North Dakota Massage Therapy Minimal Educational Content

This document was developed for educational schools of massage therapy to ascertain their curriculum content is conforming to current rules and regulations.

Total Hours of Instruction	Minimum of 750 hours
Hours of Classroom Instruction	Minimum of 500 hours of classroom instruction.
Required Classroom Content face-to-face, including live remote education methods.	To qualify the instruction of these topics needs to be face-to-face, so the student and instructor are able to interact in real time. Remote education methods may be used, so long as it is delivered with live visual and auditory methods. A minimum combined total of: A. 150 hours of anatomy, physiology and kinesiology. B. 10 hours of First Aid and CPR. C. 130 hours of introductory massage therapy courses, including basic and allied modalities, contraindications, sanitation, disease prevention and massage theory
Required Classroom Content that doesn't require face-to-face or live remote education methods.	Schools have the option of delivering these topics via non-live delivery methods: A. 50 hours of business practices, career development and professional ethics. B. 120 hours of other content related to massage therapy. C. 40 hours of pathology.
Hours of Practical Instruction	Minimum of 250 supervised hours of practical application and clinical practice. This means actual hours of providing massage to another person, or receiving massage from a fellow student, under the direct supervision of a qualified licensed massage therapist.
Practical Instruction Requirements	A. Students must have at least 150 hours of instruction before beginning practice on the public. B. Schools that choose to have off school practical experiences, where the school's faculty are not providing supervision to the student, that the person assigned to supervise them, has the appropriate credentials. C. Students must have a minimum of 225 hours of classroom and 150 hours of practical instruction before participating in these types of off school experiences