



NCBTMB Job Task Analysis Announcement

Beginning January 1, 2010, all examinations developed and administered by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) will reflect content specifications based on NCBTMB's most recent job task analysis (NCBTMB, 2007). A job task analysis, sometimes called a practice analysis or role delineation, is a set of procedures used to obtain descriptive information about the tasks performed on a job and the knowledge areas needed to perform those tasks competently. NCBTMB uses job task analyses to provide support for the content specifications that are used to build test forms that are administered to candidates.

Under the guidance of Carole Ostendorf, PhD, Chair of the NCBTMB Job Analysis Task Force, NCBTMB's most recent job task analysis incorporated a multi-stage, multi-method approach to validating content for NCBTMB tests. First, in conjunction with subject matter experts from the massage and bodywork profession (e.g., practitioners, educators and state board of massage representatives), NCBTMB constructed a comprehensive inventory of tasks and knowledge areas related to important massage and/or bodywork activities. Then, using survey methodology, a randomly selected sample of massage professionals from across the country was asked to provide independent judgments to verify (or refute) the importance of the tasks and knowledge areas included in the inventory. In addition to the random sample, NCBTMB collected responses from other interested parties via an electronic version of the survey posted on its website.

Massage and/or bodywork practitioners and educators from these samples were asked to provide responses regarding how important they felt the tasks and knowledge areas included in the inventory were to competent practice at entry level. Once data were collected, a Job Analysis Task Force comprised of practitioners, educators and state board of massage representatives reviewed the study's results and made recommendations to the NCBTMB Board of Directors in the way of content specifications for future forms of the tests. Although these recommendations did not reflect substantial updates to the content of NCBTMB's current tests, the Board of Directors still reviewed them in detail and posted a draft on the NCBTMB website for public comment. NCBTMB has completed its review of public comments, approved updated content specifications for future forms of the tests and now makes them available for you to review in anticipation of a January 1, 2010 deployment.

CONTENT OUTLINE: NCETMB NATIONAL CERTIFICATION EXAMINATION FOR THERAPEUTIC MASSAGE AND BODYWORK (With Percentage Weights of Major Content Areas)

I. General Knowledge of the Body Systems (16%)

- A. Integumentary system
- B. Skeletal system
- C. Muscular system
- D. Nervous system
- E. Endocrine system
- F. Cardiovascular system
- G. Lymphatic system
- H. Urinary system

- I. Respiratory system
- J. Gastrointestinal system
- K. Reproductive system
- L. Energetic systems (e.g., chakras; channel [meridians]; primary and extraordinary channels)
- M. Medical terminology

II. Knowledge of Anatomy, Physiology, and Kinesiology (19%)

- A. Anatomy (includes structure and/or location)
 - 1. anatomical position and terminology (e.g., planes; directions)
 - 2. individual muscles/muscle groups
 - 3. muscle attachments
 - 4. muscle fiber direction
 - 5. tendons
 - 6. fascia/connective tissue
 - 7. joint structure
 - 8. ligaments
 - 9. bursae
 - 10. dermatomes
 - 11. primary and extraordinary meridians
- B. Physiology (function)
 - 1. response of the body to stress
 - 2. basic principles of nutrition
 - 3. mind-body connection
 - 4. relaxation response
 - 5. reciprocal inhibition
- C. Kinesiology (movement)
 - 1. actions of individual muscles/muscle groups
 - 2. types of muscle contractions (e.g., concentric; eccentric; isometric)
 - 3. joint movements (e.g., flexion; extension)
 - 4. movement patterns (e.g., lifting; walking)
 - 5. proprioception (e.g., awareness of body's position and movement through space)
 - 6. postural alignment

III. Pathology (13%)

- A. Etiology (cause) of disease
- B. Modes of contagious disease transmission (e.g., blood; saliva; parasites)
- C. Terminology, signs and symptoms of disease
- D. Psychological and emotional states (e.g., depression; anxiety; grief)
- E. Effects of life stages (e.g., childhood; adolescence; geriatric)
- F. Effects of physical and emotional abuse and trauma
- G. Factors that aggravate or alleviate disease (e.g., biological; psychological; environmental)
- H. Physiological healing process
- I. Indications and contraindications/cautions
- J. Principles of acute versus chronic conditions
- K. Aspects of serious/terminal illness (e.g., cancer; AIDS)
- L. Drug interactions with massage/bodywork
 - 1. medications (e.g., prescription; over-the-counter)
 - 2. recreational drugs (e.g., tobacco; alcohol)
 - 3. herbs
 - 4. natural supplements
- M. Approaches used in Western medicine by other health professionals (e.g., chiropractic; physical therapy)

N. Approaches used in Asian medicine by other health professionals

IV. Therapeutic Massage and Bodywork Assessment (18%)

A. Assessment methods

1. visual
2. palpatory
3. auditory
4. olfactory
5. energetic
6. intuitive

B. Assessing range of motion

C. Assessment areas

1. soft tissues and bony landmarks
2. endangerment sites
3. adhesions
4. energy blockages
5. circulatory pulse
6. pain levels and locations
7. edema

D. Somatic (physical body) holding patterns (e.g., guarding; muscle/fascial memory)

E. Posture analysis

F. Ergonomic factors

G. Effects of gravity

H. Proprioception (e.g., client's awareness of body position and movement)

I. Integration of assessment findings

V. Therapeutic Massage and Bodywork Application (22%)

A. Theory

1. effects/benefits of massage/bodywork
 - a. physiological
 - b. emotional/psychological
 - c. energetic
2. principles of holistic practice/approach
3. mind-body principles

B. Methods and Techniques

1. client draping and positional support techniques
2. hydrotherapy application
3. stress management and relaxation techniques
4. self-care activities for the client to maintain health (e.g., stretching; swimming)
5. use of massage and/or bodywork tools
6. joint movement techniques
7. static touch/holding
8. techniques/strokes
 - a. gliding (e.g., effleurage)
 - b. kneading (e.g., petrissage)
 - c. percussion (e.g., tapotement)
 - d. vibration
 - e. friction
 - f. compression
 - g. rocking
 - h. shaking
 - i. traction

9. stretching
 - a. active stretching
 - b. passive stretching
 - c. resisted stretching
10. gauging pressure as appropriate
11. practitioner body mechanics
12. standard precautions
13. CPR/first aid

VI. Professional Standards, Ethics, Business and Legal Practices (12%)

- A. Professional boundaries
- B. Client interviewing techniques
- C. Methods for effective communication with other health professionals
- D. When to refer clients
- E. Verbal and nonverbal communication skills
- F. NCBTMB Code of Ethics and Standards of Practice
- G. Principles of confidentiality (e.g., HIPAA)
- H. Legal and ethical parameters of scope of practice
- I. Planning strategies for single and multiple sessions
- J. Client record keeping practices (e.g., documentation; effective filing system)
- K. Basic business and accounting practices
- L. Liability insurance requirements
- M. Professional affiliations (e.g., ABMP; AMTA; AOBTA)
- N. State and local credentialing requirements
- O. Legal entities (e.g., independent contractor; employee)

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- D. Somatic (physical body) holding patterns (e.g., guarding; muscle/fascial memory)
- E. Posture analysis
- F. Ergonomic factors
- G. Effects of gravity
- H. Proprioception (e.g., client's awareness of body position and movement)
- I. Integration of assessment findings

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