** 50% of *tuition is due at the 1/2 and end point* of each class.
- See Day or Evening Class Schedule, "Class Payments" for details.

A student that follows the schedule of classes and payments will complete the program with no outstanding debt to the school in approximately 10 months with a Trimester A start point.

Cancellation, Withdrawal, or Dropped classes:

A student may "drop" or "withdraw" from a class in writing *before the 1/2 point of class transpires; thus voiding the class, and incurring no tuition.* Withdrawal from a class beyond this point (50% or greater) will incur tuition fees though zero credit hours accrue and is effective on the date and time of receipt of written or emailed official notification, not the date of last class attendance.

- Withdrawals/drops at 0%-49 % of a class: No tuition is owed.
- Withdrawals/drops at 50% - 59% of a class: Tuition is owed for class transpiring up to receipt of written drop notice, calculated at \$16/class-hour.
- Withdrawals/drops at 60% - 89% of a class: Tuition is owed, at \$20/class-hour.

Supply costs are non-refundable. Consider this official notice that certifications and transcripts can and will be held back if tuition and/or fees are owed the school.

TOTAL Tuition for classes comprising the 635-hr. Massage Program Certification:
All TUITION PAYMENTS total \$ 8,400

- \$ 100 Application/Registration Fee is, non-refundable,** and not included in tuition. Each student shall obtain their own books, supplies and provide proof of Student insurance (through massage trade associations: AMTA, AMBP, or equivalent at their own expense.) See Admission Requirements. Books and supply costs are not included in the tuition (See Book and Supply List.)
- Attendance:** Students shall not miss more than 10% of class. Makeup time is available when 60% or more class attended, with your instructor, by appointment. 1 hour of Makeup = 3 hours of classroom time and is available at a cost of \$25/hr. 70% or higher minimum competency for class credit, given upon completion when applicable tuition and/or fees are paid in full.
- "Work-off" a portion of your tuition** doing supervised Student Clinic massages on campus beyond the 110-hour requirement. Some restrictions apply, see Student Clinic Syllabus for detail.
- Transfer Credit may be available** for classes "substantially equivalent." Course transcripts and syllabus required. Business I/Ethics and Student Clinic hours are non-transferrable. We cannot guarantee transfer of credit to/from other schools. Inquire about course "Challenge": a fee of \$25/course applies. Courses may be taken individually with **completion of the admission process** in its entirety. See Admission Requirements. **Contact Phone: (208) 342-3430, also (208) 343-1847; email: ismtclinic@gmail.com .**
- Students Enroll/Register in person at the specified date/time for each trimester.** See page 1.

Idaho School of Massage Therapy

EVENING

CLASS & TUITION SCHEDULE

TRIMESTER A Sep 14 - Dec 19, 2020 Student Orientation: Aug 26, 2020 6-8 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Anatomy	Sep 14 - Dec 14 (& Dec 15,19); Mon 6-9 pm	48	768	11/02/20 \$ 384	12/19/20 \$ 384
Swedish	Sep 15 - Oct 22; Tu, Thur 6-9 pm	36	576	10/01/2020 \$ 288	10/22/2020 \$ 288
Physiology	Sep 16-Dec 16 (& Dec 17,19); Wed 6-9 pm	48	768	11/04/2020 \$ 384	12/19/2020 \$ 384
Movement	Sep 19-Dec 5 no class Nov 7, 28; Sat 9:30-10:30 am	10	160	10/17/2020 \$ 80	12/05/2020 \$ 80
Business I/Ethics	Sep 19,26, Oct 17,24, Nov 9,23, Dec 12 Sat 10:45-2:45 pm	28	448	10/24/2020 \$ 224	12/12/2020 \$ 224
Hydrotherapy	Oct 3, (Nov 7 9:30-5 pm), Dec 5 Sat 10:45-1:45 pm	12	192	11/07/2020 \$ 96	12/05/2020 \$ 96
Bodywork 101	Oct 27 - Dec 8; Tu, Thur 6-9 pm	36	576	11/12/2020 \$ 288	12/08/2020 \$ 288
Student Clinic Modality: Swedish	Signup for 2 nd , 3 rd & 4 th Sundays Nov. 10 - Dec. 22 am or pm shifts	35	\$ 0	No cost to student	
Trimester A Total		253	\$3488		

