Student Catalog

NC Massage School

Touching Lives Expanding Awareness

NC Massage School

MH Lake Norman, LLC dba NC Massage School
Kristy Serdinsky, Owner, Director of Education
Neil Serdinsky, CFO/Co-Owner
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NC Massage School

20525 N Main St
Cornelius, NC 28031
704-896-2636
www.ncmassageschool.com
N.C. Board Approved School

Approved by The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) Continuing Education Provider
Approved by the Department of Veterans Affairs

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Dear Future Healer,

Thank you for taking the time to explore our catalog and learn more about NC Massage School. This moment, as you consider stepping into the world of massage therapy, is a meaningful one. It's a moment to reflect on your path, your passions, and your desire to bring healing and wellness to others.

At NC Massage School, we believe massage therapy is more than a career–it's a calling. It's an opportunity to connect deeply, not only with those we care for but also with ourselves. Here, we honor the unique gifts each student brings and strive to create an environment where growth, learning, and transformation are nurtured. Our school is a place where the rhythm of breath meets the wisdom of touch. It is where centuries-old traditions blend seamlessly with modern techniques, and where education is as much about heart as it is about hands. You will find a community of like-minded individuals who share your commitment to living in harmony with the world and creating a sense of balance and well-being for others.

In these pages, you'll discover programs designed not only to educate but also to inspire. Our courses are grounded in compassion, knowledge, and practice, preparing you to bring light and healing into the lives of those you will serve. Whether your journey leads you to work in a spa, a clinical setting, or your own practice, our goal is to provide you with the tools and confidence to succeed. As you explore this catalog, I invite you to imagine the possibilities that lie ahead. Picture yourself learning, growing, and connecting in a place that supports your journey of self-discovery and professional excellence. If you feel inspired, we warmly welcome you to apply for admission and begin your path to becoming a skilled, compassionate massage therapist.

The world is waiting for your touch. We are here to guide and support you every step of the way.

With warm regards,

Kristy

Why NCMS?

- Established program since 2002
- Accomplished Teachers
- Class size
- Unique curriculum
- MBLEX Pass Rate
- Job Placement Opportunities
- Challenging Diploma Program

History

NCMS was established in 2002 in Cornelius, North Carolina for the purpose of training individuals in the health professional career field of Massage Therapy.

At NC Massage School (NCMS), we are proud to be a board-licensed and certified institution that has been shaping the future of massage therapy since 2002. With a legacy of excellence and hundreds of successful graduates across North Carolina, NCMS is a trusted name in massage and bodywork education.

We understand that an exceptional curriculum is only as good as the instructors who deliver it. That's why our instructors are more than educators—they're experienced professionals and state-licensed massage therapists who bring their passion, leadership, and expertise to every classroom. Our instructors undergo rigorous training to ensure that they deliver the highest quality instruction, fostering a safe, creative, and engaging learning environment tailored to diverse learning styles. At NCMS, you'll experience an integrated, student-centered approach to education that combines innovative teaching methods with practical, real-world application.

NCMS is located minutes from Lake Norman, I-77 and Davidson College and is just 30 minutes from Charlotte & Statesville, 50 minutes from Hickory and 75 minutes from Winston-Salem.

Program Schedules

Full-time 6-Month Program

Monday-Thursday

8:00 am to 3:00 pm

Part-time 12-Month Program

First Semester

Monday / Tuesday

8:00 am to 3:00 pm

Second Semester

Wednesday / Thursday

8:00 am to 3:00 pm

Program Structure & Hours

Fundamental Theory Courses	
Foundational Therapeutic Massage Techniques	140
Applied Neuromuscular Therapy Techniques	90
Supervised Clinical Internship	100
Anatomy & Physiology Courses	
Applied Anatomy & Physiology	65
Neuromuscular Anatomy & Physiology	35
Foundational Courses	
Kinesiology	55
Pathology	45
Ethics I & II	35
Psychological Concepts I & II	30
Practice Building Courses	
State Laws I & II	15
Business and Professional Development	20
Massage Related Courses	
Eastern Modalities	30
Other Modalities I & II	20
Tai Chi	15
MBLEX Readiness	5
Total Hours	**700**

A clock hour is defined as 50 minutes of instructional time.

Our Philosophy: Nurturing Healers, Empowering Lives

At NC Massage School, we believe that massage therapy is more than a profession—it's a calling. Our purpose is to support each student's journey with respect, integrity, and compassion. We are passionately committed to nurturing the minds, hands, and hearts of those who seek to bring healing and wellness to the world. Guided by a holistic philosophy, our program emphasizes personal growth alongside professional development. By integrating traditional and alternative approaches, with a focus on Swedish and Neuromuscular techniques, we provide a foundation for students to embark on real, viable massage careers and make meaningful impacts in their communities. Here at NCMS, we are more than just a school—we are a community of compassionate healers. Together, we celebrate growth, cultivate kindness, and encourage every student to shine.

Our Mission: Inspiring Excellence in Massage Therapy

At NC Massage School, we are passionately committed to nurturing the minds, hands, and hearts of those who seek to bring healing and wellness into the world. Our mission is to provide an enriching and compassionate learning environment where students can grow into skilled, thoughtful, and ethical massage therapists who understand the profound power of touch.

We believe that massage therapy is a calling, and our purpose is to support each student's journey toward that calling with respect, integrity, and warmth. Through dedicated instruction, hands-on experience, and a foundation rooted in holistic wellness, we empower our students to embrace their unique gifts and make a meaningful impact on the lives they touch.

Here, we are more than a school; we are a community that celebrates growth, cultivates kindness, and encourages each individual to shine. Together, we're building a legacy of compassionate healers, and we are honored to be part of each student's story

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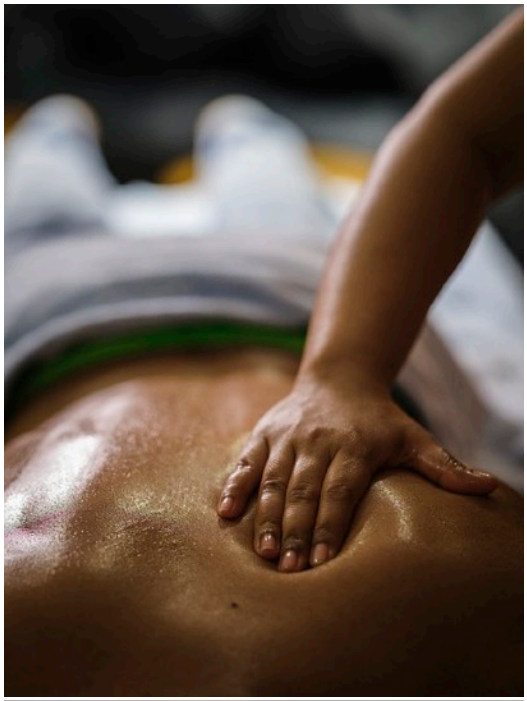
Fundamental Theory Courses

