

Ashmead

COLLEGE

2007-2008 CATALOG

Ashmead 011007

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www.ashmeadcollege.com

Main Campus	
Seattle, Washington Northgate Meridian Building 2111 N. Northgate Way, Suite 218 Seattle, WA 98133 Phone (206) 440-3090	
Branch Campuses	
Everett, Washington 3019 Colby Ave. Everett, WA 98201 Phone (425) 339-2678	Tacoma, Washington 5005 Pacific Hwy E., Suite 20 Fife, WA 98424 Phone (253) 926-1435
Portland, Oregon 9600 Southwest Oak, 4 th Floor Tigard, OR 97223 Phone (503) 892-8100	Vancouver, Washington 120 NE 136 th Ave., Suite 220 Vancouver, WA 98684 Phone (360) 885-3152

This school is licensed under Chapter 28c.10 RCW; inquiries or complaints regarding this or any other private vocational school may be made to the Work Force Training and Education Coordinating Board, 128 Tenth Avenue SW, P.O. Box 43105, Olympia, Washington 98504-3105, (360) 753-5673.

The objective of the Professional Licensing Spa Specialist program is to provide students with a sound theoretical base and the practical experience with aromatherapy and spa treatments and their uses for health and well-being. Students are also prepared to become successful massage practitioners.

The objective of the Professional Licensing & Clinical and Sports Massage program is to provide students with a sound theoretical base and practical experience in clinical and sports massage settings.

The objective of the Fitness Trainer program is to prepare students with the training necessary to work successfully within the thriving health and fitness industry. Graduates of the program are prepared to work in various health and wellness facilities and receive a diploma. The Fitness Trainer Program prepares graduates to sit for major certifications, including the National Strength Conditioning Association (NSCA), the American Council on Exercise (ACE), and the American College of Sports Medicine (ACSM).

COLLEGE HISTORY

Ashmead College was founded in September 1974 as the Seattle Massage School to teach massage skills to people wishing to practice professional massage in Washington State. Throughout the 1980's and 1990's, Seattle Massage School was recognized nationally as an innovator and leader in massage education. Seattle Massage School was the first massage school in Washington to be licensed by the state and the second massage school on the west coast to receive national accreditation by the Accrediting Commission for Continuing Education and Training (ACCET). Seattle Massage School offered the first advanced course for continuing education in 1987.

To provide students with a well-rounded, real-world learning experience and to provide massage services to the community, an in-house Student Clinic was created in 1989. In response to employer demand, the College developed and implemented fourth-term courses involving a Hospital Internship beginning in 1993 and a Sports Internship beginning in 1997, continuing our commitment to provide the greatest training opportunities for students.

In September 1991, the College opened its first branch campus in Tacoma to better serve students in this area. The second branch campus was opened in Everett in June 1993. To serve southwestern Washington and northern Oregon, a third branch campus was opened in February 1999 in Vancouver, Washington. In July of 2002 Ashmead College celebrated the opening of its fifth campus in Portland, Oregon. The Portland Campus is located in southwestern Portland.

In 1999 the College adopted the new name, Ashmead College, which better reflects the geographic reach and scope of programs available across the nation for those who are seeking to make a difference and a good living. The Fitness Trainer Program was launched in November 1999 to support the growing demand for qualified and skilled professionals in the health and fitness industry.

In August 2003 Corinthian Colleges, Inc. purchased Career Choices, Inc., the owner of Ashmead College, as a wholly owned subsidiary.

COLLEGE FACILITIES

The Seattle campus is located in the Northgate area, two blocks west of I-5 on the corner of Meridian Avenue North. The 24,500 square foot facility includes two floors. Thirteen classrooms, a supply store, student lounge, and all audio-visual and classroom equipment are located on the top floor. Administrative offices and the reception area are located on the second floor. The Student Clinic is located in the Greenlake area.

The Everett area campus is located in downtown Everett with easy access to I-5. The 8,250 square foot facility includes five classrooms, administrative offices, a supply store, and all the audio-visual and classroom equipment used by the campus. In addition, there are two classrooms located across the street.

The Tacoma area campus is located 1/4 mile off I-5 in the Fife Business Park. The 18,000 square foot facility includes eight classrooms, administrative offices, a supply store, reception area, and all the audio-visual and classroom equipment used by the College. The Student Clinic is located adjacent to the campus.

The Vancouver campus is located in Stonemill Center. The 18,000 square foot facility in Building B includes ten classrooms, administrative offices, a supply store, reception area, and all the audio-visual and classroom equipment used by the campus. The Student Clinic is located adjacent to the campus.