TRIMESTER B Jan 4 - Apr 10, 2021 Student Orientation: Dec 19, 2020 1-3 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Pathology	Jan 4 - Apr 5(Apr 5 Final only); Mon 6-9 pm	40	640	02/15/2021 \$ 320	04/05/2021 \$ 320
Bodywork 102	Jan 5 - Mar 4 (& Mar 6); Tu, Thur 6-9 pm	55	880	02/02/2021 \$ 440	03/06/2021 \$ 440
Kinesiology	Jan 6 - Mar 31; Wed 6-9 pm	38	608	02/17/2021 \$ 304	03/31/2021 \$ 304
Movement	Jan 9 - Mar 13 Sat 9:30-10:30 am	10	160	02/06/2021 \$ 80	03/13/2021 \$ 80
Business II	Jan 09&23, Feb 13&27, Mar 13, 20, 27 Job Fair Mar 25,30, Apr 1 Sat 10:45 am - 1:45 pm 6-9 pm	27	432	03/13/2021 \$ 216	04/01/2021 \$ 216
Record Keeping	Mar 9 - Mar 23; Tu, Thur 6-9 pm	15	240	03/16/2021 \$ 120	03/23/2021 \$ 120
Research Lit.	Apr 6 & 8 Tu, Thur 6-9 pm	6	96	04/06/2021 \$ 48	04/08/2021 \$ 48
First Aid/CPR	Apr 10 Sat 9-5:00 pm	8	128	04/10/2021 \$ 64	04/10/2021 \$ 64
Student Clinic Modality:SW/Connective Tissue bodywork	Signup for 2 nd , 3 rd & 4 th Sundays am or pm shifts not Easter	35	\$ 0	No cost to student	
Trimester B Total		234	\$3184		

TRIMESTER C Apr 26 - Jun 29, 2021 Student Orientation: April 13, 2021 6-8 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 26 - May 17; Mon (and 1 Wed.) 6-9 pm	15	240	05/03/21 \$ 120	05/17/2021 \$ 120
Asian Bodywork	Apr 27 - Jun 1; Tu, Thur 6-9 pm	33	528	05/13/2021 \$ 264	06/01/2021 \$ 264
Sports Massage	May 5 - May 26; Wed 6-9 pm	12	192	05/12/2021 \$ 96	05/26/2021 \$ 96
Lymphatic Fac.	May 24 - Jun 21; Mon 6-9 pm	12	192	06/07/2021 \$ 96	06/21/2021 \$ 96
Visceral Massage	Jun 2 - Jun 23; Wed, 6-9 pm	12	192	06/09/2021 \$ 96	06/23/2021 \$ 96
Geriatric Massage	Jun 3 - Jun 24; Thur 6-9 pm	12	192	06/10/2021 \$ 96	06/24/2021 \$ 96
Craniosacral	Jun 8 - Jun 29; Thur 6-9 pm	12	192	06/15/2021 \$ 96	06/29/2021 \$ 96
Student Clinic Modality: Reflexology, Sports, Asian bodywork	Signup for 2 nd , 3 rd and 4 th Sundays to completion; am or pm shifts.	40	\$ 0	No cost to student	
Trimester C Total		148	\$1707.43		

Class meets as scheduled except: Thanksgiving, Christmas, New Year's Day, Easter, and Memorial Day

