



# Program Catalog

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On the Spot Massage Academy MS-1096

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Abilene, Tx 79605

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Campus Email: [Onthespot.abilene@gmail.com](mailto:Onthespot.abilene@gmail.com)

[www.otsmassageacademy.com](http://www.otsmassageacademy.com)

Director - Shawn Garrett 325-280-3621 Visitors

are welcome by appointment only please.

## Welcome to On the Spot Massage Academy!

Dear Student,

We are so glad you are considering us for this very important life event-a career as a massage therapist. We strive to give the best education possible to prepare you for all aspects of this career field.

Our journey began back in 1994 when the school founder, Shawn Garrett, graduated from massage school in San Angelo Texas. He was not able to pursue a career in massage therapy at that time, however, Shawn saw the need to really educate himself on how to help others feel and function better and at the same time make a living. With his family growing he entered the corporate world for the next 25 years. During this time, he continued to work on his technique and knowledge of functional therapy. After his youngest daughter got married, he was able to

start a successful business in trigger point, deep tissue therapy. During this time Shawn was planning in the back of his mind on how to help give others a superior education and achieve success as a massage therapist-that's how On the Spot Massage Academy came into existence! You can be sure that your education here at OTS massage academy will change your life and the life of the people you treat for the better. San Angelo and Abilene have needed a massage therapy school for many years so we are super excited about both Hope to see you soon!

### **Mission Statement**

On the Spot Massage Academy's mission is to empower students and optimize their full learning potential in a safe, caring, therapeutic environment while preparing them for a successful career path.

### **Objectives:**

- The objective of the 500-hour course is to teach students how to become effective and successful massage therapists.
- To empower therapists with knowledge and confidence in the realm of massage therapy.
- To educate each student to be not only skilled in successful massage therapy techniques, but business skills as well, for successfully operating a business in massage therapy.

### **Why On the Spot Massage Academy?**

Here at OTS Massage Academy, we take pride in giving you the best education possible, but we go above and beyond the "basics" to give you real world preparation so you can become successful in whatever aspect of massage therapy you choose to pursue.

If you are excited and passionate about helping others and want to learn from a staff with over 40 years of experience, then On the Spot Massage Academy is the place for you!

### **Our Approach**

Our approach is unique. We take our training and educational knowledge to a level that will prepare you for a successful career. We keep our classes smaller, so everyone has a chance to benefit from one on one interaction with the instructor daily. No one gets lost in the shuffle of a big class environment. Every aspect of your training at OTS Massage Academy will be training

you never forget in a field that will continue to grow as long as people need relief from stress, anxiety etc. We believe there is more to your career than a traditional massage. You will be educated extensively on the human body, how all the systems work together and how to help such systems function at an optimum level. You will also learn techniques such as: Deep Tissue Therapy, Trigger Point Therapy, Range of Motion Assessments, Client Assessments, Myofascial Release, and good body mechanics, just to name a few!

OTS Massage Academy meets all State requirements, while focusing on our training and students. We have an internal process that allows each student the individual attention one needs. Our student-to-teacher ratio is half \* of what the state of Texas allows, which promotes a more personal learning environment.

\*(Our ratio is no more than 15 students per instructor.)

## **Facilities**

Our facilities are modern and up to date. Our staff is dedicated and passionate about giving you the best instruction possible and will go the extra mile to ensure your education is top priority by customizing your education to fit your learning style. Schedule a tour and find out for yourself!

## **Why become a Massage Therapist ?**

There are several reasons that a career as a professional massage therapist has become so appealing over the last decade and a half. In a fast-paced, high-tech high stress culture the public demand for massage has been steadily rising. The American Massage Therapy Association analyzed a study on the use of alternative medicine in 2018 estimating that massage therapy was an \$18 billion industry in the United States. According to job Outlook the profession of massage therapy is expected to grow 30% in the next 10 yrs, much higher than most professions. Massage therapists find work in a variety of settings: massage therapy clinics, chiropractors and physicians' offices, airports, health clubs, cruise ships, shopping malls, convention centers, professional sports team clubhouses, salons and spas, hospitals, alternative medicine centers, and nursing homes, just to name a few. Many practitioners take advantage of portable massage equipment to provide on-site massage at office buildings or in a client's home. You can choose to work for yourself or you may prefer the security of hiring on as an employee or subcontractor for an established massage provider. Some focus on relaxation massage, while others take years of advanced training to master specific clinical applications or qualify to teach a particular discipline. Other therapists will choose to work with a special segment of the population, becoming experts in the use of massage to meet the needs of the

elderly, pregnant women, athletes, infants, or those suffering the effects of a particular disease.  
Reference: <http://www.thehighschoolgraduate.com/editorial/CC/massage.htm>