Foundational Therapeutic Massage Techniques: Master the Core of Massage Therapy



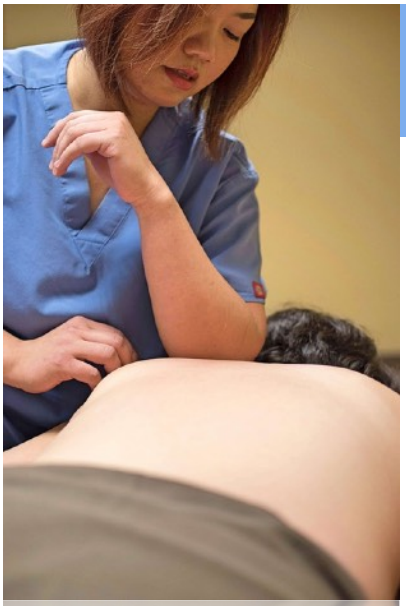
Discover the art and science behind effective massage therapy in Foundational Therapeutic Massage Techniques, the cornerstone of our program. This comprehensive 140-hour course equips students with the skills, knowledge, and confidence to perform a professional full-body massage within a one-hour framework. Through engaging lessons and hands-on practice, students will learn the five essential strokes of Swedish massage—effleurage, petrissage, friction, vibration, and tapotement—and develop an understanding of their therapeutic benefits.

In addition to technique, the course covers the theory and history of Swedish massage, proper hygiene and safety protocols, and the tools of the trade. Students will also master essential professional practices, including client draping, body mechanics, and session flow, ensuring both client comfort and therapist longevity. By the end of the course, students will not only be proficient in the foundational skills of massage but also ready to create customized sessions that promote relaxation, healing, and well-being. This course provides the tools and confidence needed to succeed in the world of wellness. Start your journey here and build the skills that will set you apart as a skilled and compassionate massage therapist..

Applied Neuromuscular Therapy Techniques: Advanced Solutions for Pain and Dysfunction

Take your massage skills to the next level with Applied Neuromuscular Therapy Techniques (NMT), a comprehensive course designed to equip you with advanced clinical tools to address chronic pain, soft tissue injuries, and musculoskeletal imbalances. This course combines in-depth postural assessment, trigger point therapy, and corrective movement strategies to provide holistic care for clients experiencing pain or dysfunction. With 60 hours of hands-on practice and 30 hours of engaging lectures, you will learn to assess client needs, apply precise NMT techniques, and recommend exercises and self-care routines to support lasting recovery and wellness.

From treating lower extremities to addressing shoulder, cervical, and TMJ dysfunctions, this course offers a step-by-step approach to mastering manual therapy routines. You'll develop critical clinical reasoning skills and gain the confidence to tackle complex client cases, making you a standout therapist in the wellness industry. .



"The human body is the best picture of the human soul."

– Ludwig Wittgenstein

Clinical Internship: Real-World Experience for Aspiring Professionals

The Clinical Internship at NC Massage School offers students a hands-on opportunity to refine their massage techniques and develop the professional skills needed for a successful career in massage therapy. In this supervised setting, students work with real clients, gaining practical experience while being guided and supported by a Licensed Massage and Bodywork Therapist (LMBT). This immersive experience is designed to simulate a

real-world practice environment, helping students build confidence, competence, and professionalism.

Throughout the course, students will perform massage techniques in a logical sequence, maintain proper hygiene and attire, and master essential skills such as client interviewing, professional draping, and SOAP Note charting. Students also learn how to identify client goals, adapt sessions to meet individual needs, and manage their schedules effectively. With a focus on teamwork and communication, this internship cultivates a sense of professionalism and prepares students to excel in their future careers.

The Clinical Internship provides students with the tools and guidance needed to thrive in a professional setting while reinforcing the importance of self-care, time management, and attention to detail. From the first warm greeting to post-session documentation, every interaction is a step toward becoming a skilled and compassionate therapist. This course not only builds technical expertise but also fosters the reputation and credibility students will carry into their professional practices. Join us in this transformative learning experience where knowledge meets application, and professionalism begins.

Note: .0626 Student Compensation Prohibited. A student shall not receive a fee, tip or other consideration for the massage and bodywork therapy they perform while completing clinical requirements for graduation, whether or not the school charges a fee for services provided in a student clinic.

Anatomy and Physiology Courses

Applied Anatomy & Physiology: The Foundation of Therapeutic Knowledge

Dive into the fascinating structure and function of the human body with Applied Anatomy & Physiology, a 65-hour course designed to build your foundational understanding of the body's major systems and their connection to massage therapy. Focusing on the integumentary, skeletal, muscular, nervous, and cardiovascular systems, this course explores how these systems

> Posture is also part of our emotional anatomy: How we hold ourselves somatically is related to how we hold ourselves emotionally and psychologically. – Clyde Ford

interact and respond to therapeutic touch, giving you the knowledge to deliver effective, informed treatments.

Through engaging lectures, visual aids, anatomical models, and integrated hands-on applications, you will gain a deep appreciation for the body's complexity and learn how massage therapy influences its functioning. From understanding key structures to analyzing their roles in health and wellness, this course bridges science and practice to prepare you for advanced therapeutic techniques.

Whether you're learning anatomical terminology or exploring the effects of massage on the nervous and muscular systems, Applied Anatomy & Physiology equips you with essential insights that form the backbone of a successful massage therapy career. Begin your journey into the science of healing and lay the groundwork for becoming an informed and impactful therapist.

Applied Neuromuscular Anatomy & Physiology: Mastering the Science Behind Clinical Bodywork

Deepen your understanding of the human body with Applied Neuromuscular Anatomy & Physiology, a focused course that bridges advanced anatomical knowledge with clinical application. Designed for students pursuing expertise in neuromuscular therapy, this 35-hour

course explores the intricate relationships between the musculoskeletal and nervous systems, emphasizing their role in pain patterns, posture, and movement.

