



NORTH CAROLINA BOARD of MASSAGE AND BODYWORK THERAPY

www.bmbt.org
4140 ParkLake Avenue
Suite 100
Raleigh, NC 27612

VERIFICATION OF OFFICIAL CURRICULUM

(Applicant must complete section I of this form and submit the form to your massage therapy school for verification of curriculum content.)

Section I:

_____ (your name here) is applying for a license to practice massage and bodywork therapy in the State of North Carolina. The North Carolina Board of Massage and Bodywork Therapy (Board) requires verification of applicant's massage therapy curriculum.

Name as it appears on school transcript: _____ Date of Graduation: _____

Address of applicant: _____ City: _____ State: _____ : Zip: _____

Massage Therapy School attended: _____ City: _____ State: _____ : Zip: _____

Section II:

Note to school administrator or registrar:

Below are the curriculum content requirements in the Board's Rules. Curriculum content must show each course in the school's program according to how the courses fit into the four categories listed in the curriculum standards. The curriculum content must reflect a **minimum of 650 in-class hours of supervised instruction**, any courses offered by distance learning, and the number of hours associated with the distance learning courses. **Mail this completed form directly to Board in a sealed envelope, with the school's seal or official's signature across the back of the envelope.**

CURRICULUM STANDARDS:

At a minimum, the curriculum shall contain the following hours of specific instruction:

- 1) **230 hours** in the fundamental theory and practice of massage and bodywork therapy, which shall include a minimum of 115 hours in application of hands-on methods; the balance of such hours shall include client assessment skills, indications and contraindications for treatment, body mechanics, draping procedures, standard practices for hygiene and control of infectious diseases, and the history of massage and bodywork therapy;
- 2) **100 hours** in anatomy and physiology related to the practice of massage and bodywork therapy that shall include the structure and function of the human body;
- 3) **55 hours** in kinesiology related to the practice of massage and bodywork therapy that shall include the function of movement;
- 4) **45 hours** in pathology related to the practice of massage and bodywork therapy;
- 5) **70 hours** in the following areas:
 - **20 hours** in professional ethics for the practice of massage and bodywork therapy;
 - **10 hours** in North Carolina laws (or state in which applicant attended school) and rules for the practice of massage and bodywork therapy;
 - **15 hours** in business practices related to the practice of massage and bodywork therapy; and
 - **25 hours** in psychological concepts related to the practice of massage and bodywork therapy, including dynamics of the client/therapist relationship and boundaries, professional communication skills, and the mind-body connection.
- 6) **150 hours** in other courses related to the practice of massage and bodywork therapy; such courses may include additional hands-on techniques, specific applications, adjunctive modalities, in-depth anatomy and physiology, kinesiology, psychological concepts, or supervised clinical practice.

MESSAGE THERAPY CURRICULUM VERIFICATION STATEMENT:

1) The massage therapy curriculum offers the following courses through distance learning (include the number of hours associated with each distance learning course): _____

2) The applicant completed the following massage therapy curriculum via distance learning (include the number of hours associated with each distance learning course): _____

3) **As an authorized representative of the massage school listed above, I hereby certify that the massage therapy curriculum completed by the applicant provided a minimum of 650 in-class hours of supervised instruction (not distance learning) and meets or exceeds the minimum Curriculum Standards listed above in Section II.**

Signature of Person Completing Form

Print Name

Title of Person Completing Form

Date Signed