

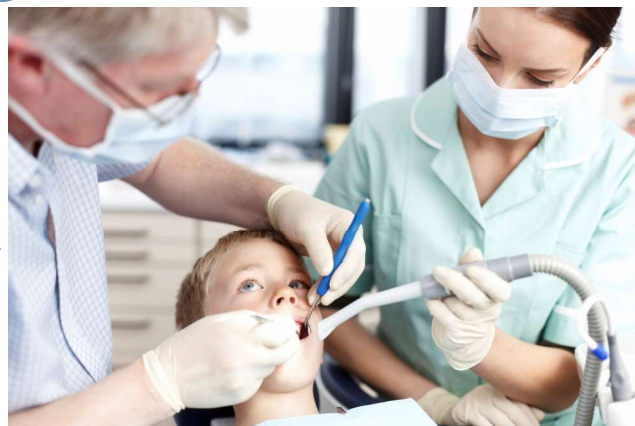
FIRST INSTITUTE

Career Training For Success



CAREER PROGRAMS

DENTAL ASSISTING & DENTAL ASSISTING BLENDED



OBJECTIVES

Objectives and course descriptions are the same for both programs. Dental Assistants perform a variety of duties in a dental office. In the front office they may schedule and confirm appointments, welcome patients to the office, send bills, process payments, and inventory supplies.

Dental Assistants assist the dentist during the examination and treatment of patients by handing required instruments to the dentist and using suction or other instruments to keep the patients mouth clear. Dental Assistants prepare instrument trays and assist patients with dental health care. Some Dental Assistants will make dental impressions, remove sutures, and apply anesthetics to the gums and cavity preventatives to teeth. Dental Assistants must be reliable, work well with others and have good manual dexterity. CPR Certification is included as part of program fees.

CAREER OPPORTUNITIES

Dental Assistant Oral Surgery Assistant Orthodontic Assistant Surgical Dental Assistant

For additional information about dental assisting careers use o*net code 31-9091 at www.onetonline.org

DENTAL ASSISTING & DENTAL ASSISTING BLENDED (50 WEEK PROGRAM)		*CLOCK HRS	FINANCIAL QTR. CREDITS	ACADEMIC QTR. CREDITS
DEN:101	Introduction to Dental Assisting	40 hrs	2 cr.	3 cr.
	<i>Introduction to Dental Assisting Lecture</i>	<i>25 hrs</i>		
	<i>Introduction to Dental Assisting Lab</i>	<i>15 hrs</i>		
DEN:102	Anatomy and Physiology for Dental Assistants	40 hrs	2 cr.	3 cr.
	<i>Anatomy and Physiology for Dental Assistants Lecture</i>	<i>25 hrs</i>		
	<i>Anatomy and Physiology for Dental Assistants Lab</i>	<i>15 hrs</i>		
DEN:103	Head and Neck Anatomy	40 hrs	2 cr.	3 cr.
	<i>Head and Neck Anatomy Lecture</i>	<i>25 hrs</i>		
	<i>Head and Neck Anatomy Lab</i>	<i>15 hrs</i>		
DEN:104	Infection Control	40 hrs	2 cr.	3 cr.
	<i>Infection Control Lecture</i>	<i>25 hrs</i>		
	<i>Infection Control Lab</i>	<i>15 hrs</i>		
DEN:105	Dental Health and Safety	40 hrs	2 cr.	3 cr.
	<i>Dental Health and Safety Lecture</i>	<i>25 hrs</i>		
	<i>Dental Health and Safety Lab</i>	<i>15 hrs</i>		

- *First Institute's blended programs share the same curricular objectives and expected learning outcomes as the on-campus programs. Blended program courses will be offered online and on-campus as identified on the student schedule. Blended program students must perform the hands-on skills at the same competency level as on-campus programs prior to beginning externship.*

DENTAL ASSISTING & DENTAL ASSISTING BLENDED (50 WEEK PROGRAM)		*CLOCK HRS	FINANCIAL QTR. CREDITS	ACADEMIC QTR. CREDITS
DEN:106	Embryology, Histology, and Tooth Morphology	40 hrs	2 cr.	3 cr.
	<i>Embryology, Histology & Tooth Morphology Lecture</i>	<i>25 hrs</i>		
	<i>Embryology, Histology & Tooth Morphology Lab</i>	<i>15 hrs</i>		
DEN:107	Chair Side Assisting I	40 hrs	2 cr.	3 cr.
	<i>Chair Side Assisting I Lecture</i>	<i>25 hrs</i>		
	<i>Chair Side Assisting I Lab</i>	<i>15 hrs</i>		
DEN:108	Chair Side Assisting II	40 hrs	2 cr.	3 cr.
	<i>Chair Side Assisting II Lecture</i>	<i>25 hrs</i>		
	<i>Chair Side Assisting II Lab</i>	<i>15 hrs</i>		
DEN:109	Dental Radiology	40 hrs	2 cr.	3 cr.
	<i>Dental Radiology Lecture</i>	<i>25 hrs</i>		
	<i>Dental Radiology Lab</i>	<i>15 hrs</i>		
DEN:110	Laboratory Procedures I	40 hrs	2 cr.	3 cr.
	<i>Laboratory Procedures I Lecture</i>	<i>25 hrs</i>		
	<i>Laboratory Procedures I Lab</i>	<i>15 hrs</i>		
DEN:111	Laboratory Procedures II	40 hrs	2 cr.	3 cr.
	<i>Laboratory Procedures II Lecture</i>	<i>25 hrs</i>		
	<i>Laboratory Procedures II Lab</i>	<i>15 hrs</i>		
DEN:112	Oral Surgery and Periodontics	40 hrs	2 cr.	3 cr.
	<i>Oral Surgery and Periodontics Lecture</i>	<i>25 hrs</i>		
	<i>Oral Surgery and Periodontics Lab</i>	<i>15 hrs</i>		
DEN:113	Dental Specialties and Pediatrics	40 hrs	2 cr.	3 cr.
	<i>Dental Specialties and Pediatrics Lecture</i>	<i>25 hrs</i>		
	<i>Dental Specialties and Pediatrics Lab</i>	<i>15 hrs</i>		
DEN:114	Endodontics and Orthodontics	40 hrs	2 cr.	3 cr.
	<i>Endodontics and Orthodontics Lecture</i>	<i>25 hrs</i>		
	<i>Endodontics and Orthodontics Lab</i>	<i>15 hrs</i>		
DEN:115	Clinical Dental Assisting I	40 hrs	2 cr.	2 cr.
	<i>Clinical Dental Assisting I Lab</i>	<i>40 hrs</i>		
DEN:116	Clinical Dental Assisting II	40 hrs	2 cr.	2 cr.
	<i>Clinical Dental Assisting II Lab</i>	<i>40 hrs</i>		
DEN:117	Externship	120 hrs	6 cr.	4 cr.
Total		760 hrs	38.00 cr.	50.00 cr.

