

CHAPTER 132  
MESSAGE THERAPY EDUCATION CURRICULUM

[Prior to 6/26/02, see 645—130.5(152C)]

**645—132.1(152C) Definitions.**

“*Approved curriculum*” means that the massage therapy education course of study meets the criteria specified in this chapter and has been approved by the board of examiners for massage therapy.

“*Board*” means the board of examiners for massage therapy.

“*Client*” means any person with whom the school has an agreement to provide massage therapy.

“*Clinical practicum*” means hands-on massage therapy provided to members of the public by a student enrolled at a massage therapy school who is under the supervision of an instructor who is an Iowa-licensed massage therapist. The instructor shall be physically present on the premises and available for advice and assistance. Clinical practicum does not include classroom practice.

“*Course of study*” means a series of classroom courses, not including continuing education, which is approved by the board as having a unified purpose in training individuals toward a certificate, degree or diploma in the practice of massage therapy.

“*Massage therapy*” means performance for compensation of massage, myotherapy, massotherapy, bodywork, bodywork therapy, or therapeutic massage including hydrotherapy, superficial hot and cold applications, vibration and topical applications, or other therapy which involves manipulation of the muscle and connective tissue of the body, excluding osseous tissue, to treat the muscle tonus system for the purpose of enhancing health, providing muscle relaxation, increasing range of motion, reducing stress, relieving pain, or improving circulation.

“*Modular format*” means the delivery of a course of study in concentrated segments or modules focusing on one aspect or modality per module.

**645—132.2(152C) Application for approval of massage therapy education curriculum.**

**132.2(1)** Application forms for schools providing massage therapy education curriculum must be obtained directly from the board office. Applications and fees shall be submitted to the Board of Examiners for Massage Therapy, Professional Licensure Division, Fifth Floor, Lucas State Office Building, Des Moines, Iowa 50319-0075. The following information shall be submitted with the application:

*a.* Letter from the school that lists the names of all course instructors and includes a statement certifying that all instructors meet the criteria stated in rule 645—132.3(152C).

*b.* Class schedule in a clear format documenting the number of hours each subject will be taught. The course of study used by the program shall be the same as the published class schedule.

*c.* Syllabus that describes each course and that includes the following information:

- (1) Title of course;
- (2) Instructor’s name;
- (3) Daily class schedule that shows the daily outline of the hours taught per day;
- (4) Total hours associated with each subject;
- (5) Description of course;
- (6) Textbooks and resource or supplement references; and
- (7) Grading system and testing schedule.

**132.2(2)** The application shall be completed according to the instructions contained in the application. If the application is not completed according to the instructions, the application will not be reviewed by the board.

**645—132.3(152C) Requirements for instructors.**

**132.3(1)** Instructors of massage therapy, which include instructors of clinical and practical labs.

*a.* Instructors of massage therapy shall hold a current Iowa license to practice massage therapy, pursuant to Iowa Code section 152C.5, and shall have a minimum of two years of practical experience for each assigned course and modality prior to being hired as an instructor.

*b.* Guest instructors of massage therapy shall have a minimum of two years of practical experience for each assigned course and modality prior to being hired as an instructor and shall meet one of the following requirements:

(1) Hold an Iowa massage therapy license;

(2) Hold a massage therapy license in another state or jurisdiction; or

(3) Have professional preparation equivalent to or exceeding the requirements for an Iowa license to practice massage therapy.

**132.3(2)** Anatomy and physiology instructors shall complete a minimum of eight semester hours of accredited college level coursework in anatomy and physiology.

**132.3(3)** Instructors who are teaching board-approved massage therapy courses prior to October 1, 2003, shall not be required to meet the requirements of subrules 132.3(1) and 132.3(2) until October 1, 2004.

**132.3(4)** The school shall maintain records that show that instructors meet the criteria of rule 645—132.3(152C) and, upon request, shall make the records available to the board. The records shall be retained for two years after the resignation of the instructor.

**645—132.4(152C) Curriculum requirements.**

**132.4(1)** The approved curriculum shall include a minimum of 500 hours of supervised on-site instruction and shall be comprised of the following hours of specific instruction:

*a.* A minimum of 200 hours in the fundamental theory and in the practice of massage, which shall include client assessment skills, indications and contraindications for treatment, massage techniques, and application of hands-on methods;

*b.* A minimum of 100 hours in anatomy and physiology, which shall include the structure and function of the human body and common pathologies;

*c.* A minimum of 200 hours of other subjects relating directly to the development of skills and knowledge necessary to render competent professional massage therapy to the public, including hygiene and sanitation. The clinical practicum may be included in these 200 hours.

(1) Students must complete one of the following requirements before working on clients in a clinical practicum:

1. 200 hours of the course of study; or

2. 40 percent of the course of study for each specific massage technique if the school's curriculum is delivered via a modular format that has been approved by the board. The required 40 percent shall include client assessment skills, indications and contraindications for treatment and massage techniques. Each massage technique employed in the clinical practicum must meet this requirement.

(2) Clinical practicum hours must be on site and supervised by an instructor who is an Iowa-licensed massage therapist.

(3) Clinical practicum hours shall not exceed 20 percent of the total curriculum hours.

**132.4(2)** Students shall not receive credit for hours unless the hours were earned in the study or practice of massage therapy in accordance with the approved curriculum.

**132.4(3)** New course offerings shall not alter any minimum requirements and shall be approved by the board prior to implementation. The school shall be subject to disciplinary action if the school fails to submit curriculum changes for approval.

**132.4(4)** The school shall maintain a copy of the board-approved curriculum plan during implementation of the plan and for two additional years following the discontinuance of the plan.

**132.4(5)** The school shall be subject to disciplinary action if the school is not providing the courses and hours submitted on the approved application. After the school has complied with the discipline imposed by the board, the school may reapply for approval of a massage therapy curriculum according to the rules in effect at the time of the reapplication.

**132.4(6)** Upon completion of training, the student shall be given a certificate, diploma, or degree indicating that the student satisfactorily completed the required course of study.

**132.4(7)** A student shall be given a periodic evaluation covering the course content. A student's final average shall be no less than 70 percent. Records documenting the student's attendance and completion of the curriculum shall be maintained for two years following graduation.

**132.4(8)** The program shall provide an official transcript for each student, which shall include the student's legal name, date of birth, social security number, date of entrance to the program and completion date.

These rules are intended to implement Iowa Code chapter 152C.

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