Idaho School of Massage Therapy

DAY

CLASS & TUITION SCHEDULE

TRIMESTER A Sep 15- Dec 19, 2020 Student Orientation: Aug 26, 2020 6-8 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Anatomy	Sep 15-Dec 15 (& Dec 17,19); Tu 9-12 pm	48	768	11/03/2020 \$ 384	12/19/2020 \$ 384
Swedish	Sep 15 - Oct 22; Tu, Thur 12:30-3:30 pm	36	576	10/01/2020 \$ 288	10/22/2020 \$ 288
Physiology	Sep 12 - Dec 10 Thur 9-12 pm (& Dec 10,15,17,19)	48	768	11/05/2020 \$ 384	12/19/2020 \$ 384
Movement	Sep 19-Dec 5 no class Nov 7, 28; Sat 9:30-10:30 am	10	160	10/17/2020 \$ 80	12/05/2020 \$ 80
Business I/Ethics	Sep 19,26, Oct 17,24, Nov 9,23, Dec 12 Sat 10:45-2:45 pm	28	448	10/24/2020 \$ 224	12/12/2020 \$ 224
Hydrotherapy	Oct 3, (Nov 7 9:30-5 pm), Dec 5 Sat 10:45-1:45 pm	12	192	11/07/2020 \$ 96	12/05/2020 \$ 96
Bodywork 101	Oct 27 - Dec 8; Tu, Thur 12:30-3:30 pm	36	576	11/12/2020 \$ 288	12/08/2020 \$ 288
Student Clinic Modality: Swedish	Signup for 2 nd , 3 rd & 4 th Sundays Nov. 10 – Dec. 22 am or pm shifts	<u>35</u>	<u>0</u>	No cost to student	
Trimester A Total		253	\$3488		

TRIMESTER B Jan 5 – Apr 10, 2021 Student Orientation: Dec 19, 2020 1-3 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Pathology	Jan 5 - Apr 6 (Apr 6 Final only); Tu 9-12 pm	40	640	02/16/2021 \$ 320	04/06/2021 \$ 320
Bodywork 102	Jan 5 - Mar 4 (& Mar 6); Tu, Thur 12:30-3:30 pm	55	880	02/02/2021 \$ 440	03/06/2021 \$ 440
Kinesiology	Jan 7 – Apr 1; Thur 9-12 pm	38	608	02/18/2021 \$ 304	04/01/2021 \$ 304
Movement	Jan 9 - Mar 13 Sat 9:30-10:30 am	10	160	02/06/2021 \$ 80	03/13/2021 \$ 80
Business II	Jan 09&23, Feb 13&27, Mar 13, 20, 27 Job Fair Mar 25,30, Apr 1 Sat 10:45 am – 1:45 pm 12:30-3:30 pm	27	432	03/13/2020 \$ 216	04/01/2010 \$ 216
Record Keeping	Mar 9 - Mar 23; Tu, Thur 12:30-3:30 pm	15	240	03/16/2021 \$ 120	03/23/2021 \$ 120
Research Literacy	Apr 6 & 8 Tu, Thur 12:30-3:30 pm	6	96	04/06/2021 \$ 48	04/08/2021 \$ 48
First Aid/CPR	Apr 10 Sat 9-5:00 pm	8	128	04/10/2021 \$ 64	04/10/2020 \$ 64
Student Clinic Modality:SW/Connective Tissue bodywork	Signup for 2 nd , 3 rd & 4 th Sundays am or pm shifts not Easter	<u>35</u>	<u>\$ 0</u>	No cost to student	
Trimester B Total		234	\$3184		

TRIMESTER C April 27 - Jun 29, 2021 Student Orientation: April 13, 2021 6-8 pm

CLASS	DATE/TIME	Hours	Cost \$	Class Payments	
Reflexology	Apr 27-May 18; Tu (and 1 Thur) 9-12 pm	15	240	05/04/2021 \$ 120	05/18/2021 \$ 120
Asian Bodywork	Apr 27-Jun 3; Tu, Thur 12:30-3:30 pm	33	528	05/13/2021 \$ 264	06/03/2021 \$ 264
Sports Massage	May 6 -May 27; Thur 9-12 pm	12	192	05/13/2021 \$ 96	05/27/2021 \$ 96
Lymphatic Fac.	May 25-Jun 15; Thur 9-12 pm	12	192	06/01/2021 \$ 96	06/15/2020 \$ 96
Geriatric Massage	Jun 1- Jun 22; Tu 12:30-3:30 pm	12	192	06/08/2021 \$ 96	06/22/2021 \$ 96
Visceral Massage	Jun 3 - Jun 24; Tu 9-12 pm	12	192	06/10/2021 \$ 96	06/24/2021 \$ 96
Craniosacral	Jun 10-Jun 29; Tu, (and 1 Thur) 12:30-3:30 pm	12	192	06/17/2021 \$ 96	06/29/2021 \$ 96
Student Clinic Modality: Reflexology, Sports, Asian bodywork	Signup for 2 nd 3 rd & 4 th Sundays to completion; am or pm shifts.	<u>40</u>	<u>\$ 0</u>	No cost to student	
Trimester C Total		148	\$1707.43		