NOTE: The classes above do not necessarily represent the order in which the classes are delivered.

Scrubs are required for all classes on-campus.

INTRODUCTION TO DENTAL ASSISTING

“DEN:101

This course is an introduction to dental assisting. Topics include the history of dentistry, professional, legal, and ethical responsibilities of the dental assistant, HIPAA regulations, professionalism, communication skills, job duties, career opportunities and resume writing. Students will gain an understanding of various administrative procedures, including appointment scheduling, telephone etiquette, dental records management and inventory control. Students will learn about the concepts of communication in the dental profession and how communication has a direct impact on the workplace. Students will create a resume and cover letter.

ANATOMY & PHYSIOLOGY FOR DENTAL ASSISTANTS

DEN:102

This course is designed to familiarize students with the directional terms, regions, and regions of the basic anatomy and physiology of the face and oral cavity, and the relationship and interaction of these body systems in relation to dental treatment. The dental assisting student will learn pharmacology and drugs associated with treating diseases; the importance of reference texts relating to pharmacology and drug enforcement, and their use in dentistry; related terms; and parts of a prescription. Students will learn preparedness in dealing with common medical and dental emergencies, and be familiar with the necessary contents of an office emergency kit. The student will also learn procedures for handling medical emergencies in the dental office including a patient with syncope, anaphylaxis, asthma attacks, hyperventilation, seizures, hypoglycemia, and angina pectoris.

HEAD AND NECK ANATOMY

DEN:103

Anatomical emphasis is placed on the head and neck including a detailed study of bony landmarks, muscular, circulatory, and nervous systems as well as landmarks of the face and oral cavity. Students learn the clinical significance of head and neck structures as they pertain to oral health and dental hygiene. Upon completion, students will be able to identify cranial and facial bones, muscles of mastication, facial features, bones and landmarks of the hard palate, salivary glands and lymph nodes, nerves of the maxilla and the mandible, and arteries and veins of the head and neck. The anatomical structures that make up the Temporomandibular Joint (TMJ), movements of the joint and clinical concerns associated with the TMJ.

INFECTION CONTROL

DEN:104

This course introduces fundamental microbiology, infectious diseases, immunity, and infection control in the dental office. Topics include infection control and disinfection techniques for patient and occupational protection, disease transmission and prevention for healthcare settings. Upon completion, students will understand the proper methods for hand washing, use of PPEs, placement and removal of surface barriers, and treatment room cleaning and disinfection. Students will gain knowledge of in aspects of cleaning, disinfecting and sterilization within the dental setting. Proper maintenance of dental waterlines will be explained. These methods will be practiced on-campus once they return to the classroom and lab.

DENTAL HEALTH AND SAFETY

DEN:105

In this course, the dental assisting student will learn infection control standards including the requirements of the Occupational Safety and Health Administration (OSHA) Bloodborne Pathogens Standard and Hazardous Communication Standard to manage biohazardous waste and hazardous materials, such as engineering controls, labeling, safety data sheets (SDSs), housekeeping, laundry, and the disposal of hazardous materials. Students will learn compliance with regulations regarding infectious disease control, training requirements, maintenance of records, and the importance of asepsis management to ensure a safe work-place in the dental office.

EMBRYOLOGY, HISTOLOGY & TOOTH MORPHOLOGY

DEN:106

This course introduces oral embryology, histology, and tooth morphology. Emphasis will be placed on tooth and root morphology, and embryological and histological correlations to provide a foundation essential for understanding dental health. Overview of the dentitions, oral diagnosis, and treatment planning will be explained. Upon completion, students will be able to identify the structures and forms of the human teeth and their location in the mouth as well as the eruption schedule and function of each tooth in the primary and permanent dentition. Students will also be able to define cavity classifications and identify charting symbols as they apply for accurate dentition charting of teeth, existing and/or needed restorative treatment and conditions.