Through interactive lectures, detailed muscle analysis, case studies, and hands-on lab sessions, students will gain the tools to assess and address dysfunctions with precision. Topics include identifying key muscles and their functions, understanding neuromuscular pathways, and analyzing common postural imbalances. This course provides the knowledge and skills to evaluate trigger points, referred pain, and muscle activation, enabling students to apply clinical bodywork techniques effectively.

Whether you're studying muscle origins and insertions or exploring how the nervous system influences proprioception and pain perception, this course empowers you to think critically and work confidently in therapeutic settings. Applied Neuromuscular Anatomy & Physiology is an essential step toward mastering advanced bodywork techniques and delivering targeted, impactful care.

Foundational Courses

Kinesiology: The Art and Science of Movement

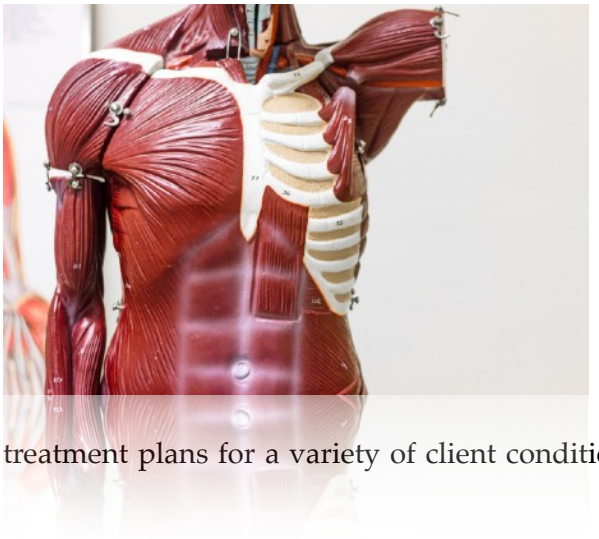
Immerse yourself in the study of human movement with Kinesiology, a 55-hour course that combines hands-on practice and engaging lecture to explore the musculoskeletal system and movement mechanics. This course provides an in-depth understanding of the origins, insertions, actions, and relationships of muscles at key joints. Students will engage in dynamic learning activities, such as sculpting muscles on Maniken® models (Developed by Jon Zahourek Systems®) and analyzing muscle movements, to build a three-dimensional, kinesthetic understanding of the body.

Through palpation, visual analysis, and guided practice, students will learn to identify and locate major muscles, bones, and bony landmarks, while mastering the principles of muscle function and movement. From understanding how muscles work together as agonists and antagonists to analyzing how they adapt during shortened or lengthened positions, this course lays the foundation for effective movement-based massage therapy.

By the end of the course, students will possess the skills to assess and address musculoskeletal imbalances, empowering them to enhance mobility, alleviate discomfort, and support client wellness. Whether you're sculpting muscles in clay or performing real-world postural assessments, Kinesiology provides the tools you need to succeed as a movement-focused massage therapist.

Pathology: Understanding Disease and Its Role in Massage Therapy

Explore the vital connection between health, disease, and massage therapy in Pathology, a comprehensive 45-hour course that equips students with the knowledge to safely and effectively address clients' unique needs. This course delves into the study of disease, covering common pathologies associated with the integumentary, musculoskeletal, nervous, and circulatory systems, while emphasizing the inflammatory response, client assessment, and therapeutic evaluation.



Through engaging lectures, case studies, and group presentations, students will learn to identify diseases, understand their causes and progression, and determine when massage is indicated, contraindicated, or requires modification. With a focus on cross-referencing pathology information and physiological effects, students will develop safe and tailored treatment plans for a variety of client conditions. Additionally, the course prepares students to

recognize when to refer clients to healthcare professionals for conditions outside the scope of massage therapy.

By bridging the science of pathology with the art of massage, this course empowers students to provide informed, compassionate care while maintaining the highest professional standards. Gain the expertise to navigate complex health scenarios and make a meaningful impact on your clients' well-being.

Professional Ethics: Building a Foundation for Integrity in Massage Therapy

This comprehensive course combines Ethics I and II to provide students with a thorough understanding of professional standards, legal responsibilities, and ethical decision-making in massage therapy. Spanning 35 hours, this course equips students with the knowledge and skills needed to navigate complex ethical scenarios with confidence and professionalism.

Students will explore essential topics such as professional boundaries, client relationships, confidentiality, informed consent, and legal regulations. Advanced discussions focus on dual relationships, scope of practice, cultural competence, and conflicts of interest, allowing students to develop a nuanced understanding of ethical challenges in the field. Through case studies, interactive exercises, and reflective assignments, students will strengthen their critical thinking and problem-solving skills, preparing them to handle real-world ethical dilemmas effectively.

By the end of this course, students will be well-versed in the principles of ethical massage therapy practice, ensuring they maintain integrity, professionalism, and client trust in all aspects of their work. This course lays the groundwork for a successful and ethical career in massage therapy while fostering a commitment to ongoing professional growth.

Psychological Concepts: Understanding the Mind-Body Connection in Massage Therapy

This combined course, Psychological Concepts I and II, provides a comprehensive exploration of the connection between the mind and body, offering students a deeper understanding of somatic psychology and its relevance to massage therapy. Spanning 30 hours, this course equips students with the knowledge and tools to address the psychological dimensions of bodywork while maintaining professionalism and client-centered care.

Students will explore foundational topics, such as the effects of stress on the body, emotional holding patterns, and the physiological impact of trauma. Advanced discussions focus on trauma-informed care, recognizing emotional responses during massage, and developing sensitive communication strategies to support client well-being. Practical applications include understanding nervous system responses, identifying emotional release, and maintaining professional boundaries when addressing psychological concerns.

Through case studies, interactive discussions, and reflective assignments, students will gain the skills to create a safe and supportive environment for clients to experience therapeutic touch. This course emphasizes the importance of trust, empathy, and the therapist's role in facilitating holistic healing, preparing students to navigate the emotional complexities of bodywork with confidence and care.

Practice Building Courses

North Carolina Massage and Bodywork Laws & Rules: Foundations and Advanced Practice

This comprehensive course combines State Laws I and II into an in-depth exploration of the laws, rules, and ethical standards governing massage and bodywork therapy in North Carolina. Over 15 hours, students will gain a foundational understanding of licensure

requirements, scope of practice, and professional boundaries, as well as advanced knowledge of compliance, continuing education, and client rights.

