



OREGON SCHOOL *of* MASSAGE

Thank you for your interest in the **Sports Massage Certification** program at OSM. Once you have completed the Sports Event class, you may apply for the Certificate Program. The first step is to submit a letter of intent.

Letter of Intent Guidelines

Please cover the following topics in your letter:

- Why do you want to be certified in Sports Massage?
- Where do you plan to practice?
- What are your strengths in working with athletes?
- What are the challenges you foresee for yourself?
- How will you capitalize on your strengths and address your challenges?
- When do you expect to finish the Practicum work?

Submit your letter to Molly Verschingel (email: mvsportsmassage@ccwebster.net) with a copy to Oregon School of Massage c/o Lisa Barck Garofalo (lb@oregonschoolofmassage.com or 9500 SW Barbur Blvd. #100, Portland, OR 97219). Molly will contact you with any questions or comments if necessary and will confirm your acceptance into the Sports Massage Certificate program.

Curriculum - 108 hours

Sports Event (8 hours)

Stretching (15 hours)

Students may take either Therapeutic Stretching or Active Isolated Stretching

Myofascial Trigger Point (15 hours)

Upper Body Sports Injury Care (15 hours)

Lower Body Sports Injury Care (15 hours)

Grow a Thriving Practice (12 hours)

Sports Event Practicum (12 hours)

Sports Massage Treatment Room (16 hours)

Students may register for **Sports Event Practicum** anytime after completing Sports Event class. Once registered in Practicum, students will participate in two different on-site sporting events. The remaining classes may be taken in any order with the exception of **Sports Massage Treatment Room**. This is the last class in the Sports Massage Certificate program and is held at Portland State University Athletic department.

Certificates

Certificates are awarded after completion of all required curriculum. Curriculum must be completed within 2 years of acceptance into the Sports Massage Certificate program. Those who have taken courses prior to the Sports Massage certification availability can discuss this requirement with Molly Verschingel. The requirement may be waived based on experience since classes were taken. **Please be advised that this certificate does not supersede licensing requirements for LMTs in states where such requirements exist.**