CHAIR SIDE ASSISTING I

DEN:107

In this course students will learn how preparation for patient care is an important part of providing quality dental service to each patient. This includes obtaining personal, medical, and dental history, reviewing the information, and alerting the dentist to any areas of concern. Students will learn how to contribute to the patient's preparation by learning how to obtain vital signs. Students will learn about dental office design; the treatment rooms and dental equipment; routine office care, including opening and closing the dental office; how to prepare the treatment room; how to seat and dismiss patients; ergonomics for the operator and assistant; and working with patients with special needs. Students will be introduced to the principles of chair-side assisting, which include chair-side responsibilities, instrument identification, tray setups, four-handed techniques, and sequences of general dentistry procedures.

CHAIR SIDE ASSISTING II

DEN:108

In this course, the student will learn about instrument grasps and transfer, as well as methods to maintain a clear operating field in the oral cavity. Techniques for moisture control and isolation, the dental dam, the dental dam for the pediatric patient, and alternatives to the full dental dam placement are addressed. Students will become familiar with the methods used to manage pain and anxiety related to dental procedures, topical anesthetics, and their placement, and types of local anesthetics used in dentistry. Steps for preparing anesthetic administration, injection sites, materials and equipment required, the role of nitrous oxide sedation, and administration will be discussed. Students will learn the properties, composition, and manipulation of dental amalgam. The dental assisting student will be able to identify the armamentarium and steps of an amalgam procedure, explain the composition of composite resins, explain the properties and manipulation of various composite restorations, and explain the use of glass ionomer, resin, resin-enforced glass ionomer, and compomer restorative materials. This course also covers the advanced functions of matrix and wedge, and matrix band.

DENTAL RADIOLOGY

DEN:109

This course is designed to introduce the essential skills of radiographic techniques for the practice of dentistry including theory and technique of oral

radiography, radiation hygiene and safety, quality assurance, infection control, anatomical landmarks, and methods and materials for processing radiographs using film and digital radiology. Students will learn how to produce diagnostically acceptable intra oral radiographs with emphasis on film and digital sensor placement, cone angulations, exposing and developing radiographs, and mounting and evaluating processed films. Students will learn about extraoral radiographs; radiographic interpretation; imaging systems/digital imaging systems; digital radiography in the dental office; three-dimensional imaging in dentistry; and handheld intraoral radiography.

LABORATORY PROCEDURES I

DEN:110

In this course, the dental assisting student will learn the types of restorative materials and cements used in general dentistry, the standards and organizations responsible for those standards, the role of the dental assistant in chairside restorative procedures, and the properties of dental materials. Students will be able to list the types of materials and cements used to restore teeth, describe the use of bonding agents and their proper manipulation, identify types of direct restorative materials, and list the steps in cavity preparation. Placement of cavity liners, cavity varnish, and cement bases are also discussed. The student will learn to identify the materials used in the dental laboratory and to perform associated procedures, demonstrate knowledge and skills required to prepare, take, and remove alginate impressions, elastomeric impression materials, and polyether impression material for the dentist. The student will also learn skills required to mix and manipulate gypsum products, pour, and trim impressions for diagnostic casts, understand the use of a dental articulator, identify different classifications and uses of dental waxes. Students will be able to understand the skills required to fabricate acrylic tray resin, custom trays, vacuum-formed and thermoplastic custom trays, how to contour prefabricated temporary crowns, and fabricate and custom fit temporary restorations.

LABORATORY PROCEDURES II

DEN:111

In this course, the dental assisting student will learn the scope of fixed prosthodontics, the recommendations for various types of prostheses, and their functions. Students will learn the materials used in the fabrication of fixed prostheses. Techniques for retention of prostheses, implants,

and techniques for maintaining fixed prosthetic appliances are taught. The use of computerized impression technology and corresponding restorative treatment systems will be explained. The advanced function of gingival retraction in restorative dentistry is explained. The student will learn the scope and fundamentals of cosmetic dentistry. Restorative types and material options are described. Tooth whitening in dentistry is discussed. Causes of tooth stain, whitening techniques and equipment/materials associated with teeth whitening are reviewed. The student will understand the fundamentals of over-the-counter whitening options versus professional whitening treatments. The choices of removable prosthodontics are explained. Students will learn the steps in diagnosis and materials required for fabrication along with the advantages/disadvantages of partial, full, immediate and over dentures. Polishing, relining, and repair of removable prosthetics are reviewed.

ORAL SURGERY & PERIODONTICS DEN:112

In this course, the dental assisting student will learn an overview of the specialties of Oral and Maxillofacial Surgery and Periodontics. Patient diagnosis and necessary treatment will be explained. The instruments, procedures, and evaluation for patients for each specialty is discussed. The dental assisting student will learn how to prepare the patient for surgical treatment, create tray setups for treatments, explain procedures and postoperative instructions to patients. Students will be able to understand the cause of postsurgical complications and prevention measures. Fundamentals of information regarding oral cancer prevention, diagnosis, biopsies and treatments are described. The scope of dental implants and their place in modern dentistry will be reviewed. Types of dental implants, surgical placement procedures and restorative treatment procedures are explained.