In the foundational portion, students will learn about the role of the North Carolina Board of Massage and Bodywork Therapy (NCBMBT), the process for obtaining and maintaining licensure, and essential legal and ethical responsibilities. Advanced discussions will delve into updates to state regulations, strategies for avoiding disciplinary actions, and real-world case studies that highlight ethical and legal dilemmas.

Through lectures, group activities, and interactive case study discussions, students will develop the critical skills needed to navigate complex regulatory and ethical scenarios. By the end of the course, students will be equipped to practice responsibly, maintain compliance, and uphold the highest standards of professionalism in the field of massage therapy. This course prepares students not just to meet legal requirements but to excel as ethical and informed professionals.

Business Management and Professional Development: Building Your Massage Career

Prepare for a successful and fulfilling career in massage therapy with Business Management and Professional Development, a 20-hour course designed to equip students with the essential skills needed to thrive in both employment and entrepreneurship. This comprehensive course blends professionalism, business acumen, and practical client assessment techniques to provide a well-rounded foundation for launching or advancing your career.

Students will learn key concepts such as self-care, marketing, record-keeping, and effective communication, while also gaining hands-on experience in postural assessment, SOAP Note documentation, and treatment planning. Engaging workshops on resume writing, interview preparation, and marketing strategies will help students create actionable plans for their professional journey. Guest speakers from the industry bring real-world insights, offering invaluable guidance on navigating diverse business models and target markets.

By the end of this course, students will have developed critical tools, including health intake forms, SOAP notes, resumes, and marketing plans, while building confidence in

professional communication and client interaction. Business Management and Professional Development bridges the gap between technical skills and business savvy, empowering students to make a meaningful impact in the massage therapy field.

Massage Related Courses

Eastern Modalities: Integrating Eastern Wisdom into Massage Therapy

Discover the ancient art of Eastern bodywork with Eastern Modalities, a 30-hour course that explores therapeutic practices rooted in traditional Eastern medicine. This course introduces students to foundational principles such as the Five Element Theory, Yin/Yang Theory, and the twelve primary meridians, alongside a variety of bodywork techniques including Chinese Acupressure, Thai Sen Lines, Indian Chakras, cupping, and moxibustion.

Through a combination of lecture and hands-on practice, students will learn how to locate and apply key acupressure points, release tension in areas like the neck and shoulders, and integrate Eastern techniques into clinical massage sessions. This course not only enhances the practitioner's ability to improve energy flow and overall client well-being but also broadens their knowledge of international bodywork traditions.

By the end of the course, students will be able to confidently incorporate Eastern modalities into their practice, offering clients a holistic approach to healing and relaxation that is grounded in centuries of wisdom. Expand your skillset and bring the power of Eastern techniques to your massage therapy practice.

Other Modalities: Expanding Your Massage Therapy Skill Set

This combined course, Other Modalities I and II, introduces and builds upon specialized "non-Eastern" techniques that enhance a massage therapist's professional repertoire. Over 20 hours, students will explore a variety of therapeutic approaches, including Hydrotherapy, Cryotherapy, Aromatherapy, Myofascial Release, Prenatal Massage, and Seated Chair Massage. These modalities are designed to address specific client needs, improve therapeutic outcomes, and expand treatment options across diverse settings.

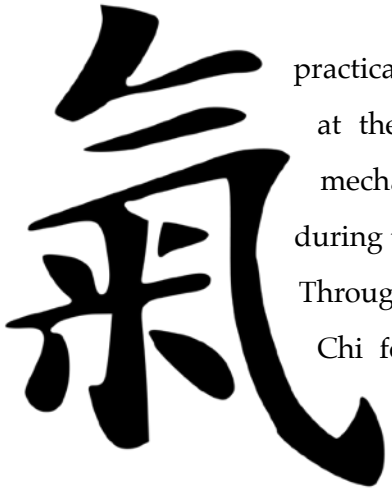
In Other Modalities I, students will gain hands-on experience integrating Hydrotherapy, Cryotherapy, and Aromatherapy into massage sessions. By understanding the therapeutic benefits, proper applications, and contraindications of these techniques, students will learn how to safely and effectively incorporate them to enhance client care.

Building on this foundation, Other Modalities II introduces advanced techniques such as Advanced Myofascial Release for addressing soft tissue restrictions, Prenatal Massage for expectant mothers, and Seated Chair Massage for workplace or event settings. Students will master practical applications, develop client-centered routines, and refine their ability to adapt techniques to meet unique client populations.

Through a blend of lecture, hands-on practice, and real-world application, this course empowers students to deliver tailored, effective treatments that set them apart in the field of massage therapy. Whether soothing tension with hydrotherapy or providing relief through prenatal care, students will leave with the confidence and competence to elevate their practice.

Tai Chi: Cultivating Energy and Movement for Massage Therapists

Explore the ancient art of Tai Chi, an Oriental system of movement and energy cultivation that enhances flexibility, posture, and breathing while fostering mind-body balance. This 15-hour course introduces students to the foundational principles of Tai Chi, emphasizing its



practical application for massage therapists. By integrating Tai Chi techniques at the massage table, students will develop efficient and effective body mechanics, reducing the risk of injury and promoting greater energy (Chi) during therapy sessions and in daily life.

Through guided practice, students will learn the first third of the Yang-style Tai Chi form, gaining an understanding of its eight core principles and key concepts. With consistent practice, Tai Chi becomes a powerful tool for improving posture, fluidity of movement, and overall well-being, empowering massage therapists to deliver treatments with greater ease and presence.

Whether you're enhancing your professional skills or seeking personal growth, this course offers a dynamic way to integrate the benefits of Tai Chi into your life and practice. Discover how this timeless discipline can support your journey as a massage therapist, fostering longevity, energy, and balance.

MBLEx Readiness: Your Path to Licensure Success

Prepare to excel on the Massage and Bodywork Licensing Examination (MBLEx) with MBLEx Readiness, a focused 5-hour course designed to reinforce essential knowledge and build test-taking confidence. This comprehensive course reviews key concepts from anatomy, physiology, kinesiology, pathology, ethics, and massage techniques, ensuring students are well-equipped to tackle the national licensure exam for massage therapists.

Students will benefit from interactive discussions, targeted reviews, and effective study strategies to optimize retention and identify areas for improvement. The course culminates in a full-length practice MBLEx exam, simulating the actual test environment and providing valuable insights into readiness. Emphasis is placed on mastering multiple-choice strategies and understanding the exam's format and structure, boosting confidence and minimizing test-day anxiety. MBLEx Readiness is the final step in your journey toward licensure. With expert guidance and focused preparation, this course empowers you to achieve success and take the next step in your massage therapy career.