## **Our Programs**

The state of Texas requires a minimum 500-hour course of instruction for licensure as a massage therapist including the following subjects:

Massage Therapy Technique, Anatomy & Physiology, Kinesiology, Health & Hygiene, CPR & First Aid, Hydrotherapy, Business Practices, Professional Ethics, Massage Therapy Law and a Clinical Internship. OTSMA offers the most innovative, comprehensive massage program available. Our programs include the following core subjects:

**Massage Technique I – 150 Hours** This subject allows us to teach the basic principles of massage therapy. We begin with basic Swedish (effleurage, petrissage, friction and tapotement) gradually helping students give a relaxing massage. Our goal of this subject is to impart the science and art of massage therapy to every student so they can provide the best massage possible. In addition, you will also learn effective spa and clinical massage therapies. At least 125 hours of massage technique instruction will be on Swedish massage

**Massage Technique II – 50 Hours** This subject allows the student to refine their skills in massage after completing their internship experience, as well as expand on their knowledge of massage therapy.

**Health & Hygiene – 20 Hours** **Health & Hygiene I – 12 hours**

Students will study to understand indications and contraindications to massage, the effects of stress, the benefits of massage, the importance of proper body mechanics, disease recognition and understanding, the importance of good personal hygiene practices, and universal precautions.

**Health & Hygiene II – 8 hours** CPR & First Aid

**Anatomy, Physiology, & Kinesiology – 125 Hours (50/25/50)**

**Anatomy & Physiology I – 58 hours** Understanding the structure and function of the human body with an emphasis on the muscular and skeletal systems is of utmost importance to the skilled massage therapist. We use live models, and class projects to help students better comprehend the structure and function of the human body. Additionally, our textbooks are specifically designed for students of massage therapy and correspond with full-color, animated presentations used in class.

**Anatomy & Physiology II – 17 Hours** This class brings an understanding of all the body's systems to the student, and how massage affects those systems

**Kinesiology – 50 Hours** Kinesiology is the study of movement. During this course, the students will learn the interaction of the bones, joints and muscles. With this understanding, they will be able to better identify which specific structures are involved in an area of pain when working with clients.

### **Business Practices & Professional Ethics – 45 Hours**

**Business Practices & Professional Ethics I – 5 Hours** This introductory class to Business Practices and Professional Ethics will focus on professional ethics and standards within the massage field.

**Business Practices & Professional Ethics II – 40 Hours** From advertising practices to maintaining your zeal for massage therapy, this insightful course will equip you to build a massage practice you can be proud of, and in which you can enjoy. In addition, we will discuss in detail the scope of practice for massage therapy, laws pertaining to massage therapy, and many more business practices in general.

**Pathology – 40 Hours Pathology I – 5 Hours** Pathology is the study of human diseases and the effects of the disease. This information is important to the massage therapist because there are conditions where massage would require caution, or perhaps not recommended.

**Pathology II – 35 Hours** This course has a more in-depth focus on different diseases and their effects, as well as how different medications react to massage.

**Hydrotherapy – 20 Hours** Students will learn to use hydrotherapy in a safe and effective manner through demonstrations and hands-on practice. Types of hydrotherapy to be discussed include whirlpool, hot and cold packs, paraffin, steam, body wraps, and body scrubs.

**Clinical Internship – 50 Hours** This portion of the program allows you to put all of the classroom theory into real practice. This is where the student finds their niche. Students will be eligible for clinical internship after successfully completing 250 hours of classroom and lab training.