DENTAL SPECIALTIES & PEDIATRICS DEN:113

In this course, the dental assisting student is expected to learn about the common dental practices and procedures within the scopes of Preventative Dentistry and Pediatric Dentistry and identifying types of treatments specific to these particular areas. Nutrition and patient preventative

dental care including oral hygiene techniques and recommendations are discussed. The placement of dental sealants as part of preventative dentistry is explained and the patient selection, indications/contraindications and placement procedure are examined. Students will be introduced to coronal polishing and will have a fundamental understanding of the steps of the procedure as well as how to maintain the oral cavity while the procedure is being performed.

ENDODONTICS & ORTHODONTICS DEN:114

In this course, the dental assisting student will learn about the branch of dentistry that deals with diagnosis and treatment of diseases of the pulp and periapical tissues, endodontic procedures, root canal treatment, and periapical surgical procedures. Students will learn the definition of orthodontics and the orthodontic office setting; define the role of the dental assistant in an orthodontic practice; define and describe occlusion and malocclusion; and identify the causes of malocclusion. The student will learn about preventive, interceptive, and corrective orthodontics. The process of tooth movement is explained. Students learn the importance of the pre-orthodontic and consultation appointments with diagnostic records. Differentiation is made between fixed and removable appliances, the function of basic orthodontic instruments, and stages of treatment. Procedures for both the placement and removing orthodontic appliances is explained and how the teeth are retained in position afterward.

CLINICAL DENTAL ASSISTING I DEN:115

This course provides students the opportunity to practice the skills learned in a clinical setting. Emphasis is placed on the basic skills of dental assisting and provides the student with hands on dental chair-side assisting and laboratory experience and enables the dental assisting student to practice skills and competencies developed throughout the program. Upon completion, students should also be comfortable demonstrating administrative office procedures and customer service skills.

CLINICAL DENTAL ASSISTING II DEN:116

A continuation of Clinical Dental Assisting I, students continue practicing and refining their proficiency and efficiency with dental assisting skills acquired throughout the program. Fundamental skills of dental assisting are practiced with hands on dental chair-side assisting and laboratory experience and enables the dental assisting student to practice skills and competencies developed throughout the program. Upon completion, students should also be comfortable demonstrating administrative office procedures and customer service skills.

EXTERNSHIP

DEN:117

Upon successful completion of all other courses, students conclude their training in the Dental Assisting program with a 120-hour clinical externship. The clinical externship provides students an opportunity to work with patients and staff at a dental office where they will apply the principles and practices learned throughout the program in the classroom and laboratory settings.



MEDICAL ASSISTING BLENDED

OBJECTIVES

Objectives and course descriptions are the same for both programs. Students of the Medical Assisting Blended program gain the skills necessary to aid the physician and other medical personnel as they examine and treat patients. Medical Assistants perform administrative and clinical tasks that keep a medical office or clinic running smoothly. Upon successful completion, graduates will be prepared to work in physicians' offices, hospitals, outpatient clinics, and other healthcare facilities.

First Institute prepares students to obtain certification from American Medical Technologists (AMT) for the Registered Medical Assistant (RMA) and/or National Healthcareer Association (NHA) for the Certified Clinical Medical Assistant (CCMA). Optional certifications include: Certified Phlebotomy Technician (CPT), Certified Billing & Coding Specialist (CBCS) and Certified EKG Technician (CET). Onsite testing is available for these NHA certifications.

First Institute provides related coursework, online test preparation with focused review, and teacher led study reviews for the CCMA certification. The cost for CPR testing and the first certification attempt, either the RMA or CCMA, is included as part of program fees.



CAREER OPPORTUNITIES

Chiropractor Assistant Clinical Medical Assistant
 Doctor's Assistant Health Assistant
 Ophthalmic Assistant Ophthalmological Assistant
 Optometric Assistant Outpatient Surgery Assistant
 Phlebotomist
 Registered Medical Assistant (RMA)

For additional information about medical assisting careers use o*net code 31-9092 at www.onetonline.org

For additional information:

RMA: www.americanmedtech.org

CCMA, CPT, CBCS or CET: www.nhanow.com

MEDICAL ASSISTING BLENDED COURSES (50 WEEK PROGRAM)		*CLOCK HRS	FINANCIAL QTR. CREDITS	ACADEMIC QTR. CREDITS
MA:100	Medical Assisting Fundamentals	64 hrs	3.20 cr.	5 cr.
	<i>Medical Assisting Fundamentals Lecture</i>	<i>44 hrs</i>		
	<i>Medical Assisting Fundamentals Lab</i>	<i>20 hrs</i>		
MA:101	Administrative Medical Assisting & Career Readiness	80 hrs	4 cr.	7 cr.
	<i>Administrative Medical Assisting & Career Readiness Lecture</i>	<i>60 hrs</i>		
	<i>Administrative Medical Assisting & Career Readiness Lab</i>	<i>20 hrs</i>		
MA:102	Anatomy & Physiology A	48 hrs	2.40 cr.	4.50 cr.
	<i>Anatomy & Physiology A Lecture</i>	<i>48 hrs</i>		

○ *First Institute's blended programs share the same curricular objectives and expected learning outcomes as the on-campus programs. Blended program courses will be offered online and on-campus as identified on the student schedule. Blended program students must perform the hands-on skills at the same competency level as on-campus programs prior to beginning externship.*