The Portland campus is located in the Plaza West Building. The 18,249 square foot facility on the fourth and fifth floors includes nine classrooms, two student clinic rooms, administrative offices, a supply store, reception area, and all the audio-visual and classroom equipment used by the campus. The Student Clinic is located on the fifth floor.

LICENSING ACCREDITATIONS, CREDENTIALS AND MEMBERSHIPS

LICENSED AND ACCREDITED BY

Accredited by the Accrediting Council for Continuing Education and Training and licensed under Chapter 28c.10 RCW by the State of Washington Workforce Training and Education Coordinating Board, 128 10th Ave., S.W., P.O. Box 43105, Olympia, WA, 98504-3105, 360-753-5662. Licensed by the Oregon Department of Education, 225 Capitol Street, N.E., Salem, Oregon, 97310-0203, 503-378-3569.

APPROVED BY

Washington State Board of Massage
Oregon State Board of Massage Therapists
Department of Education, Salem, Oregon

ASHMEAD COLLEGE MEMBERSHIPS

Washington State Financial Aid Association
Washington Federation of Private Career Schools and Colleges
Better Business Bureau

ADMISSIONS

APPLICATION AND ENTRANCE REQUIREMENTS

Applicants must successfully pass the entrance interview to enroll. Applicants are evaluated on the basis of their motivation and ability to benefit from our programs. Applicants are evaluated without discrimination on the basis of age, sex, race, national or ethnic origin, religion, creed, sexual preference, or general disability. Applicants must be a minimum of 18 years old at graduation from Ashmead College and be a high school graduate, possess a GED or may take an ability to benefit assessment.

Ashmead College will accept an application for admission before a student graduates from high school or receives his/her GED. However, the student will be required to submit proof of high school completion or GED before entering classes. In this situation, admission is contingent on receipt of the diploma, final transcript or other proof of completion.

Applicants enrolling under the Ability to Benefit provision are required to achieve a passing score on an independently administered, standardized, nationally recognized test that is approved by the U.S. Department of Education. The ability to benefit will be determined by passing the Career Programs Assessment test (CPAT) offered by ACT, Inc. Applicants must take form B or C and receive the following passing scores for each subtest: language 42, reading 43, and numerical 41. This test is designed to measure the ability of a prospective student to benefit from the course of study.

As part of the admissions process, students complete a Confidential Health Intake Form. If contraindications for the selected program are present, a doctor's release will be required for admissions into the College. Applicants may be denied admission on the basis of health problems, poor hygiene, lack of financial capability, lack of physical capability, insufficient motivation, or exhibiting no ability to benefit from our programs. Ashmead will not enroll persons who have been convicted of a sexual crime (including, but not limited to: prostitution, sexual assault, molestation and rape). Students should be aware that felonies may affect the ability to be licensed in massage and may affect admission into Ashmead College.

Note to applicants to the massage programs: A criminal background check is performed by Washington State when an individual applies to be a Licensed Massage Practitioner and may be conducted for Oregon applicants. Consequently, if an applicant for licensure has been convicted of a felony, he/she may not be eligible for licensure. Licensing eligibility is determined by the licensing agency and not Ashmead College. These State agencies will accept inquiries regarding eligibility only after the individual has graduated and his application for licensure has been submitted.

Ashmead College facilities are wheelchair-accessible. Students are asked to identify any physical or learning needs during the admissions process. Student needs will be assessed on an individual basis, and the institution will make a reasonable attempt to accommodate students. Ashmead College reserves the right to deny a student admission if the student is unable to meet the demands of the program and/or profession.

Introductory massage courses may be offered at each campus. Please contact the Admissions Department to schedule an interview or to inquire about the Day of Massage or Introduction to Massage and Exercise Your Future workshops.

MASSAGE THERAPY PROGRAMS

Career options for Licensed Massage Practitioners/Therapists (LMP/LMT) extend far beyond private practice. Increasingly, their skills are sought by rehabilitation clinics, chiropractic offices, spas and resorts, corporations, sports teams, and sponsors of sporting events.

Other areas of demand include athletic training facilities and gyms, hospitals, birthing centers, orthopedic clinics, residential care facilities for the elderly and disabled, and alternative and complementary health care clinics.

There are many different types of massage. Some are named for the way the hands work. Others, such as Swedish and Thai massage, are named for the country where the form was first developed or practiced. Specialist massage involves specific kinds of work suited to particular demands.