### **Enrollment**

Our next day class will be May 6<sup>th</sup> for Abilene Campus. San Angelo classes are on hold until further notice. It will be our “school friendly” class-if you have kids in school this will be perfect for you. This day class will be Mon-Thurs, 8:30-2:30. We will have an evening class starting May 27<sup>th</sup> for Abilene. This schedule is Mon, Tues, Thurs, and Fri evening from 6:00-9:30, Takes about 7 months to complete. Students can come to other day or evening classes to get more hours and finish the program faster with approval from the Director.

A clock hour is at least 50 minutes of instruction in each hour. Breaks of 10 minutes may be given each hour or combined. Break time for hours which are taught consecutively in one sitting

(i.e., in one evening) may be aggregated into a single break time during those consecutive hours. The 10 minutes of break time may not be accumulated and used in lieu of lunch or dinner breaks.

## **Tuition**

Our tuition is \$5,500, which includes everything you need including books, oils, tables, and sheets. You will bring a set of sheets for you to practice on daily, we provide sheets for your clinical massages. You will need to pay a \$50 registration fee(non refundable). Two payment options are available. Option 1. Paid in full before class starts. Option 2. Pay \$2,850 before class starts and pay \$2,700 at the halfway point of the class. We also offer in house financing for up to 10 months. You can also make payments before class starts so half of your tuition can be paid before the start of class. Ask the Director for more information.

## **Admission Requirements:**

- Toured the School or visited with the Director in person
- Completed the On the Spot Massage Academy Application
- Have a Valid Photo Identification
- Have a Social Security Number (Valid Proof includes a social security card, W-2, or tax return) and DL
- Must be physically, mentally, emotionally, and financially capable of completing the course work
- Must be at least 17 years of age at start of program
- Must be free of criminal convictions (A student is ineligible for licensing if he/she been convicted of, entered a plea of nolo contendere or guilt to, or received deferred adjudication for an offense under Chapter 20A, Penal Code, or Subchapter A, Chapter 43, Penal Code or another sexual offense, or convicted of violation of Chapter 455 Occupations Code Massage Therapy Act is ineligible for a license as a massage therapist until the fifth anniversary of the date of conviction) If you are concerned that your criminal history may preclude you from becoming licensed, you may submit a \$25 fee and the Criminal History Evaluation Form to TDLR. TDLR will run a criminal history and provide you with a written evaluation of eligibility for licensure. Information may be found at <http://www.tdlr.texas.gov>

## **Meet Our Staff**

Shawn Garrett (MT-131264, MTI4259), Founder and Director. Shawn has been in the Abilene area for over 30 yrs and has a successful practice as a deep tissue, trigger point therapist with special emphasis on functional therapy. Shawn is passionate about ensuring that every student gets not only a superior education but also has a great time doing it! His class instruction is lively, interactive, and memorable to say the least. He will teach all aspects of the program at various times.

Marianna Sabo (MT134855, MTI-4274) - Marianna has her own practice here in Abilene and specializes in energy work and overall system balance. She will teach all aspects of the program.

Adam Ulm-USAF, Cert PT. - He will be teaching first aid/CPR

Mindy Bruton (MT-116540, MTI-4381) - Mindy mainly teaches evening classes and can teach all aspects of the program. She has her own practice here in Abilene and works on general health and overall functional therapy.

Juan Garcia (BS in Kinesiology) - Juan graduated from San Angelo State University and soon began his practice in San Angelo. He has a great knowledge of Anatomy and Kinesiology and will teach these aspects of the program.

### **Progress and Grades:**

#### **Progress Evaluations:**

Students are graded on daily written, oral, practical and class participation.

Students will be evaluated during the program six times (Three times during Semester 1, Once during Semester 2, and Twice during Semester 3) as per state guidelines, and must demonstrate satisfactory progress at each evaluation

Satisfactory Progress is a passing grade of 70% average or higher for each subject, grading period, and overall program.

Unsatisfactory Progress is not achieving a passing grade of 70% average or higher for each subject, grading period, or overall program.