MEDICAL ASSISTING BLENDED COURSES (50 WEEK PROGRAM)		*CLOCK HRS	FINANCIAL QTR. CREDITS	ACADEMIC QTR. CREDITS
MA:103	Anatomy & Physiology B	48 hrs	2.40 cr.	4.50 cr.
	<i>Anatomy & Physiology B Lecture</i>	<i>48 hrs</i>		
MA:104	Anatomy & Physiology C	48 hrs	2.40 cr.	4.50 cr.
	<i>Anatomy & Physiology C Lecture</i>	<i>48 hrs</i>		
MA:105	Medical Billing & Coding	48 hrs	2.40 cr.	4 cr.
	<i>Medical Billing & Coding Lecture</i>	<i>38 hrs</i>		
	<i>Medical Billing & Coding Lab</i>	<i>10 hrs</i>		
MA:106	Introduction to Clinical Practice	48 hrs	2.40 cr.	3 cr.
	<i>Introduction to Clinical Practice Lecture</i>	<i>28 hrs</i>		
	<i>Introduction to Clinical Practice Lab</i>	<i>20 hrs</i>		
MA:107	Certification Review	56 hrs	2.80 cr.	3.50 cr.
	<i>Certification Review Lecture</i>	<i>16 hrs</i>		
	<i>Certification Review Lab</i>	<i>40 hrs</i>		
MA:108	Clinical Procedures	84 hrs	4.20 cr.	5.50 cr.
	<i>Clinical Procedures Lecture</i>	<i>34 hrs</i>		
	<i>Clinical Procedures Lab</i>	<i>50 hrs</i>		
MA:109	Laboratory Procedures	84 hrs	4.20 cr.	5.50 cr.
	<i>Laboratory Procedures Lecture</i>	<i>34 hrs</i>		
	<i>Laboratory Procedures Lab</i>	<i>50 hrs</i>		
MA:110	Externship	160 hrs	8 cr.	5 cr.
Total		768 hrs	38.40 cr.	52.00 cr.

*NOTE: The classes above do not necessarily represent the order in which the classes are delivered.
Scrubs are required for all classes on-campus.*

Scrubs are required for all classes.

MEDICAL ASSISTING FUNDAMENTALS

MA:100

Students will discuss the role of the medical assistant including general responsibilities and skills of the MA and professional organizations that certify or credential medical assistants. Students will be able to list and describe different types of physicians, non-physician specialties, and the role of other allied health professionals, and be able to state how they fit into the medical environment. Students will learn the difference between ethics and law, identify areas of medical ethics of particular concern, list the AAMA Code of Ethics, and define important terms as related to medical law and ethics. Students will understand the key components of HIPAA, PHI, and important aspects of medical laws. Students will learn the basics of medical terminology, including the three basic components of a word and the rules for joining prefixes and suffixes to a word root. Body organization including the body cavities, body regions, and directional terms will be reviewed.

ADMINISTRATIVE MEDICAL ASSISTING & CAREER READINESS

MA:101

This course will assist students in building knowledge and skills as an administrative medical assistant as well as aid in preparing students for career readiness with emphasis on professionalism. Students will discuss interpersonal communication as it relates to the medical setting, telephone etiquette, and professional appearance. Students will discuss different types of appointment scheduling and the critical information required, as well as steps for greeting new and established patient, Patient's Bill of Rights, and financial obligations. Students will work on resume building and developing an understanding of the positive work attitudes that contribute to work ethic and professionalism. Students will refine their job search and communication skills by completing a mock employment interview and put together a portfolio.

ANATOMY & PHYSIOLOGY A

MA:102

Students will learn the anatomical terms, appropriate combining forms, pathological conditions, abbreviations, and diagnostic techniques associated with the body systems that include the skeletal system, muscular system, cardiovascular system, and lymphatic and immune systems.

ANATOMY & PHYSIOLOGY B

MA:103

Students will learn the anatomical terms, appropriate combining forms, pathological conditions, abbreviations, and diagnostic techniques associated with the body systems that include the respiratory system, digestive system, urinary system, and the nervous system and mental health.

ANATOMY & PHYSIOLOGY C

MA:104

Students will learn the anatomical terms, appropriate combining forms, pathological conditions, abbreviations, and diagnostic techniques associated with the body systems that include the special senses, the integumentary system, endocrine system, and the reproductive systems.

MEDICAL BILLING & CODING

MA:105

Students will study and define basic medical insurance terminology and will learn the different types of medical insurance programs available in today's healthcare system. At the completion of this course, students will have a basic knowledge of how to code diagnoses and procedures, perform basic medical insurance billing and complete common administrative forms. This course presents the use of an integrated medical practice management and electronic health record system. Students learn the conceptual framework for using an electronic health record in medical documentation and patient management. By working through exercises of increasing difficulty that simulate use of PM and EMR, students develop transferable skills needed to manage the required software tasks used throughout a patient encounter. Students will discuss interpersonal communication as it relates to the medical setting, and methods used in the healthcare setting to maintain compliance and HIPAA privacy.

INTRODUCTION TO CLINICAL PRACTICE

MA:106

Students will learn methods of infection control, universal precautions, OSHA Bloodborne Pathogens, and the importance of asepsis and sterilization techniques. Students will learn safety techniques that can be used in responding to accidental exposure to blood, other body fluids and needle sticks. The process for screening patients, recording the chief complaint and components of the health history form are discussed. Students will learn how to assist the physician with general,

physical, pediatric examinations, geriatric, and other specialty examinations including mental health.