The Spa Specialist program offers the student extensive training in current spa techniques and aromatherapy. The Sports Massage Specialist focuses on the application of massage in the prevention and treatment of sports-related injuries.

Ashmead College is committed to teaching skills that enable practitioners to serve a wide variety of client needs. We teach a variety of specific skills for developing and running a successful massage practice.

A career in massage therapy offers the opportunity to help others, touch lives daily and become a positive part of people's health and well-being.

PROFESSIONAL LICENSING

12 Months

Credit Hours: 62.50

Clock Hours: 805.5

		Total Hours	Total Credits
Term One			
101 Anatomy and Physiology I		20.00	2.00
110 Kinesiology I		46.75	4.06
112 Lab		13.75	0.69
119A Massage Theory & Practice I		109.25	8.23
130 Student Development		8.50	0.85
	Term 1 Total	198.25	15.83
Term Two			
201 Anatomy & Physiology II		22.00	2.20
210 Kinesiology II		46.75	4.06
212 Lab		13.75	.69
219A Massage Theory and Practice II		124.00	9.15
	Term 2 Total	206.50	16.10
Term Three			
302 Anatomy & Physiology III		22.00	2.20
310 Kinesiology III		22.00	2.20
319A Massage Theory and Practice III		93.50	6.68
346 Student Clinic I		65.00	4.25
	Term 3 Total	202.50	15.33
Term Four			
402 Anatomy & Physiology IV		22.00	2.20
410 Kinesiology IV		22.00	2.20
419 Massage Theory and Practice IV		89.25	6.59
446 Student Clinic II		65.00	4.25
OR			
447 Hospital Internship			
OR			
449 Sports Internship			
	Term 4 Total	198.25	15.24
Terms 1 through 4 total		805.50	62.50

PROFESSIONAL LICENSING - SPA SPECIALIST

12 Months

Credit Hours: 74.89

Clock Hours: 979.75

		Total Hours	Total Credits
Term One			
101 Anatomy and Physiology I		20.00	2.00
110 Kinesiology I		46.75	4.06
112 Lab		13.75	0.69
119A Massage Theory & Practice I		109.25	8.23
130 Student Development		8.50	0.85
151 Aromatherapy Foundation		46.75	3.86
	Term 1 Total	245.00	19.69
Term Two			
201 Anatomy & Physiology II		22.00	2.20
210 Kinesiology II		46.75	4.06
212 Lab		13.75	0.69
219A Massage Theory and Practice II		124.00	9.15
251 Spa Industry, Body Wraps, Spa Foot Treatments		42.50	2.82
	Term 2 Total	249.00	18.92
Term Three			
302 Anatomy & Physiology III		22.00	2.20
310 Kinesiology III		22.00	2.20
319A Massage Theory and Practice III		93.50	6.68
346 Student Clinic I		65.00	4.25
351 Spa Industry, Seaweed, Buff & Bronze		42.50	2.89
	Term 3 Total	245.00	18.22
Term Four			
402 Anatomy & Physiology IV		22.00	2.20
410 Kinesiology IV		22.00	2.20
419 Massage Theory and Practice IV		89.25	6.59
446 Student Clinic II		65.00	4.25
451 Mud/Clay, Eastern Inspired Treatments, Signature Treatments, Spa Run		42.50	2.82
OR			
448 Spa Internship			
	Term 4 Total	240.75	18.06
Terms 1 through 4 total		979.75	74.89

PROFESSIONAL LICENSING, CLINIC AND SPORTS MASSAGE SPECIALIST

15 Months

Credit Hours: 81.57

Clock Hours: 1,048.75

		Total Hours	Total Credits
Term One			
101 Anatomy and Physiology I		20.00	2.00
110 Kinesiology I		46.75	4.06
112 Lab		13.75	0.69
119A Massage Theory & Practice I		109.25	8.23
130 Student Development		8.50	0.85
	Term 1 Total	198.25	15.83
Term Two			
201 Anatomy & Physiology II		22.00	2.20
210 Kinesiology II		46.75	4.06
212 Lab		13.75	0.69
219A Massage Theory and Practice II		124.00	9.15
	Term 2 Total	206.50	16.10
Term Three			
302 Anatomy & Physiology III		22.00	2.20
310 Kinesiology III		22.00	2.20
319A Massage Theory and Practice III		93.50	6.68
346 Student Clinic I		65.00	4.25
	Term 3 Total	202.50	15.33
Term Four			
402 Anatomy & Physiology IV		22.00	2.20
410 Kinesiology IV		22.00	2.20
419 Massage Theory and Practice IV		89.25	6.59
446 Student Clinic II		65.00	4.25
OR			
447 Hospital Internship			
OR			
449 Sports Internship			
	Term 4 Total	198.25	15.24
Term Five			
501 Anatomy & Physiology V		30.00	3.00
502 Kinesiology V		40.00	4.00
503 Massage Theory and Practice V		80.75	5.99
504 Business Marketing		4.00	0.40
505 Advanced Injury and Assessment		16.00	1.30
506 CPR/First Aid		7.50	0.63
507 Sports Massage Clinic Internship		65.00	1.75
	Term 5 Total	243.25	19.07
Terms 1 through 5 total		1,048.75	81.57