Admissions

All applicants must:

- Be at least 18 years of age
- Be physically and emotionally capable of performing and receiving massage with both males and females
- Display a philosophy, professional attitude and maturity compatible with NC Massage School objectives and professional standards
- Have graduated from high school or have completed a GED
- If applicable, provide documentation of probation, felony or misdemeanor charges and conviction.

At NC Massage School, we believe in providing a comprehensive and cohesive learning experience, ensuring that all students receive the full depth of our curriculum, instructional methods, and hands-on training. Because our program is uniquely designed to integrate foundational knowledge with progressive skill development, we do not accept transfer credit, as every course and clinical experience is essential to maintaining the integrity and quality of our education.

School Visitation

We welcome prospective students to make an appointment with admissions for an interview and tour of the school. During this time students will meet some of the staff, tour the facility, perhaps view classes in session, and discuss entrance into the school.

Admissions Procedure

- Complete the "Register Now" form online and you will receive an email with a custom link to our MyPath Online Registration Site. Complete the MyPath forms with all requested documentation and submit along with the non-refundable application fee.
- Be familiar with the contents of this catalog.
- Once your application is received, you will be contacted to schedule an appointment for a personal interview.
- Notification of acceptance or denial is sent within thirty days of completion of the application process. Once accepted, applicants will need to send a non-refundable tuition deposit to ensure a place in the program.

Denial of Admission

This institution reserves the right to deny admission to any applicant for reasons including, but not limited to:

- Failing to meet the stated entrance requirements
- Lacking the physical capacity to perform massage
- Having a health problem that interferes with duties as a student or massage practitioner
- Being unable to meet financial obligations to the school
- Exhibiting a lack of motivation, or an incompatible bodywork philosophy

Our school is committed to providing an exceptional educational experience. Your admission may be denied if you require specific specialized instruction that we are unable to accommodate.

The School may deny an applicant if it is deemed that an education in massage is not beneficial to the individual. In the event an applicant is denied admission, the decision is final and may not be appealed.

Tuition, fees and other others schedules along with various payment options can be found in our annual bulletin.

Class Size

Highly personal training is our approach. Theory class size is limited to a maximum of 18 students. Student teacher ratio during hands on classes is 8 to 1. At NC Massage School, you will be taught only by highly trained and skilled instructors. This provides for an optimum learning environment second only to private tutoring.

Continuing Education

NC Massage School offers opportunities for continually developing and improving therapeutic massage and bodywork skills. We are designated as an Approved provider for Continuing Education by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB).

Attendance Policy

Attendance is mandatory at all classes and clinics during the enrollment in our seven hundred (700) hour massage therapy program. Attendance and punctuality are part of responsible and professional behavior. All grade criteria for individual courses require a component of attendance. **Students must attend 100% of the Supervised Clinical Internship**.

- For a student to receive credit in a course, the student shall attend 80 percent of the instructional hours of the course. The student shall also make up missed instructional hours to equal no less than 98 percent of the instructional hours in the course according to the procedures established by the school. SECTION .0600 - MASSAGE AND BODYWORK THERAPY SCHOOLS, 21 NCAC 30 .0620 (11) BMBT
- Students clock in at the beginning of each day. If a student arrives over five minutes late four times for any given day, or departs more than 30 minutes early, it will be considered as one days absence.
- The school will officially terminate a student who has unexcused absences for five consecutive school calendar days.

Leave of Absence Policy

A leave of absence may be granted only at the discretion of the Program Director.

- Requests for a leave of absence must be made in writing to NC Massage School PRIOR to the missed classes or WITHIN THE FIRST WEEK OF ABSENCE when an unexpected personal emergency occurs.
- A leave of absence of up to four successive weeks may be granted by NC Massage School which cannot take place prior to the first supervised internship or during any of the four supervised internship weeks.
- The student must make up any missed exams within two weeks of his/her return.
- If a leave of absence exceeds four weeks, for financial aid and tuition calculation purposes, it will be treated as a withdrawal from the program.

Make-up Work Policy

Make-up work is the responsibility of the student, and is allowed for approved situations. If a student is not present for a class, an absence is entered into the attendance record. The student is expected to contact NC Massage School as soon as possible regarding an absence. Make-up work must be completed within five calendar days. Make-up/re-take tests must be completed within three school days. To make up missed work, a student must:

- Obtain the form NC Massage School Make-up Work Contract and contact instructor.
- Complete form according to directions given by instructor and present form with made-up work on each class missed to appropriate instructor on return to school.
- Hands-on class work has a make-up fee for instruction time.
- Re-testing fee is to be paid prior to taking the exam/quiz.
- Final exams and/or evaluations incur a re-test fee.
- Under no circumstances may any exam be repeated more than once.
- No more than five total retakes will be allowed during a student's enrollment.
- Students must call 24 hours in advance to guarantee an appointment for a written exam. Make-up exams will be scheduled outside of classroom hours.

No diploma will be granted until all course requirements are met. Additional costs may be incurred during this make-up process.

See our annual bulletin for current details on tuition, fees and payment options.

Tutoring Policy

Tutoring for students in need of additional help is available from appropriate instructors at a charge per hour for lecture and per hour for hands-on classwork. All tutorial fees are paid directly by the student to the instructor. Student tutorial needs are based on notification by students to instructor, from the Director, or by substandard performance. Tutorial services can be used for make-up in special circumstances, determined by the instructors or other appropriate staff.

Incomplete Policy

Incomplete grades are granted only in exceptional cases, and are considered on a case-by-case basis. The instructor and student will create a contract, with deadlines recorded. If the student fails to complete the work by the deadline, he/she will receive a failing grade and the course must be retaken.

Satisfactory Progress

In order to maintain satisfactory progress toward a NC Massage School diploma, students are required to:

- Maintain, in all courses, a minimum grade point average of 70% in a 100-point system.

90 - 100	A
80 - 89	B
70 - 79	C
Below 70	Fail

- Complete the program in the time frame for which they have enrolled.
- Complete all 100 clock hours of the Supervised Clinical Internship course.
- Complete the minimum of clock hours required in all other courses.
- Participate in class activities including giving and receiving massage.
- Throughout the program bring required textbooks, as listed in each course syllabus and be prepared.
- Document the required hours of practice massage sessions during the program.
- Receive and document 3 professional massage sessions during the program.