Class meets as scheduled except: Thanksgiving, Christmas, New Year's Day, Easter and Memorial Day

Book and Supply List for 2020-21

Trimester (A) – Books and Supplies: September – December 2019

All costs are subject to change, estimates only and based on new cost as provided by Amazon.com. Used texts are acceptable. Obtain your own books and supplies prior to class start from resources of your choosing. Bring your own blanket, pillow, linens and lotion to class.

General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

<u>Class</u>	<u>Required Books</u>	<u>Supplies</u>	<u>Estimated Cost</u>
Physiology Anatomy	* The Massage Connection: Anatomy & Physiology and Study Guide 3 rd ed. (K. Premkumar) *Physiology Coloring Book also *Anatomy Coloring Book 4 th edition (Kapit) *Trail Guide to the Body and Student Handbook, 5 th ed. (Biel)	Colored Pencils General supplies	\$59 Massage Conn. \$20 Study guide \$20 Phys. Coloring Bk \$20 Anat. Coloring Bk \$50 Trail Guide Body \$27 TG Student handk \$6 Colored pencils \$15 <u>General supplies</u>
Swedish Bodywork 101 Hydrotherapy Student Clinic	Tappan's Handbook of Massage Therapy, Blending Art and Science, 6 th edition (Benjamin). Optional Access card for video library is sold separately. (MyPearsonsLab)	4 sets linens (for Tri A) Blanket pillow Laundry bag Lotion/oil	\$105 Tappan's (access card for video library is sold separately at Pearson's Publishing \$110 Linens/bedding \$25 Lotion/oil
Business I / Ethics	Business Mastery 5 th edition (Sohnen-Moe)	General supplies Laptop recommended	\$37 Business Mastery
Movement	n/a	General supplies	See general supplies
Student insurance is required , see below for providers			\$50 minimum
Trimester A – Books (\$338) + Supplies (\$156)+ insurance (\$50) =			\$544

Each Student is required to obtain and provide proof of coverage:

Student Insurance thru an approved professional massage therapy association such as ABMP <http://www.abmp.com> or AMTA <http://www.amtamassage.org> .

Trimester A is the recommended starting point for the massage program. Trimester A classes are only offered September to December each year. *Massage is a very physical career.* Be advised that increasing core strength is recommended outside of and in addition to this course of study. These foundational classes emphasize *medical terminology and body sciences; massage theory, effects, benefits, guidelines and techniques of Swedish massage as well as ethics and business.* Movement classes are required for focus, strength and flexibility of mind and body.

Campus location: 3551 E. Overland Rd., Ste A, Meridian 83642. (208) 342-3430
(Silverstone Business park; Inside Idaho Physical Medicine & Rehabilitation building.)

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Trimester (B) – Books and Supplies: January – April 2020

All costs are subject to change, estimates only and based on average new and used costs. Used texts are considerably less and a great option. Obtain your books and supplies prior to class start from resources of your choosing. Cost is based on continued use of select Trimester A books, general supplies, additional linens, lotions and student insurance. Laptop recommended.