FITNESS TRAINER PROGRAM

Fitness Training is one of the fastest growing and exciting industries in America. As the public become aware of its need for personal fitness planning, qualified professional trainers and fitness coaches are in constant demand. The Ashmead College Fitness Trainer Program prepares students to work independently as fitness professionals or in various settings in the health and fitness industry. Specific courses within the Fitness Trainer Program also prepare graduates for careers working with elderly, disabled, and other special populations.

Four 11-Week Terms

Credit Hours: 64.47

Clock Hours: 759.75

		Total Hours	Total Credits
Term One			
160A Anatomy & Physiology I		20.00	2.00
161A Fitness Programming I: Healthy Populations		46.75	3.93
368A Group Exercise Instruction		46.75	3.33
163A Kinesiology I		46.75	4.23
164A Nutrition & Exercise I		20.00	2.00
165A Student Development		8.50	0.85
	Term 1 Total	188.75	16.34
Term Two			
260A Anatomy & Physiology II		22.00	2.20
261A Fitness Programming II: Special Populations		46.75	4.23
162A Exercise Physiology I		40.00	3.55
263A Kinesiology II		46.75	4.23
264A Nutrition & Exercise II		22.00	2.20
266A CPR/First Aid		8.50	0.65
	Term 2 Total	186.00	17.06
Term Three			
360A Anatomy & Physiology III		22.00	2.20
361A Fitness Programming III: Therapeutic & Rehabilitative Exercises		46.75	4.23
367A Fitness Assessment		46.75	3.78
262A Exercise Physiology II		44.00	3.95
369A Marketing & Business Management		22.00	2.20
	Term 3 Total	181.50	16.36
Term Four			
460A Anatomy & Physiology IV		22.00	2.20
461A Fitness Programming IV: Performance Enhancement		46.75	4.23
470A Health & Wellness Management		46.75	3.88
471A Internship		66.00	2.20
472A Legal Issues in the Fitness Industry		22.00	2.20
	Term 4 Total	203.50	14.71
Terms 1 through 4 Total		759.75	64.47