Probation and Dismissal Policy

Probation is a disciplinary action that addresses specific rule violations by monitoring students performance for a specified time period while allowing the student to attend classes. Students will be informed in writing, as well as by speaking with the Director of Education, of probation and criteria of probation. The maximum length of time a student may be put on probation is 30 days. At the end of the probationary period, the student will meet with the staff to determine if he/she has complied with the criteria of probation. If the criteria has been satisfactorily met, probationary status will be dropped. If the student has not satisfactorily complied with the criteria of the probation, the student may be dismissed from the program. A student may be placed on probation for failure to adhere to all policies in this catalog which may include but not limited to:

- follow Student Code of Ethics and attendance policy

- meet satisfactory academic progress
- meet up-to-date tuition payments
- have a complete student file
- follow student dress code

Dismissal indicates that a student must withdraw from the school program and may not reapply for at least one year or more, as determined by the Director of Education and Program Director. A student may be dismissed for:

- failure to complete probationary requirements
- grave violations of the Student Code of Ethics
- failure to make tuition payments up-to-date
- continuation of behavior leading to probation

USERRA Compliance

ABSENCE FOR MILITARY SERVICE PURPOSE: NC Massage School is committed to full compliance with statutory requirements pertaining to employees and students who are absent from work due to military service. This policy provides general information and guidance concerning management's and military employees' respective rights and responsibilities in dealing with such absence(s). Additionally, the policy references revisions to other administrative policies related to employees who are absent due to military service.

POLICY: A. UNIFORMED SERVICES EMPLOYMENT AND REEMPLOYMENT RIGHTS ACT (USERRA) As an employer and school, NC Massage School will comply with its obligations as described under the Uniformed Services Employment and Reemployment Rights Act (USERRA), the federal statute that governs the terms and conditions of military employees and students who are absent from work. Employees and students in the military services are expected to likewise comply with the responsibilities and terms and conditions set forth in the statute. For a specific detailed listing of the legal requirements, the USERRA statute should be referenced. However, for purposes of this policy, an employee's key rights and responsibilities include:

- An employee/student who receives notice to report for active military service must provide and submit authentic military orders for deployment to the proper management personnel as well as comply with all notification requirements of USERRA.
- An employee/student upon submittal of the necessary military orders is automatically excused from work during the absent time proscribed in the military orders; such absent periods shall be permitted up to a maximum 5-year lifetime limit as designated in USERRA.
- An employee/student on absent time while serving in the military shall be entitled to the same rights, benefits, etc. for which they are qualified to receive like other employees/students working for the employer.

Grievances

The faculty and staff at NC Massage School are committed to hearing and resolving school-related problems or concerns. We believe that student feedback is essential to the continuing growth and development of our program. We will provide you with a list of faculty and staff members so you may address your concerns to the appropriate person.

If you are dissatisfied with the results, please put your concerns in writing and submit it to the Director of Education, who will meet with other appropriate parties to address the issue. You will receive a response within 10 calendar days. In the unlikely event of an irresolvable complaint, it is possible for the matter to be carried to the N.C. Board of Massage & Bodywork Therapy, but only after every effort has been made to resolve the problem at NC Massage School.

North Carolina Board of Massage & Bodywork Therapy
4140 ParkLake Ave., Suite 100, Raleigh, North Carolina 27612
Phone: 919-546-0050 Fax: 919-833-1059 E-mail: admin@bmbt.org

Graduation Requirements

To be awarded a diploma from NC Massage School, students must meet the following graduation requirements:

- Successfully fulfill all academic and attendance standards as outlined in the Satisfactory Progress and Attendance Policy.
- Adhere to all school rules and regulations, including maintaining professional conduct and ethical standards at all times.
- Ensure that all tuition and fees are paid in full or have an approved payment plan in place.
- Complete all coursework, clinical requirements, and practical assessments, including the final massage practical, which must be completed no later than two weeks prior to the scheduled graduation date.

Students who have not met these requirements may not participate in the official graduation ceremony until all obligations are fulfilled. However, students are eligible to participate in the graduation ceremony.

Upon successful completion of the program, graduates will receive a diploma in Therapeutic Massage and Bodywork and a certificate in Neuromuscular Therapy, signifying their completion and professional certification.

Licensure Requirements

North Carolina requires massage therapists and bodyworkers to be state licensed before they have the right to practice.

North Carolina requires graduates to pass the MBLEx exam as part of their application process. NC Massage School graduates are completely prepared to pass the exam.

Once a graduate successfully completes the MBLEx exam, they may then apply for state license.

Please visit the FAQ's at www.bmbt.org.

Student Code of Ethics

Positive ethical behavior is expected of all students enrolled in NC Massage School program. Students must follow all school policies, which include but are not limited to:

- Students must dress appropriately while attending classes, following NC Massage School Student Dress Policy.
- Students must follow Attendance Policy.
- Students may not engage in any sexual activity on the campus.
- Sexual harassment or innuendoes are not allowable at any time at NC Massage School.
- Students must maintain acceptable personal hygiene.
- Smoking is not allowed inside the school building or on school grounds.
- Students may not violate the Substance Abuse Policy.
- Students must use professional draping procedures in all massage classes and clinics.
- Students may not cheat on exams or homework, or plagiarize
- Students may not be disruptive in classrooms or on school grounds and must treat instructors and fellow students with respect
- Students use of NC Massage School credentials and/or name before all graduation requirements are met is prohibited unless approved by the appropriate administrative staff.
- Students must respect the property of NC Massage School and obtain permission before using or taking any property owned by NC Massage School or by school personnel.
- Students must honor privacy and confidentiality of massage recipients, both student and public.
- Students must work with clinic clients in a professional and ethical manner and comply with all policies concerning the clinic experience.
- Physical/verbal abuse is prohibited towards any instructor, staff member or student.
- Students must follow the Infectious Conditions Policy.
- Classroom behavior that could cause public comment that is detrimental to the profession is prohibited.
- Solicitation is not allowed at NC Massage School, either on school property or at any school-sponsored events.

Withdrawal Policy

Any applicant, withdrawing before or after acceptance to the program, must notify in writing his/her intent to the Administrator in a timely manner. After receipt of intention to withdraw, NC Massage School will forward a Withdrawal Form to be completed, signed and returned to the school. NC Massage School has 15 days to complete the withdrawal process after receipt of the Withdrawal Form. The result may mean a refund to the student or additional monies owed to the school. The following policy is designed to calculate the percentages for the withdrawal process.