CERTIFICATION REVIEW

MA:107

This course will assist students in building knowledge and skills as an administrative medical assistant as well as aid in preparing students for career readiness with emphasis on professionalism. Students will discuss interpersonal communication as it relates to the medical setting, telephone etiquette, and professional appearance. Students will discuss different types of appointment scheduling and the critical information required, as well as steps for greeting new and established patient, Patient's Bill of Rights, and financial obligations. Students will work on resume building and developing an understanding of the positive work attitudes that contribute to work ethic and professionalism. Students will refine their job search and communication skills by completing a mock employment interview and put together a portfolio.

CLINICAL PROCEDURES

MA:108

In this course, students will explore the study of pharmacology and be able to identify the laws and governing agencies that enforce the safe manufacture, distribution and use of common medications. Drug actions/interactions that occur within the body, drug classifications, calculations, and schedules are reviewed. Students will learn to administer intramuscular, intradermal, and subcutaneous injections. Minor surgical procedures and instrument identification are also introduced. Students will perform body measurements including height and weight, and perform vital signs including pulse, respirations, blood pressure, and pulse oximetry. The student will learn to instruct and prepare patients for EKG's and will discuss radiology procedures. Students will learn the necessary steps and be expected to pass hands on testing for administering injections, performing a blood pressure, and running an EKG at the conclusion of the course. Students and patient safety will be areas of concentration as well as professionalism and patient satisfaction.

LABORATORY PROCEDURES

MA:109

Students will be introduced to medical laboratory procedures for preparation of specimen collection and basic laboratory procedures for urine, sputum, and stool. The student will learn to instruct and

prepare patients for procedures and other diagnostic tests. Students will explore additional topics including emergencies, rehabilitation, and nutrition and exercise. Students will learn the necessary steps and be expected to pass hands on testing for capillary punctures and venipunctures at the conclusion of the course. Students and patient safety will be areas of concentration as well as professionalism and patient satisfaction.

EXTERNSHIP

MA:110

This is a capstone course that provides students with 160 hours of practical experience in a healthcare setting. Students will utilize and demonstrate the skills and knowledge learned throughout the program and will perform various clinical, laboratory, and administrative skills in a medical setting outside the classroom. The site supervisor provides practical guidance for students to refine skills. Upon completion of this course, students will gain practical experience in a healthcare setting such as a physician's office, urgent care or other outpatient facility.

MASSAGE THERAPY

OBJECTIVES

Graduates of the Massage Therapy Program learn how to assess the musculoskeletal system and present massage treatment methods and techniques that address disorders of the neck, back, elbow, knee, and shoulder. Massage Therapy students develop strong business acumen and customer service skills while completing their internship at First Institute's Massage Clinic.

First Institute prepares students of the Massage Therapy Program to take the Massage & Bodywork Licensing Examination (MBLEx) through the Federation of State Massage Therapy Boards (FSMTB). The MBLEx is an entry level licensure examination utilized in 46 of the 49 regulated states, the District of Columbia, as well as the territories of Puerto Rico and the U.S. Virgin Islands.

First Institute provides related coursework, online test preparation, and teacher led study review for the MBLEx. CPR Certification and the fee for the first MBLEx attempt is included as part of program fees.

For additional information for the MBLEx visit: www.fsmtb.org



CAREER OPPORTUNITIES

Bodywork Therapist
 Clinical Massage Therapist
 Deep Tissue Massage Therapist
 Licensed Massage Therapist
 Massage Therapist
 Soft Tissue Specialist
 Therapeutic Massage Technician

For additional information about massage therapy careers use o*net code 31-9011 at www.onetonline.org

Massage Therapy Courses (44 Weeks/792 Clock Hour Program)		CLOCK HOURS
MT:101	Introduction to Anatomy	48 hrs
	<i>Anatomy Lecture</i>	<i>48 hrs</i>
MT:102	Swedish Massage	48 hrs
	<i>Swedish Massage Lecture</i>	<i>10 hrs</i>
	<i>Swedish Massage Clinical Lab</i>	<i>38 hrs</i>
MT:103	Anatomy, Physiology and Pathology - A	40 hrs
	<i>APP Lecture</i>	<i>40 hrs</i>
MT:104	Anatomy, Physiology and Pathology - B	40 hrs
	<i>APP Lecture</i>	<i>40 hrs</i>
MT:105	Anatomy, Physiology and Pathology - C	40 hrs
	<i>APP Lecture</i>	<i>40 hrs</i>
MT:106	Anatomy, Origins, Insertions and Actions (OIA)	60 hrs
	<i>Anatomy OIA Lecture</i>	<i>60 hrs</i>
MT:107	Deep Tissue/Neuromuscular Therapy	80 hrs
	<i>Deep Tissue/Neuromuscular Therapy Lecture</i>	<i>24 hrs</i>
	<i>Deep Tissue/Neuromuscular Therapy Clinical Lab</i>	<i>56 hrs</i>

