



## Certificate Course Outline

HOFFMAN MASSAGE SYSTEM .....	
HISTORY OF MASSAGE .....	
THE HUMAN BODY .....	
THE MUSCULAR SYSTEM .....	
LIGAMENTS .....	
TENDONS.....	
MAJOR MUSCLE GROUPS - FRONT VIEW .....	
MAJOR MUSCLES GROUPS - BACK VIEW.....	
THE SKELETAL SYSTEM .....	
NERVOUS SYSTEM .....	
THE INTEGUMENTARY SYSTEM .....	
LYMPHATIC SYSTEM .....	
DIGESTIVE SYSTEM .....	
REPRODUCTIVE SYSTEM .....	
RESPIRATORY SYSTEM .....	
ENDOCRINE SYSTEM .....	
URINARY SYSTEM .....	
CARDIOVASCULAR SYSTEM .....	
CELLS .....	
DNA .....	
ANATOMICAL DIRECTIONS AND POSITIONS .....	
FREQUENTLY USED TERMINOLOGY .....	
QUALITIES OF A GOOD MASSAGE THERAPIST AND HEALER.....	
HYGIENE.....	
MAINTENANCE OF FINGER NAILS.....	
SETTING UP A COMFORTABLE TREATMENT ROOM AND MASSAGE TABLE .....	
DRAPING .....	
TREATMENT PROCESS.....	
THE IMPORTANCE OF WATER.....	
TAKING A CLIENT HISTORY .....	
CONTRAINDICATIONS TO MASSAGE .....	
CANCER .....	
OSTEOPOROSIS .....	
HIGH FEVER .....	
DURING MENSTRUATION.....	

HEART PROBLEMS .....  
RHEUMATISM .....  
JOINT DYSFUNCTION .....  
SYSTEMIC INFECTIONS.....  
SKIN CONDITIONS .....  
PACEMAKERS.....  
GASTRO-INTESTINAL COMPLAINTS, GASTRITIS, HEPATITIS, ENTERITIS.....  
DIABETES.....  
ACUTE INFECTIOUS DISEASE .....  
INFLAMMATION .....

HEALING EFFECTS OF MASSAGE .....

CONDITIONS FOR WHICH MASSAGE MAY BE BENEFICIAL.....

INCREASING YOUR SENSE OF TOUCH.....

EVERYONE WORKS IN THEIR OWN WAY.....

THE MASSAGE TOOLS ON YOUR BODY.....

BASE MASSAGE OILS.....

SWEET ALMOND OIL .....  
GRAPE SEED OIL.....  
BLACK SESAME OIL .....  
COCONUT OIL .....

THE ANATOMY TRAINS (FASCIA AND CONNECTIVE TISSUE).....

SUPERFICIAL BACK LINE .....  
SUPERFICIAL FRONT LINE.....  
ARM LINES.....  
DEEP FRONT LINE.....  
FUNCTIONAL LINES .....  
LATERAL LINE.....  
SPIRAL LINE .....

TRIGGER POINT THERAPY.....

WHAT IS A TRIGGER POINT?.....  
HOW ARE TRIGGER POINTS FORMED?.....  
HOW DO I KNOW IF I HAVE TRIGGER POINTS?.....  
ACTIVE VS. LATENT TRIGGER POINTS.....  
THE DANGER OF MISDIAGNOSIS OF TRIGGER POINTS.....  
TREATMENT.....

REFLEXOLOGY.....

WHAT IS REFLEXOLOGY?.....  
HISTORY.....  
RESEARCH ON REFLEXOLOGY.....  
STRESS AND ANXIETY.....  
LESSENING OF PAIN.....  
CANCER CARE.....

MESSAGE ZONES OF THE BODY .....

THE BACK.....

LOWER BACK AND GLUTEAL / BUTTOCKS .....

BACK OF THE LEGS .....

FRONT OF THE LEGS .....

ABDOMINALS.....

CHEST.....

HEAD AND NECK.....

ARMS AND HANDS .....

FEET.....

IMPORTANT POINTS TO REMEMBER WHEN MASSAGING.....

IICT MEMBERSHIP, ETHICS AND VALUES (WWW.IICT.COM.AU) .....