Semester 1 - After 120 hrs of instruction

Semester 2 - After 250 hrs of instruction

Internship - 50

Semester 3 - After 450 hrs of instruction

**Academic Probation:**

- Students with unsatisfactory progress will be placed on Academic Probation for the next grading period. When a student is placed on academic probation that student will be counseled prior to returning to class, and the date, action taken, and terms of the academic probation shall be clearly indicated on the appropriate permanent records.
- A failing grade will be removed when the student retakes the test(s) and passes.
- If the student on academic probation achieves satisfactory progress for the subsequent grading period but has not achieved overall satisfactory progress for the program, the student may be continued on probation for one more grading period.
- Students may be on academic probation for only two successive grading periods and then, by state law, must be terminated. The cancellation and refund policy shall apply to a student terminated under this section. The effective date of termination for purposes of refunds shall be the last date of attendance.

**Re-Enrollment following Academic Termination:**

- A student whose enrollment was terminated for unsatisfactory progress may reenter after a minimum of one grading period. A student who returns after the enrollment was terminated for unsatisfactory progress shall be placed on academic probation for the next grading period. The student shall be advised of this action and the student's file documented accordingly. If the student does not maintain satisfactory progress during, or at the end of, this academic probationary period, that student will be terminated.

**Honor Student:**

- Honor students must maintain a 95% or better grade average, pass each subject with a 90% or better, miss less than 10 hours of the course, and consistently adhere to professional conduct standards. A special certificate will be awarded to each student who meets these standards.

**Graduation Requirements:**



- Complete all 450 Hours of Classroom Instruction, and 50 Hours of Internship
- Successfully completed all assignments
- Pass all tests
- All financial obligations must be paid in full before the transcript is released.

**Attendance:**

The school will keep a master record of attendance for class hours. This record will indicate the number of scheduled hours for each subject, and the hours present and/or absent. Each student is required to attend all scheduled classes. Students will be credited for hours actually attended.

School holidays, leaves of absence, and suspensions, are not considered absences. See your class schedule for school holiday information.

- A partial absence will be charged if the student misses more than 10 minutes of lecture or practical time in a subject.
- A full absence will be charged if the student misses the entire day of class.
- A student will be terminated from the program if the student accumulates absences of 10 consecutive school days or more than 50 hours of the program.
- The cancellation and refund policy shall apply to a student terminated and shall be applied to the last date of absence according to the policy.
- Students dismissed for excessive absences may re-enroll after one calendar year from dismissal.
- A student may not enter the program once 10% of the program has been taught
- unless they have been appropriately credited for previous education and training.

**Leave of Absence:**

According to the TDLR, a leave of absence for reasonable purposes acceptable to the massage therapy educational program shall not exceed the lesser of 30 school days or 60 calendar days.

The termination date for a student who fails to return after a leave of absence is the last day of the absence. The cancellation and refund policy shall then apply to the student.

**Onsite Make Up Hours:**

All hours which are part of the 500-hour Program must be attended as per state rules. Therefore, if a student is absent, (unless prior arrangements have been made with the director) the absence must be made up. Making up an absence does not remove or excuse that absence. Make-up and remedial work will be offered to students at a rate of \$15.00 per hour. Make-up and remedial hours must be paid for prior to the make-up session. Make-up hours may be completed by:

- 1) Attending a designated Make-Up Session, these will be determined by the Director, normally Fridays
- 2) Attending class in a different section to make up work that was missed due to an absence.

**Student Conduct:**

Students of On the Spot Massage Academy must abide by all policies, rules, regulations, and procedures of On the Spot Massage Academy. Students are expected to conduct themselves in a manner that is mature and professional. Respect should be given to all fellow students, faculty, staff members, and clients.

On the Spot Massage Academy reserves the right to dismiss students prior to graduation as determined by the school director for the following reasons:

1. Absence in excess of 50 hours of the program or 10 consecutive class days.
2. Failure to achieve satisfactory progress for two successive grading periods.
3. Breaking school policies/procedures.
4. Cheating on tests, quizzes, or projects.
5. Displaying sexually inappropriate behavior.
6. Violating the enrollment agreement.
7. Being on school property while under the influence of a controlled substance or alcohol.
8. Bringing a controlled substance or firearm onto the school premises.
9. Behaving in a manner that is consistently non-professional.