COURSE DESCRIPTIONS

<p>101 Anatomy & Physiology I Anatomy & Physiology 1 is an overview and beginning of the study of the essential concepts of human anatomy and physiology. Students will learn terminology, structures, and functions relating to the chemical, cellular, and tissue levels of the human body, as well as the skeletal, muscular, and integumentary systems.</p>
<p>110 Kinesiology I The main focus of Kinesiology 1 is the study of the muscles of the upper body and posterior trunk. Students will learn specific palpation of each muscle and its attachments as well as the actions it produces. This course also covers basic anatomical terminology, basic arthrology and functions of muscle tissue.</p>
<p>112 Lab Structured study time for the purpose of assisting students in achieving competency in each course. Students may have the opportunity to receive individualized help and to establish study groups.</p>
<p>119A Massage Theory & Practice I Practical hands-on aspects of Swedish full-body massage as well as the foundation of Swedish wellness massage. Students learn the history of massage and the profession today, the psychological impact of touch and safe touch protocols. Skills such as positioning and draping for client modesty, palpation, screening techniques, and medically-oriented record keeping are taught. Practitioner self-care, body mechanics, hygiene, infectious diseases and communication topics are also covered. Students experience all aspects of massage theory and practice through in-class practice and homework assignments at every level throughout the year. Special Massage Theory & Practice topics include: AIDS Education (1 day) Addresses client and practitioner concerns about AIDS in relation to massage. This course includes all requirements for health care professionals as identified by the State of Washington in the AIDS Omnibus Act for Health Care Workers and relates the required information for the safe practice of massage regardless of the practitioner's or the client's HIV status. Seated massage workshop (2 days) teaches student how to apply massage techniques in a chair setting and the business opportunities chair/onsite massage offers.</p>
<p>130 Student Development Provided to students as an integral part of completing the Professional Licensing Program. Students begin developing their personal learning goals and understand more about school principles and philosophies. General communication and learning skills are introduced. Study strategies, test taking tips and class preparation are also discussed.</p>
<p>151 Aromatherapy Foundation Students will receive training in aromatherapy that meets the National Association of Holistic aromatherapy guidelines for a Foundation Certificate. Students will learn about the therapeutic properties of essential oils, methods of applying oils, blending techniques, treatment design and how to deliver an aromatherapy consultation and aromatherapy massage. This module forms the basis for blending and customizing spa product in upcoming modules and teaches the therapist how to better incorporate essential oils into a massage practice or spa setting.</p>
<p>160A Anatomy & Physiology I Anatomy & Physiology 1 is an overview and beginning of the study of the essential concepts of human anatomy and physiology. Students will learn terminology, structures, and functions relating to the chemical, cellular, and tissue levels of the human body, as well as the skeletal, muscular, and integumentary systems.</p>
<p>161A Fitness Programming I: Healthy Populations One of the most important roles of the fitness specialist is the ability to understand client needs and to create an appropriate exercise plan based on these needs. This class is designed to teach concepts of exercise prescription including cardiovascular, strength, flexibility, and core training in a healthy population.</p>
<p>162A Exercise Physiology I Explores the effects of exercise on the human body. This class will develop the scientific foundation in which all exercise programs will be based upon.</p>
<p>163A Kinesiology I Students learn the fundamentals of the musculoskeletal system and biomechanics. Kinesiology 1 will focus on upper body structure, function, and movement.</p>
<p>164A Nutrition & Exercise I An introduction to the fundamentals of nutrition as they relate to a healthy population. Students learn nutritional guidelines, discuss current trends in nutrition and complete a dietary analysis.</p>
<p>165A Student Development Students begin developing their personal learning goals and understand more about school principles and philosophies, how they learn and how the curriculum is delivered. General communication and learning skills are introduced. Study strategies, test taking tips and class preparation are also discussed.</p>
<p>201 Anatomy & Physiology II This course is a continuation of the study of the essential concepts of human anatomy and physiology. Students will learn terminology, structures, and functions relating to the cardiovascular, respiratory, lymphatic, and immune systems, as well as the special topics of inflammation and tissue repair.</p>

210 Kinesiology II
Kinesiology 2 is a continuation of in-depth study of the muscular system. This term students focus on the muscles of the neck, leg and anterior trunk. Students continue to study the specific palpation of each muscle and its attachments as well as the actions it produces.
212 Lab
A continuation of a structured study time for the purpose of assisting students in achieving competency in each course. Students may have the opportunity to receive individualized help and to establish study groups.
219A Massage Theory & Practice II
Students will continue to strengthen their Swedish massage skills while introducing and integrating the theory and practice of deep tissue massage and the proprioceptive technique of combining deep tissue with range of motion ("pin & stretch"). Students will learn how to safely and effectively work in areas of caution, assess posture & gait and document a case study on a client focusing on functional goals. Students will also learn the therapeutic uses of hydrotherapy, taking blood pressure, and how to safely massage pregnant clients to meet their special needs. Students will explore Massage Law and its relevancy to massage practice and attend a basic level certification course in CPR and First Aid. Special Massage Theory & Practice topics include: Professional Development (1 day) Devoted to exploring the legal and professional aspects applicable to establishing, operating and maintaining a healthy and professional massage practice. Students relate their own personal and professional beliefs with laws that currently exist and notice how these laws will affect their future massage practice.
251 Spa Industry, Body Wraps, Spa Foot Treatments
Students of the Spa Specialist Program will develop an understanding of the spa industry and how spa treatments are designed. The student will learn how to enhance basic treatments with such skills as dry skin brushing, paraffin dips and hot towel steams. Students will learn a total of 9 different spa treatments to utilize in a dry room setting. In addition, further aromatherapy skills will be developed as students continue to create blends and customize product for treatments.
260A Anatomy & Physiology II
This course is a continuation of the study of the essential concepts of human anatomy and physiology. Students will learn terminology, structures, and functions relating to the cardiovascular, respiratory, lymphatic, and immune systems, as well as the special topics of inflammation and tissue repair.
261A Fitness Programming II: Special Populations
An introduction to the exercise requirements of special populations. Strategies for exercise prescription for those with various diseases and disorders will be examined.
262A Exercise Physiology II
Exercise Physiology 2 will include physiological responses to advanced endurance and resistance training.
263A Kinesiology II
As a continuation of Kinesiology 1, students will study mechanical concepts related to human movement of the lower body. Total kinetic chain movement will also be examined.
264A Nutrition & Exercise II
Students will learn optimal nutrition for weight control and sport performance. Students will also discuss eating disorders, and the use of nutritional modification and exercise in a weight control program.
266A CPR/First Aid
This basic level certification course is designed to give students the knowledge and skills necessary to respond in an emergency, to assist in keeping someone alive, and to reduce pain and minimize the consequences of injury or sudden illness until professional medical help arrives. CPR/First Aid (2 days or 1 weekend day) Multimedia American Red Cross First Aid is taught.
302 Anatomy & Physiology III
Anatomy & Physiology 3 is a continuation of the study of the essential concepts of human anatomy and physiology. Students will learn terminology, structures, and functions relating to the urinary, reproductive, and digestive systems, as well as the special topics of pregnancy, nutrition, metabolism, body temperature regulation, and abdominal palpation.
310 Kinesiology III
Kinesiology 3 examines the major synovial joints of the body and how to assess them. In this term students participate in an in-depth study of the structures of the trunk, shoulder, elbow, wrist and jaw. Students will learn active, passive, and resisted range of motion assessment for the shoulder, elbow and wrist.
319A Massage Theory & Practice III
In-depth understanding of how to develop and apply treatment plans in relation to soft tissue disorders. Pathologies commonly associated with the upper body are covered as well as working with clients with chronic pain. Advanced massage techniques are introduced to strengthen treatment techniques previously covered. This class includes 4 days in Oriental Medicine and 1 day of a business class covering resumes and business plans.
346 Student Clinic I
A safe, professional clinic setting where students learn by experience. Students identify key aspects of maintaining a practice, problem solve difficult situations, run the operations and delivery of service with instructor supervision and support. Students work with the public by providing massage for clients on a weekly basis.

