



COLORADO INSTITUTE OF MASSAGE THERAPY

650-Hour Additional Program Requirements **Advanced Neuromuscular Massage Therapy Certification Program**

CIMT programs require a time commitment of approximately **20-25 hours per week**. In addition to Tuesday and Thursday classroom time, the following are requirements that take place **outside** of the classroom:

- **Technique lab hours** (This will vary depending on the course.) Lab times are available 6 days a week.
 - Lab is hands-on practice time. Students will provide practice massages on friends and family. Classmates and CIMT staff are available as well.
 - **10 hours of Sports events**, held off-site with instructor
 - May be any day of the week, but typically on weekends.
 - A sporting event is a **table massage** for athletes. The Pikes Peak Marathon is an example.
 - This requirement is part of SP101 Sports Massage Therapy to be completed after **attending week 7** of TC101 Swedish and **before graduation**.
 - **6 hours of Sports Clinic**
 - Held in the CIMT technique room, typically every other Monday night.
 - Table massage for athletes in training. CIMT will book clients for the student.
 - This requirement is part of SP101 Sports Massage Therapy to be completed after **attending week 7** of TC101 Swedish and **before graduation**.
 - **40 hours of Electives**
 - All electives are held on Saturday at CIMT.
 - A list of electives will be given at Orientation.
 - **120 hours (21 weeks) of Student Clinic**
 - Monday- Friday shifts, varying morning and night. CIMT will book clients for the student.
 - One day a week, 5-hour shift that includes three 1-hour massages per day.
 - At approximately the 14th week in the program, students will enter the Student Clinic. Before entering Student Clinic, students must complete their Swedish preceptor, and pass the Swedish technique course.
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Technique Lab Hours for 650-Hour Program

Technique		Lab Hours
TC101	Swedish Massage	9
TC103	KOVs	26
TC102	Integrative Techniques	16
TC104	IANMT Certification Series	18
Total		111

This averages about 3 hours a week for lab.