10. Behaving in a manner that presents a danger or threat to others.
11. Removing or damaging school property.
12. Tampering with or removing school documents and records.
13. Behaving in a manner that may be harmful to the reputation of On the Spot Massage Academy or the profession.
14. Engaging in any business practice such as selling of products, vitamins, etc. without the expressed, written consent of the school director.
15. Working for hire prior to state licensing.
16. Soliciting or accepting tips during the intern clinical.
17. Failure to pay tuition in compliance with the enrollment agreement without prior arrangement with the program director.

#### **Cancellation and Refund Policy:**

If tuition payment(s) are made in advance of the commencement of the program:

- A student will receive a full refund if he/she cancels the enrollment agreement, in writing, within 72 hours (until midnight of the third day excluding Saturdays, Sundays and legal holidays) after the enrollment contract is signed by the prospective student; or
- If, after the expiration of the 72-hour cancellation privilege, the student does not enter the program, not more than \$200 of the tuition shall be retained by the school; or
- If a student enters the On the Spot Massage Academy's Program and is terminated or withdraws, the school may retain \$200 of the tuition paid and the minimum refund of the remaining tuition will be as outlined below. Hours attended are hours which were offered prior to official termination or withdrawal during the first week or one-tenth of the program, whichever is less.
  - 90% of the remaining tuition after the first week or one-tenth of the program, whichever is less, but within the first three weeks of the program
  - 80% of the remaining tuition after the first three weeks of the program, but within the first quarter of the program
  - 75% of the remaining tuition during the second quarter of the program
  - 50% of the remaining tuition during the third quarter of the program
  - 10% of the remaining tuition; and during the last quarter of the program, the student may be considered obligated for the full tuition; **During the last quarter of the program, the student may be considered obligated for the full tuition.**

- Refunds will be made within 30 days of the earliest of:
  - The effective date of termination if the student is terminated, or
  - The date of receipt of written notice of withdrawal, or
  - Ten instructional days following the first day of the program if the student fails to enter.

**Credit for Previous Course Work:**

The Texas Department of Licensing and Regulation may approve previous course work for the program. Students who attended a Department-licensed Texas massage school may be credited for previous coursework. Students who attended an out of state massage school, a college or university, or community or junior college, must submit their transcript and school catalog with course descriptions to the Department for evaluation. The Department will provide the students with a written response listing any hours they may be credited with. Contact the TDLR at (800) 803-9202 for information regarding your Transcript Evaluation. They will provide you with the information necessary to have your transcripts evaluated.

On the Spot Massage Academy must receive a copy of all transcripts and TDLR transcript evaluation forms prior to enrollment in order for a tuition discount to be granted. The approval by the department may take weeks, so plan ahead.

**Grievance Procedure:**

If a student has a grievance, the student must try to get it resolved with the individual involved. If the student is unable to find a resolution in this manner, then the student must make a formal complaint to the school director.

This must be done in writing and must include the following:

- The name of the individual with which a grievance lies
- The date of the complaint
- The signature of the person filing the complaint
- The desired outcome of the situation

Grievances will only be addressed if the student follows this procedure. The school director will review the grievance and render a solution to the situation.

The Director's decision is final.

Complaints may be made to:

**The Texas Department of Licensing and Regulation**

**Attention: Enforcement Division**

**P.O. Box 12057**

**Austin, Texas 78711**

**(800) 803-9202**

### **Things To-Do Checklist**

**Things you will need to do:** Fill out, read, and sign the student application. Meet with the Director and agree to terms of school and pay tuition.

### **Things you will need to bring:**

**School supplies:** Something to take notes on. Colored pencils, highlighters. Three ring binder. Something to carry your supplies in like a rolling duffel bag or backpack. One set of sheets

**Clothes:** Scrubs, your color of preference (at least two sets) You will need comfortable athletic shoes as you will stand for extended periods.

Optional items to consider: Tissues, mints, nail clippers, fingernail file, hair ties.

We provide the rest including tables, massage oils, sheets (for clinicals), hand towels, and even a mini fridge for your drinks or snack/lunch.