<p>351 Spa Industry, Seaweed, Buff and Bronze Term 3 spa introduces the student to concepts for adding spa treatments to a private massage practice, developing a day spa concept or working for an established spa. Students design and delivery a signature spa treatment and work with products like seaweed (thalassotherapy), mud (fangotherapy), auto-tanning products and products that smooth the contours of the body. Spa product ingredients are explained and students learn to make their own spa products.</p>
<p>360A Anatomy & Physiology III Anatomy & Physiology III3 is a continuation of the study of the essential concepts of human anatomy and physiology. Students will learn terminology, structures, and functions relating to the urinary, reproductive, and digestive systems, as well as the special topics of pregnancy, nutrition, metabolism and body temperature regulation.</p>
<p>361A Fitness Programming III: Therapeutic & Rehabilitative Exercises This class will address the specific requirements of clients undergoing rehabilitation. Students will learn common rehabilitation protocols and understand the role of the health fitness specialist in a comprehensive treatment program.</p>
<p>367A Fitness Assessment This class is designed to introduce the basic concepts behind fitness testing and provide practical experience in the techniques of assessment of posture, blood pressure, heart rate, flexibility, muscular strength/endurance, cardiovascular fitness and body composition.</p>
<p>368A Group Exercise Instruction Examine factors involved with safely instructing a group fitness class and provide the opportunity for students to experience leading and participating in group fitness class.</p>
<p>369A Marketing & Business Management Students will develop essential business and marketing skills necessary to enter into the fitness industry. Liability insurance, business licenses, business plan development and creative marketing skills will be examined.</p>
<p>402 Anatomy & Physiology IV Anatomy & Physiology IV is a continuation of the study of the essential concepts of human anatomy and physiology. Students will learn terminology, structures, and functions relating to the nervous and endocrine systems. In addition, students will prepare and give short presentations to the rest of the class on pathologies of the human body.</p>
<p>410 Kinesiology IV Kinesiology IV continues to look at the major synovial joints. This class examines with the spine, focuses on the structure of the neck and progresses to the hip, knee and ankle. Students learn active, passive and resisted range of motion assessment for the neck, hip, knee and ankle.</p>
<p>419 Massage Theory & Practice IV Focuses on how to develop and apply treatment plans in relation to soft tissue disorders of the lower body. Pathologies commonly associated with the lower body will be covered. All previously learned techniques are reviewed and advanced techniques introduced to augment the development of treatment plans. This class includes a 4 days business class covering marketing, insurance billing overview, business practices and a portfolio review day. This course also offers a one day review in Oriental Medicine.</p>
<p>446 Student Clinic II A safe, professional clinic setting where students learn by experience. Students identify key aspects of maintaining a practice, problem solving difficult situations, run the operations and delivery of service with instructor supervision and support. Students work with the public by providing massage for clients on a weekly basis.</p>
<p>447 Hospital Internship Students have the opportunity to give massage to patients in a variety of hospital wards with the assistance of Ashmead's supervising instructor. Students also give relaxation massages to the medical staff.</p>
<p>448 Spa Internship The spa clinic offers spa students the unique opportunity to work with the public in a supervised setting. Spa skills that are practiced in the classroom are honed and polished in the professional atmosphere of the spa clinic. Students learn how to manage their time when offering a series of spa treatments in a row. They also practice record keeping and charting for spa treatments.</p>
<p>449 Sports Internship Students have the opportunity to experience on-site massage clinical learning at fitness and sports facilities focusing on treatment for the athlete with the assistance of Ashmead's supervising instructor.</p>
<p>451 Mud/Clay, Eastern Inspired Treatments, Signature Treatments, Spa Run Students will learn how to develop spa treatments that utilize different mud and clay products. They will also learn about the use of wet room equipment in order to enhance treatments. Students explore Eastern influences in spa treatments and create their own signature spa treatment. Towards the end of the term and the program, students will participate in a Spa Run which gives valuable experience in designing a menu, development and pairing of services, client management and flow between multiple services.</p>
<p>460A Anatomy & Physiology IV Anatomy & Physiology IV is a continuation of the study of the essential concepts of human anatomy and physiology. Students will learn terminology, structures, and functions relating to the nervous and endocrine systems. In addition, students will prepare and give short presentations to the rest of the class on pathologies of the human body.</p>