- Termination Date: The termination date for refund computation purposes is the last date of actual attendance by the student.
- Rejection: An applicant rejected by the school shall be entitled to a refund of monies paid with the exception of the application fee and tuition deposit.
- Student Dismissal: For a dismissed student, refunded tuition will follow the same guidelines as for those students who withdraw.
- Right to Cancel: The applicant or student has the right to cancel and withdraw from the program at any time following the guidelines of the refund policy and enrollment contract
- Three-day Cancellation: All monies paid by the applicant will be refunded if requested within three business days after signing an enrollment contract and making initial payment with the exception of the application fee, and tuition deposit.
- Student Withdrawal: Any applicant subsequently requesting cancellation before entering school and starting the course, after signing the enrollment contract, and after three-day cancellation period, shall be entitled to a refund of all monies paid, less the tuition deposit and application fees.

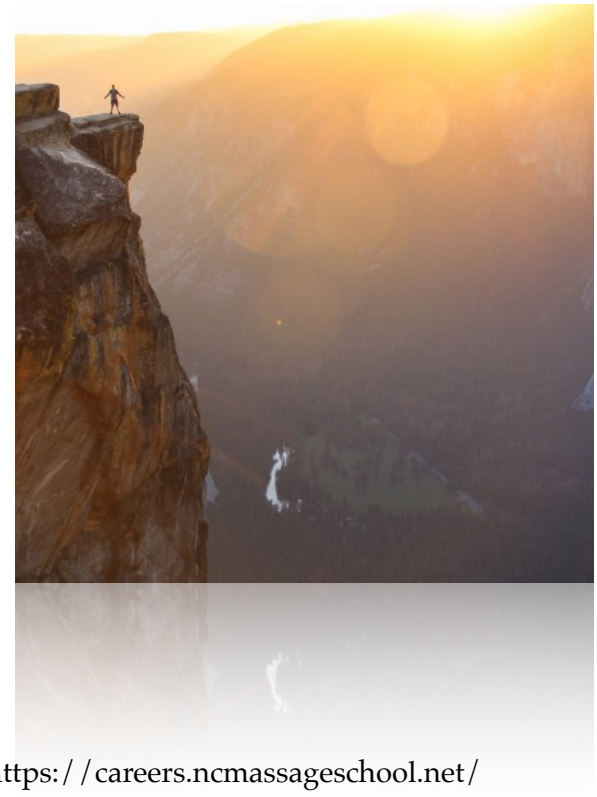
Refunds

- For a student completing up to 5%, the tuition charge will be 5% of the contract price plus the tuition deposit and application fee.
- For a student completing more than 5% but no more than 10%, the tuition charge will be 20% of the contract price plus the tuition deposit and application fee.

- For a student completing more than 10% but no more than 25%, the tuition charge will be 50% of the contract price plus the tuition deposit and application fee.
- For a student completing more than 25% the student is responsible for 100% of the contract price. All unpaid payments will be paid to the school on pre-planned dates as contracted by the student.

Job Placement

NC Massage School supports graduates by passing along referrals on any job opportunities that become known to the school. NC Massage School encourages a variety of experiences and is aware that there are no guarantees of profitable employment. Therefore, we develop relationships with other local businesses and health care providers to provide students with many job opportunities. In addition, all NC Massage School students graduate with business skills to help them develop their own practice or find work, i.e., public speaking, knowledge of massage, professional organization, etc. NC Massage School has a record of past, present and potential employers to which students and graduates may have access. Since there is no saturation of Massage Therapists, the vast majority of our graduates are able to find work within the field. Jobs vary widely from health spas, salons, cruise ships, fitness gyms, chiropractic offices, nursing homes, and pain management clinics to professional and amateur athletic sport teams. Many health professionals are incorporating their medical backgrounds with Massage. A high percentage of NC Massage School graduates are in full-time, private practice; others have chosen a part-time career.



See our NC Massage School Careers Page at https://careers.ncmassageschool.net/

Library

Our library contains learning aids to support classroom materials, and has a variety of massage/bodywork references including books, articles, DVD's of massage procedures and kinesiology instruction and audio tapes on various modalities.

Academic Advising

Anytime a student is experiencing academic difficulty, he/she will be referred by the instructor to the Program Director for academic advising. Students who are showing unsatisfactory progress at mid-term will be scheduled to meet with the Administrator.

Student Records

In the course of your application, enrollment, and attendance, this school has compiled a number of important records concerning you, including:

- Admission Records
- Grades
- Payment Records
- Attendance records
- Disciplinary Records

Student files are secured by the Program Director or Director of Education. All student files are considered confidential. The school will not release any information about you to outside individuals unless we have first received your written permission, or are required to give the information under State or Federal law. A student may request to access his/her file through the Director of Education or the Program Director.

Please join us at NC Massage School, where your journey toward becoming a skilled and compassionate massage therapist begins. Our nationally recognized program blends time-honored techniques with modern advancements in bodywork, all while fostering a nurturing environment rooted in holistic wellness. Here, you'll not only learn the art and science of therapeutic massage but also discover the profound connection between mind, body, and spirit. With experienced instructors, hands-on training, and a focus on personal growth, we prepare you to bring healing and balance to the lives you touch. Whether you're pursuing a new career or expanding your horizons, NC Massage School is your gateway to a future of purpose, passion, and transformation.

NC Massage School, 20525 N Main St Cornelius, NC 28031 704-896-2636

Approved by The National Certification Board for Therapeutic Massage & Bodywork
(NCBTMB) Continuing Education Provider
Approved by the Department of Veterans Affairs

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NCMS

Academic Bulletin | 2025 | Volume V

2025: A Stronger, More Comprehensive Education for Massage Therapists

For over 22 years, NC Massage School has proudly offered a rigorous and highly respected massage therapy education. While our core philosophy and high standards remain unchanged, recent updates to North Carolina state requirements presented an opportunity to enhance and modernize our curriculum while preserving what makes our program exceptional.

To meet the new 650-hour state requirement while continuing to offer our renowned Neuromuscular Therapy (NMT) training, we have expanded our program to 700 hours. This not only ensures compliance with updated regulations but also strengthens our ability to provide students with a comprehensive, well-rounded education that goes beyond the basics. Our new structure allows for a clearer, more cohesive learning experience, refining course sequencing, improving content delivery, and enhancing preparation for real-world practice.

Key improvements include the introduction or refinement of dedicated courses in Neuromuscular Therapy, Ethics, and State Laws & Rules, the consolidation of various techniques into streamlined Other Modalities courses, and the addition of an MBLEx Readiness course to better support students in their licensure exam preparation. These enhancements make our program more structured, more integrated, and even more effective at preparing students for a successful career in massage therapy.