General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

Class	Required Books	Supplies	Estimated Cost
Pathology Research Literacy	A Massage Therapists Guide to Pathology, 5th ed. (Werner)	General supplies	\$ 49 MT Guide to Pathology \$5 <u>General supplies</u>
Bodywork 102 Kinesiology	*The Balanced Body: A Guide to Deep Tissue and Neuromuscular Therapy (Scheumann) 3 rd ed. *Basic Clinical Massage Therapy; (Clay/Pounds) 2nd *Trail Guide to the Body and Student Handbook	2 sets linens (additional for Tri B) Lotion/oil Bring personal pillow and blanket to class (from Tri A)	\$61 Balanced body \$54 Basic Clinical See Trimester A See Trimester A See Trimester A
Business II	Business Mastery 4 th or 5 th ed; (Sohnen-Moe)	General supplies and recommended laptop for in class work	See Trimester A
Movement	n/a	General supplies	See Trimester A
Record Keeping	Hands Heal, Communication, Documentation and Insurance billing for Massage Therapists 5 th ed. (Thompson)		\$55 Hands Heal
First Aid & CPR	All coursework provided	General Supplies	
Student Clinic	n/a	Linens/lotion Blanket/pillow	\$45.00 \$60.00
Trimester B – Books (\$219) + Supplies (\$110) = \$329			

Trimester B is not a recommended starting point for the massage program. Bodywork 102 builds on Swedish and Bodywork 101. Pathology and Kinesiology build on Anatomy and Physiology. Trimester B classes are only offered January through April each year. The emphasis for this trimester is on *clinical pain management, injury recovery, intermediate body sciences: pathology and kinesiology, keeping of professional records and the creation of a complete business plan in a written form. Students take meditation class in this trimester to promote mental focus.*

Students who choose to begin classes in Trimester B (January) must take Trimester A classes the following September to complete the massage program. This increases program completion from 10 months to 12.

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Trimester (C) – Books and Supplies: April – June 2020

All costs are subject to change, estimates only and based on new cost as provided by Amazon.com. Used texts are acceptable. Obtain your books and supplies prior to class start from resources of your choosing. Cost is based on continued use of select Trimester A books, general supplies, linens, lotions and bedding and student insurance.

General supplies for all classes:

Paper, pencil, pen, college ruled note paper, composition journal, 3 ring binder

<u>Class</u>	<u>Required Books</u>	<u>Supplies</u>	<u>Estimated Cost</u>
Reflexology Asian Bodywork Sports massage Lymphatic fac. Geriatric massage	Tappan's Handbook of Massage Therapy, Blending Art and Science, 6 th edition (Benjamin)	Foot powder Plastic basin Cleanser/Sanitizer General supplies Linens/towels Lotion/oil	See Trimester A \$40 Supplies \$10 <u>General supplies</u>
Craniosacral Visceral massage	All coursework provided	Linens/bolster Lotion/oil General supplies	\$20 Lotion/oil
Student Clinic	n/a	General Supplies Linens & bedding	See Trimester A
Trimester C – Books (see Trimester A) + Supplies (\$70) = \$70			

Books for Trimester C are usually obtained in Trimester A and used throughout the program. Students who choose to begin classes in Trimester C (April) must take Trimester A & B classes the following September and January to complete the massage program. This increases program completion from 10 months to 12.

With the exception of Sports massage, Trimester C is an acceptable starting point for students who are willing to complete some outside study and practice. Trimester C classes emphasize several modalities aligned with eastern wholistic philosophies and are only offered April through June each year.

Class sizes are typically small: 4-12 students, except Saturday classes which combine Day and Evening students. For more information, an Open House is held before each Trimester start. All Admission Requirements are to be submitted prior to Enrollment/Registration and Student Orientation. Class details for each trimester and course syllabus' available at Trimester Student Orientation; attendance is required.

Completion of all three trimesters, payment of all fees, return of all books loaned, passing grades of at least 70% in all classes and final demonstration of skills qualifies the student to receive an official transcript and a Massage Program certificate of completion. State Licensing requirements include completion of approved education program and receiving a passing grade on a State approved Massage Licensing Examination given by an independent entity. For more information and the cost of massage therapy licensing, check the Idaho Bureau of Licensing at www.ibol.idaho.gov and Federation of State Massage Therapy Boards www.fsmt.org.

TUITION TOTAL: 635 hours ~ \$8,400
Books and Supplies TOTAL: ~ \$ 943 estimated