Massage Therapy Courses (44 Weeks/792 Clock Hour Program)		CLOCK HOURS
MT:108	Aromatherapy	20 hrs
	<i>Aromatherapy Lecture</i>	<i>10 hrs</i>
	<i>Aromatherapy Clinical Lab</i>	<i>10 hrs</i>
MT:109	Chair Massage	12 hrs
	<i>Chair Massage Lecture</i>	<i>2 hrs</i>
	<i>Chair Massage Clinical Lab</i>	<i>10 hrs</i>
MT:110	Kinesiology	20 hrs
	<i>Kinesiology Lecture</i>	<i>5 hrs</i>
	<i>Kinesiology Clinical Lab</i>	<i>15 hrs</i>
MT:111	Reflexology	20 hrs
	<i>Reflexology Lecture</i>	<i>10 hrs</i>
	<i>Reflexology Clinical Lab</i>	<i>10 hrs</i>
MT:112	Special Populations	20 hrs
	<i>Special Populations Lecture</i>	<i>10 hrs</i>
	<i>Special Populations Clinical Lab</i>	<i>10 hrs</i>
MT:113	Sports Massage	20 hrs
	<i>Sports Massage Lecture</i>	<i>8 hrs</i>
	<i>Sports Massage Clinical Lab</i>	<i>12 hrs</i>
MT:114	Hot Stone Therapy	20 hrs
	<i>Hot Stone Therapy Lecture</i>	<i>5 hrs</i>
	<i>Hot Stone Therapy Clinical Lab</i>	<i>15 hrs</i>
MT:115	Therapeutic Applications	24 hrs
	<i>Therapeutic Applications Lecture</i>	<i>8 hrs</i>
	<i>Therapeutic Applications Clinical Lab</i>	<i>16 hrs</i>
MT:116	Self-Wellness	20 hrs
	<i>Self-Wellness Lecture</i>	<i>10 hrs</i>
	<i>Self-Wellness Clinical Lab</i>	<i>10 hrs</i>
MT:117	Professional Development	20 hrs
	<i>Professional Development Lecture</i>	<i>10 hrs</i>
	<i>Professional Development Clinical Lab</i>	<i>10 hrs</i>
MT:118	Business Management	40 hrs
	<i>Business Management Lecture</i>	<i>15 hrs</i>
	<i>Business Management Clinical Lab</i>	<i>25 hrs</i>
MT:119	Ethics, Boundaries, Laws and Regulations	20 hrs
	<i>Ethics, Boundaries, Laws and Regulations Lecture</i>	<i>20 hrs</i>
MT:120	Five Elements / Eastern Massage	40 hrs
	<i>Five Elements - Eastern Massage Lecture</i>	<i>20 hrs</i>
	<i>Five Elements - Eastern Massage Clinical Lab</i>	<i>20 hrs</i>
MT:121	Energetic Techniques	20 hrs
	<i>Energetic Techniques Lecture</i>	<i>10 hrs</i>
	<i>Energetic Techniques Clinical Lab</i>	<i>10 hrs</i>
MT:122-A	Clinical Practical Internship - Part I	60 hrs
	<i>Massage Clinic Internship</i>	<i>60 hrs</i>
MT:122-B	Clinical Practical Internship-Part II	60 hrs
	<i>Massage Clinic Internship</i>	<i>60 hrs</i>
Total Hours		792

**NOTE: The classes above do not necessarily represent the order in which the classes are delivered.
Scrubs are required for all classes.**

INTRODUCTION TO ANATOMY MT: 101

This basic course in human anatomy is designed to give the student a working anatomical vocabulary. Using these terms, gross anatomical structures will be identified and the integration of these structures will be examined.

SWEDISH MASSAGE MT:102

This course teaches students to perform the techniques involved in a complete Swedish Massage, including the use of oils. Students will be able to explain and demonstrate the applications and the effects of massage on the circulatory system for relaxation and stress reduction.

ANATOMY, PHYSIOLOGY AND PATHOLOGY - A MT:103

This is one of three APP courses wherein students will study the structure, function and pathologies of the human body as they relate to the practice of massage therapy. This will become an essential skill that will serve as the foundation for the critical thinking required of massage therapists when making therapeutic decisions. In this course, students will learn basic medical terminology, body organization, basic cytology and histology, as well as the structure, function and pathologies of the integumentary, skeletal and muscular systems as they relate to massage therapy. Primarily a lecture and discussion course, students are encouraged to develop self-study and basic critical thinking skills in an engaging educational environment.

ANATOMY, PHYSIOLOGY AND PATHOLOGY - B MT:104

This is one of three APP courses wherein students will study the structure, function and pathologies of the human body as they relate to the practice of massage therapy. The systems covered in this course include the nervous system, with a look inside the senses of the body, the endocrine system, blood and the cardiovascular system. Through increased understanding of both the normal and abnormal structure and function of these systems, students develop their ability to relate anatomy,

physiology and pathology to the practice of massage therapy. Utilization of proper medical terminology and critical thinking skills is actively reinforced in classroom experiences and students are encouraged and supported in the development of self-study skills.

ANATOMY, PHYSIOLOGY AND PATHOLOGY - C MT:105

This is one of three APP courses wherein students will study the structure, function and pathologies of the human body as they relate to the practice of massage therapy. The systems studied in this course include the lymphatic, immune, respiratory, digestive, urinary and reproductive systems. A discussion of common pathologies that effect these systems will serve to provide students a foundation for the critical thinking required of massage therapists when making therapeutic decisions in their practices. Additionally, students will study basic body metabolism and nutrition while discussing the principles of healthy eating. The use and development of self-study skills and professional medical terminology is encouraged.

ANATOMY ORIGINS, INSERTIONS & ACTIONS (OIA) MT:106

This course teaches students the bony landmarks and attachments of the major muscle groups, which enables them to locate the origins, insertions, and actions of each muscle. This skill allows for more specific hands-on application of massage techniques taught in other classes.