At NC Massage School, we view these changes as an exciting step forward—one that reflects our commitment to excellence, innovation, and student success. We invite you to explore this updated program and discover how it can support you in building a rewarding and impactful career in massage therapy.

FACULTY

Kristy Serdinsky, Owner, Director of Education

With a deep-rooted passion for both education and wellness, Kristy brings a wealth of experience to NC Massage School. Her career began in education, where she excelled as both a teacher and an administrator in charter and private schools before transitioning into the wellness industry. In 2015, she opened a successful massage spa in Cornelius, North Carolina, dedicating herself to promoting health, balance, and self-care. She currently employs over 31 wellness professionals including massage and skin therapists, spa managers and front desk professionals. As the owner and Director of Education at NC Massage School, Kristy combines her expertise in curriculum development, student success, and business operations to create a learning environment where future massage therapists can thrive personally and professionally. Under her leadership, NC Massage School continues to uphold its reputation for excellence, innovation, and student-centered education in massage therapy.

Jules Wyatt, Program Director, Instructor/Clinical Supervisor, LMBT #14873

Jules is a 2015 graduate of NC Massage School. She is a Reiki Master and is trained in several massage modalities including, Neuromuscular Therapy, Myofascial Release Techniques, Cupping, Gut Sha, and Prenatal Massage. In the last several years, she has also trained extensively in Reiki and Quantum Touch. She is currently studying for her Masters Degree in Counseling Psychology. Jules enjoys spending her free time with her partner, Bruce along with their Australian Shepherd, AussieDoodle and 5 chickens. She loves the outdoors and spends most weekends working on their own homestead of 5 acres. Jules is excited to be a part of the NC Massage School family again and lend her years of experience to the exceptional students at NC Massage School.

Our Teacher Assistants (TAs)

Many of our TAs are recent graduates who have successfully completed our program and are eager to share their knowledge with the next generation of massage therapists. Others are local, practicing massage therapists who bring real-world industry experience into the classroom, offering valuable insights on working with clients and building a career. By integrating fresh talent and experienced professionals into our teaching team, we ensure that students receive individualized attention, up-to-date techniques, and a direct connection to the evolving field of massage therapy.

2025 TUITION & FEES

Tuition	
Application (non-refundable)	$25.00
Tuition Deposit (non-refundable)	$1,200.00
Tuition Down Payment	$1,500.00
Remaining Tuition	$6,890
Total Tuition Expense	$9,590
Additional Costs	
Books	$650.00
Technology Fee	$180 (due first day of class)
Massage Table (optional)	Mkt Price ($550 - $875)
Supplies (lotion/oil & linens)	Mkt Price ($50 - $100)
Miscellaneous Fees	
Late Tuition Payment Fee	%3 (applied to balance due)
NSF Fee	$35.00
Transcript Copy Fee	$15.00
Missed Clinic Fee	$40.00
Make-up Fee(s)	$25/hr. Proctor Fee
Missed Final Exam	$45.00
Non-completion Program Fee	$100.00
Audit Fee	$30.00
Tutoring	$20/hr + $40/hr hands-on

PAYMENT OPTIONS

Tuition Payments

- Non-refundable deposit of $1,200.00 is due upon acceptance.
- Tuition down payment of $1,500.00 due 4 weeks before the program begins.
- Balance of $6,890.00 must be paid on or before the first day of class.
- The total cost for tuition is $9,590.
- We accept cash, checks and all major credit cards.

Pay in Full Option

- $300 Pre-payment Discount – Full tuition payment two weeks before classes start provides a $300 discount, plus the savings on fees associated with the monthly payment program. Note: To receive the paid in full discount, payment mush be cash or check.

In-House Financing Plan

Students may apply to use the NCMS In-House Tuition Financing Plan, with the tuition balance (plus 10% financing fee) paid in monthly installments beginning the first month of class as follows:

- Full-Time Student Financing Options:
  Full-Time Program: six monthly payments of $1,263/mo.
  Full-Time Program: twelve monthly payments of $633/mo.
  Full-Time Program: eighteen monthly payments of $421/mo.

- Part-Time Student Financing Options:
  Part-Time Program: twelve monthly payments of $633/mo.
  Part-Time Program: eighteen monthly payments of $421/mo.
  Part-Time Program: twenty-four monthly payments of $316/mo.

Approved Provider Veterans Educational Benefits Program

The North Carolina State Approving Agency approves the NC Massage School 650-hour Massage Diploma Program to enroll veterans, military, and other eligible persons for educational assistance by the US Department of Veterans Affairs. Please visit www.gibill.va.gov for more information. ** Certificate of Eligibility Required to Hold Spot **

2025 CALENDAR

2025 Class Dates:

- December 2, 2024 - June 12, 2025
- June 16, 2025 - December 18, 2025

Observed Holidays:

- Thanksgiving/Fall Break (1 week)
- Christmas/Winter Break: (2 weeks)

Unless otherwise noted, school will be in session on US Holidays.

Program Schedules

Full-time 6-Month Program
Monday-Thursday
8:00 am to 3:00 pm

Part-time 12-Month Program
First Semester
Monday/Tuesday
8:00 am to 3:00 pm

Second Semester
Wednesday/Thursday
8:00 am to 3:00 pm

WELCOME TO NC MASSAGE SCHOOL!

Dear Future Massage Therapists,

Thank you for considering NC Massage School as the place to begin your journey into the incredible field of massage therapy. As the owner of NC Massage School, I am thrilled to welcome you to a program that is deeply committed to your growth and success.

Our school is more than just a place to learn – it's a community where passionate instructors, supportive peers, and a wealth of resources come together to help you build a strong foundation for your career. With the guidance of our amazing instructors and the inspiration of our thriving massage community, you will not only gain the technical skills necessary for excellence but also discover the transformative power of helping others through touch.

A few years ago, I had the privilege of taking over NC Massage School, driven by my passion for wellness and education. Since then, I've worked alongside an incredible team to ensure that every student who walks through our doors feels supported, inspired, and prepared to succeed. I am also the proud owner of Massage Heights, Jetton Village in Cornelius where I've seen firsthand how skilled, compassionate therapists can positively impact lives.

I encourage you to explore what NC Massage School has to offer and consider how we can help you achieve your goals in this fulfilling and impactful profession. We would love to be part of your journey!

Warm regards,

Kristy

Kristy Serdinsky
Owner, Director of Education