<p>461A Fitness Programming IV: Performance Enhancement This class is designed to teach advanced training methods for all components of fitness, focusing on sports performance enhancement through high intensity training.</p>
<p>470A Health & Wellness Management Health counseling and behavior modification skills will be developed to assist clients in exercise adherence, smoking cessation and weight management.</p>
<p>471A Internship In order to gain the experience necessary to be hired into a work setting, the internship will provide students with the opportunity to use their knowledge in an applied environment with real customers. Settings include various health, wellness, and fitness facilities and studios.</p>
<p>472A Legal Issues in the Fitness Industry This course is designed to introduce students to the legal issues related to the field of health and fitness, focusing on scope of practice, negligence, liability and general fitness recommendations for clients.</p>
<p>501 Anatomy & Physiology V Relates anatomical and physiological principles to fitness and athletic preparation. Designed to provide the basics of fitness principles and exercise prescription. Classes will include physiological responses to exercise, principles of strength, endurance and flexibility training, principles of exercise prescription and basic research design.</p>
<p>502 Kinesiology V A two-part class focusing on developing palpatory skills and isolated muscle testing to incorporate into assessments. Joint by joint, students will learn to isolate specific muscles to help in their overall injury assessment. The second part of the class explores force analysis during motion and using the information to help identify involved structures and possible causes.</p>
<p>503 Massage Theory and Practice V Designed to explore the theory and practice of clinical treatment with a focus on injury evaluation and treatment. Classes include integration of assessment with treatment plans using a variety of techniques and communication with medical professionals, psychology of rehabilitation and sports event management. The MTP class is designed to bring together components from the other classes in this program and provide comprehensive treatment strategies.</p>
<p>504 Business Marketing Provides students with a better understanding of working in clinical settings. Marketing ideas, billing, professional interactions will be covered along with using resumes as marketing tools.</p>
<p>505 Advanced Injury and Assessment Explores the basic concepts of orthopedic injury assessment thereby allowing the LMP to treat appropriately and to know when to refer to other medical providers. The class covers most common special tests which are accepted throughout the medical community and are easily incorporated into evaluations.</p>
<p>506 CPR/First Aid A re-certification in CPR.</p>
<p>507 Sports Massage Clinic (Internship) Designed to give students practical hands-on experience working with athletes. Students learn to interact with other medical professionals and gain better understanding of the role massage can play in rehabilitation. Students will also be required to attend off-site sporting events, where they will have the opportunity to provide sports massage to athletes.</p>

CORINTHIAN COLLEGES, INC.