If you have any questions, please call, or email us! 325-280-3621

[Onthespot.abilene@gmail.com](mailto:Onthespot.abilene@gmail.com)

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## On the Spot Massage Academy Application

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Work: \_\_\_\_\_ Date of Birth: / /

Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### **Educational Background:**

High School: \_\_\_\_\_

Years Attended: \_\_\_\_\_ Graduated: Yes/ No

Degree: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_

College: \_\_\_\_\_

Years Attended: (MM/ YY - MM/ YY) \_\_\_\_\_

Graduated: Yes/ No Degree: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Additional information:

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**Please provide a copy of your DL and SS card**

**DL#** \_\_\_\_\_

**SS#** \_\_\_\_\_

**Medical History**

Please circle YES or NO to the following Questions:

Do you currently have any chronic illness, disease, viral infections, or cancer? YES / NO

Are you currently taking prescription medication? YES / NO

Do you have arthritis, joint disorders, or spinal disorders? YES / NO

Have you experienced a spinal injury or surgery of any kind? YES / NO

Are you currently under the care of a physician or other health care provider for any medical condition? YES / NO

Do you have any known chemical, aroma or skin allergies? YES / NO

Do you have any skin disorders or problems? YES / NO

Do you have any type of heart condition or blood disorders? YES / NO

Do you have a breathing disorder? YES / NO

Do you have an addiction to any illegal substance or alcohol? YES / NO

If you have answered YES to any of the above questions, or if you have any health concerns that could potentially keep you from being able to complete our program, please list below.

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**Please answer the following questions.**

1. Why do you want to become a massage therapist?

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2. What would you like to do after you graduate?

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3. How did you hear about us?

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4. Are you comfortable with giving and receiving hands on tissue manipulation from people of both genders?

Yes/No

Applicant Initials:

I, (your Name) \_\_\_\_\_, attest that I am in good health & that I have discussed any and all health issues with my healthcare provider(s) along with the administration of On the Spot Massage Academy prior to enrollment.

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I fully understand that massage therapy is considered a health care service and that certain medical conditions may be intensified, activated, and / or exacerbated by receiving massage and / or hydrotherapy. I realize that I will be receiving massages and hydrotherapy services as part of my training. \_\_\_\_\_

I release and hold harmless, On the Spot Massage Academy, the administrators of, contract laborer's, and owners from any liability.

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Upon signing this document, the applicant expresses his/ her intention to enroll in our program and acknowledges receipt of our school

catalog, Fact Sheet, and complete course information.

\_\_\_\_\_

I have read the school catalog and Fact Sheet from cover to cover, and I understand the policies, fees, and procedures of On the Spot Massage Academy. \_\_\_\_\_

I have read , and fully understand the grading and attendance polices.

\_\_\_\_\_

I understand that if I fail a class due to making a grade less than 70%, that class will have to be repeated. I understand that the law requires that I will be terminated if I accumulate absences of 10 consecutive school days or more than 50 hours of the program. I understand that if I miss any clock hours, I must make them up. I also understand, the fee is a maximum charge of \$15.00 per class hour per each class repeated or missed. \_\_\_\_\_

I certify that the facts contained in this application are true and complete to the best of my knowledge and understand that, if omitted, falsified statements on this application shall be grounds for dismissal.

\_\_\_\_\_

I understand that I must be at least 18 years of age up on the completion of all courses in the program, be physically, mentally, and emotionally capable of completing this program, have a current government issued photo ID and a social security card , to be eligible for application for a Professional Massage Therapy License. \_\_\_\_\_

I understand an applicant is ineligible for admission or licensure if he / she has been convicted of, entered a plea of nolo contendere or guilt to, or received deferred adjudication for an offense under Chapter 20A, Penal Code , or Sub chapter A, Chapter 43, Penal Code or another

sexual offense , or convicted of violation of Chapter 455 Occupations Code Massage Therapy Act is ineligible for a license as a massage therapist until the fifth anniversary of the date of conviction. Please See the Fact Sheet on how to Obtain a Criminal History Evaluation from TDLR. \_\_\_\_\_

Applicant's Signature

\_\_\_\_\_ Date \_\_\_\_\_

Administrative Signature

\_\_\_\_\_ Date \_\_\_\_\_