



# Oregon School of Massage

## 555-Hour Course Planning Guide - Western Focus

There are various ways to complete the 555-hour program. Below are a few suggested paths. Please refer to the prerequisite list when creating your own plan. The Student Services Coordinator is available to assist you with any questions you may have.

Massage		Anatomy & Physiology		Kinesiology		Pathology		Practice Development		Electives	
Massage Fundamentals	45	A&P I	30	Kinesiology Upper	30	Pathology I	30	Business	15	Various	70
Massage Upper	30	A&P II	30	Kinesiology Lower	30	Pathology II	30	of Massage			
Massage Lower	30	A&P III	30					Statutes	5		
Massage Assessment	30							Communication	30		
Shiatsu I	30							Clinic	45		
Hydro	15										
<b>Total</b>	<b>180</b>	<b>Total</b>	<b>90</b>	<b>Total</b>	<b>60</b>	<b>Total</b>	<b>60</b>	<b>Total</b>	<b>95</b>	<b>**Total</b>	<b>70</b>

**\*\* Electives can be taken at any time after the prerequisites have been met. Below are suggestions on when to take electives.**

---

<u>1st Quarter</u>	<u>2nd Quarter</u>	<u>3rd Quarter</u>	<u>4th Quarter</u>	<u>5th Quarter</u>
A&P I	A&P II	Mass Lower	Mass Assessment	Clinic
Massage Fundamentals	Mass Upper	Path I	Path II	Statutes
Communication	Hydro	Kines Lower	A&P III	Business
	Kines Upper	Shiatsu I	Electives	Electives

---

<u>1st Quarter</u>	<u>2nd Quarter</u>	<u>3rd Quarter</u>	<u>4th Quarter</u>	<u>5th Quarter</u>	<u>6th Quarter</u>
A&P I	A&P II	Path I	A&P III	Shiatsu I	Clinic
Massage Fundamentals	Mass Upper	Mass Lower	Path II	Mass Assessment	Statutes
Communication	Kines Upper	Kines Lower	Hydro	Business	Electives
			Electives		

---

<u>1st Quarter</u>	<u>2nd Quarter</u>	<u>3rd Quarter</u>	<u>4th Quarter</u>	<u>5th Quarter</u>	<u>6th Quarter</u>	<u>7th Quarter</u>
Communication	A&P I	Hydro	Path I	A&P II	A&P III	Business
Massage Fundamentals	Shiatsu I	Mass Upper	Mass Lower	Path II	Mass Assessment	Clinic
	Electives	Kines Upper	Kines Lower	Electives	Electives	Statutes

---