The following schools in the United States are owned by Corinthian Colleges, Inc.:

Ashmead College

Everett, WA (branch of Ashmead College, Seattle, WA)
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 Seattle, WA (main campus)
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Bryman College

Alhambra, CA (main campus)
 Anaheim, CA (main campus)
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 Los Angeles (Wilshire), CA (main campus)
 Lynnwood, WA (branch of Bryman College, Renton, WA)
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 Renton, WA (main campus)
 Reseda, CA (main campus)
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 Tacoma, WA (branch of Bryman College, Port Orchard, WA)
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 Everest Online
 Fort Worth, TX (branch of Everest College, Salt Lake City, UT)
 Hayward, CA (main campus)
 McLean, VA (branch of Everest College, Colorado Springs, CO)
 Mesa, AZ (branch of Everest College, Phoenix, AZ)
 Ontario (Metro), CA (branch of Everest College, Springfield, MO)
 Phoenix, AZ (main campus)
 Portland, OR (main campus)
 Salt Lake City, UT (main campus)
 San Francisco, CA (main campus)
 San Jose, CA (main campus)
 Springfield, MO (main campus)
 St. Louis (Earth City), MO (branch of Bryman College, Port Orchard, WA)
 Thornton, CO (main campus)
 Vancouver, WA (branch of Everest College, Portland, OR)

Everest Institute

Austin, TX (branch of Everest Institute, Southfield, MI)
 Cross Lanes, WV (main campus)
 Dearborn, MI (branch of Everest Institute, Southfield, MI)
 Detroit, MI (branch of Everest Institute, Southfield, MI)
 Eagan, MN (branch of Everest Institute, Cross Lanes, WV)
 Gahanna, OH (branch of Bryman College, Ontario, CA)
 Houston (Bissonnet), TX (branch of Bryman College, Renton, WA)
 Houston (Greenspoint), TX (branch of Everest Institute, San Antonio, TX)

Houston (Hobby), TX (branch of Everest Institute, San Antonio, TX)
 Pittsburgh, PA (main campus)
 Rochester, NY (main campus)
 San Antonio, TX (main campus)
 Southfield, MI (main campus)
 South Plainfield, NJ (branch of Everest Institute, Southfield, MI)
 Silver Spring, MD (branch of Everest College, Portland, OR)

Florida Metropolitan University

Tampa (Brandon), FL (branch of FMU Tampa, FL)
 FMU Online
 Jacksonville, FL (branch of FMU, Clearwater (Pinellas), FL)
 Lakeland, FL (branch of FMU, Clearwater (Pinellas), FL)
 Melbourne, FL (branch of FMU, Orlando, FL)
 North Orlando, FL (main campus)
 Orange Park, FL (branch of FMU, Tampa, FL)
 Clearwater (Pinellas), FL (main campus)
 Pompano Beach, FL (main campus)
 South Orlando, FL (branch of FMU, North Orlando, FL)
 Tampa, FL (main campus)

Georgia Medical Institute

Atlanta (Downtown), GA (main campus)
 Atlanta (DeKalb), GA (branch of Everest Institute, Cross Lanes, WV)
 Jonesboro, GA (branch of GMI, Atlanta, GA)
 Marietta, GA (branch of GMI, Atlanta, GA)
 Norcross, GA (branch of Bryman College, Gardena, CA)

Kee Business College

Chesapeake, VA (branch of Kee Business College, Newport News, VA)
 Newport News, VA (main campus)

Las Vegas College

Henderson, NV (main campus)

National Institute of Technology

Long Beach, CA (main campus)

National School of Technology

Fort Lauderdale, FL (branch of NST, Kendall, FL)
 Hiatah, FL (branch of NST, Miami, FL)
 Miami (Kendall), FL (main campus)
 Miami, FL (main campus)

Olympia Career Training Institute

Grand Rapids, MI (main campus)
 Kalamazoo, MI (branch of Olympia Career Training Institute, Grand Rapids, MI)

Olympia College

Burr Ridge, IL (branch of Olympia College, Skokie, IL)
 Chicago, IL (branch of Everest College, San Francisco, CA)
 Merrillville, IN (branch of Olympia Career Training Institute, Grand Rapids, MI)
 Merrionette Park, IL (branch of FMU, Pompano Beach, FL)
 North Aurora, IL (branch of Bryman College, Brighton, MA)
 Skokie, IL (main campus)

WyoTech

Bedford, MA (main campus)
 Blairsville, PA (branch of WyoTech, Laramie, WY)
 Daytona Beach, FL (main campus)
 Fremont, CA (main campus)
 Laramie, WY (main campus)
 Oakland, CA (branch of WyoTech, Fremont, CA)
 Sacramento, CA (branch of WyoTech, Laramie, WY)