DEEP TISSUE/ NEUROMUSCULAR THERAPY MT:107

This study in deep tissue massage provides the student with the skills to release stagnation, knots, and spasms that lie deep within the muscular tissue. Techniques for acute and chronic muscular conditions are also covered.

AROMATHERAPY MT:108

This course examines the practice of using essential oils including the tradition of ancient aromatherapy with respect to mental and physical well-being. Students will learn how to

prepare a variety of common essential oils, their applications, and the therapeutic qualities of individual essential oils. Safety guidelines for the use of essential oils are reviewed and applied.

CHAIR MASSAGE

MT:109

Students will learn, practice and demonstrate massage techniques that utilize the massage chair for seated clients and involve the manipulation of soft tissue and acupressure. This type of bodywork is geared toward the corporate on-site massage when a massage table is inconvenient.

KINESIOLOGY

MT:110

Kinesiology is the study of movement. Students learn joint ranges of motion, as well as the lever action muscle groups that act upon these joints. They will be able to describe the interaction of agonistic, synergistic and antagonistic muscle groups, along with how they relate to each other.

REFLEXOLOGY

MT:111

Massage applications are learned using reflex points, primarily in the feet that correspond to other physiological systems in the body. The student will learn the basic principles and techniques of this relaxing and therapeutic treatment.

SPECIAL POPULATIONS

MT:112

Students learn to massage those with special needs such as infants, pregnant women, the elderly, terminally ill, and cancer patients. Possible benefits will be discussed as well as contraindications, cautions and different types of massage for each special need.

SPORTS MASSAGE

MT:113

Massage, used in conjunction with sports, is considered by many athletic competitors to be essential for peak performance with minimal risk of injury. This course provides the student with pre/post sporting event massage techniques, as well as developmental training massage methods.

HOT STONE THERAPY

MT:114

Hot stone massage incorporates heated basalt river stones and cooled marble stones to facilitate a very relaxing treatment for the client and therapist. The stones are used as tools to provide deep penetrating heat at specific locations on the body, which brings relief to stiff and sore muscles.

THERAPEUTIC APPLICATIONS

MT:115

This course examines methods of assessing musculoskeletal clinical pathologies, and presents massage treatment methods and techniques that address disorders of the neck, back, elbow, knee, and shoulder. This course is designed specifically to teach skills that are useful when working with chiropractors or other licensed health care providers.

SELF-WELLNESS

MT:116

This course teaches the importance of caring for the self as it relates to the ability to care for others. It is an opportunity for self-discovery and the possible need for improvement in areas such as: stress management, time management, nutrition, and exercise. Diet, goal setting, breathing exercises, and progressive relaxation are just a few of the tools taught in this class. These self-care exercises promote the student's physical and mental well-being which in turn helps promote better care for others.

PROFESSIONAL DEVELOPMENT

MT:117

In this course students will learn techniques on how to design a professional resume. Students will also practice professional correspondence by creating cover letters and thank you emails. Students will compare diverse employment settings, practice interviewing skills, and develop job search methodologies. Presentation and professionalism, including the importance of proper attire will be emphasized. The goal of this course is to prepare students for entering the professional massage environment with confidence.

BUSINESS MANAGEMENT

MT:118

This course teaches students how to manage their massage practice. They will learn how to effectively communicate with clients and associates, and will be gain knowledge in permit requirements, record keeping, tax information, employment versus independent contracting, and advertising methods.

ETHICS, BOUNDARIES, LAWS & REGULATIONS

MT:119

This course teaches the students to understand Ethics in their practice. The students will learn how to manage conflict, as well as provide methods to resolve issues and problems that can occur in the massage room. The definition and differences between laws, scope of practice, morals, values, and ethics is discussed as well as the value of ethical practice and professionalism in all areas of their practice and interpersonal relationships. The State of Illinois Massage Therapy Act is also reviewed.

FIVE ELEMENTS/ EASTERN MASSAGE

MT:120

This interactive course introduces students to principles and practical applications of various Eastern massage techniques and modalities. Topics include: history, theory, Qi, Yin/Yang, Five Elements, acupuncture, acupressure, cupping, and meridian theory. Students will gain tools to integrate Eastern techniques with a Western massage foundation.

ENERGETIC TECHNIQUES

MT:121

This course is designed to aid students in the development of energetic techniques applicable to the practice of massage therapy. Students will be introduced to Reiki, Grounding, Body Scanning, Chakra Systems, and other energetic modalities.

CLINICAL PRACTICAL INTERNSHIP PART I

MT:122-A

Students will practice massage therapy techniques acquired in the program in a clinical environment. Students learn and apply skills and

techniques in a real massage clinic setting. Students practice and refine communication skills by interacting with a wide variety of clients. Integration of classroom and clinical learning is expected throughout this course. *(MT:101 and MT:102 must be completed to begin Internship.)*

CLINICAL PRACTICAL INTERNSHIP PART II

MT:122-B

This is a continuation of Clinical Practical Internship Part I. Students will continue to practice and fine tune the techniques and communication skills they have developed. Upon completion of clinical internship, students will be able to illustrate competent massage therapy techniques, prepare SOAP notes, perform daily clinic operations tasks, demonstrate professional communication skills, and execute proper body mechanics during massages. *(MT:101 and MT:102 must be completed to begin Internship.)*

