2026 Program for Massage Therapy

625 Hours

Open 9:00 a.m.–9:00 p.m. every day
Experience excellence in education at an affordable price

WELCOME

Dear Prospective Student,

Thank you for your interest in the Massage Therapy Program at Advanced Fuller School of Massage (AFSM). As awareness of the benefits of massage therapy continues to grow, this is an exciting time to explore a career in the field. Founded in 1983, AFSM was the first massage school to receive a certificate to operate as a proprietary school from the Virginia Board of Education. With more than 40 years of experience and thousands of graduates, we are proud to be one of the region's most trusted programs.

Our goal is to provide every student with high-quality educational experience at an affordable price. We believe effective techniques, grounded in sound principles, safe practices, professional integrity, proper body mechanics, and continued personal growth, are the foundation of a rewarding career in massage therapy.

AFSM is proud to work with experienced local and visiting instructors who are committed to our students and to the profession. Our program is designed to help students build confidence and practical experience as they work toward licensure. Students also gain the knowledge needed to prepare for the Massage and Bodywork Licensing Exam (MBLEX), pursue state licensing, and transition into employment. Students may also use the program to deepen personal and professional understanding.

AFSM offers flexible September start options (Day or Evening) designed to fit busy schedules. Students can complete required coursework at a pace that aligns with their goals and availability.

AFSM is certified to operate by the State Council of Higher Education for Virginia (SCHEV) and is also a National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) Assigned School and Approved Provider. If accepted, graduates complete a minimum of 625 hours. The 625-hour program can be completed in as little as seven months or up to two years, with many students finishing in about ten months.

Students must complete the program within two years. If a student does not finish within that timeframe, the program must be retaken. (Virginia requires 500 hours for licensure.)

If you are considering a career in massage therapy, Advanced Fuller School of Massage Therapy, Inc. would be honored to support you as you work toward your goals.

If you have questions about the AFSM Massage Therapy Program, please email waltb@fullerschool.com (Walter Bender, Managing Assistant Director) or call 757-340-7132.

Sincerely,

Nancy J. Bender
Managing Director

Walter F. Bender, Jr.
Managing Assistant Director

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HISTORY

Founded in Virginia Beach, Advanced Fuller School of Massage (AFSM) opened in 1983 as the first massage school to receive a certificate to operate as a proprietary school from the Virginia Board of Education.

We offer an innovative, flexible, and affordable modular 625-hour training program. It includes 375 hours of core curriculum and a selection of electives from more than 350 hours of offerings. Electives span a wide range of modalities and allow students to tailor coursework to their goals and schedule.

Since 1983, we have provided affordable, personalized therapeutic massage services to the public. This practice supports our training program by helping students strengthen skills, professional standards, and care that is centered on the client in a practical setting.

With decades of experience as a massage therapy school, we have supported the growth and recognition of massage therapy in Virginia. Our outreach and community service, along with a consistently strong first-time pass rate for students taking the state licensing exam, reflect the quality of our instruction and the professionalism our graduates bring to the field.

This Program Catalog for Advanced Fuller School of Massage (AFSM) includes important information for all current and prospective students. Students will be notified of any revisions or addendums to the catalog. The most current version will be posted on the website with the revision date.

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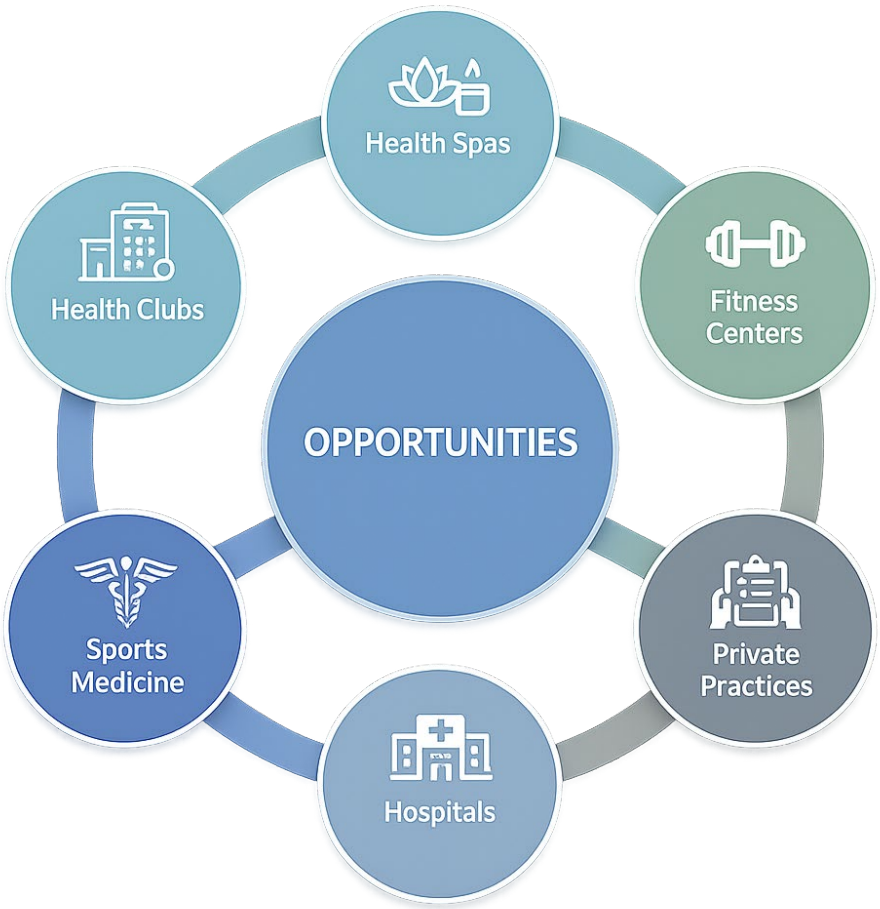
WHAT IS MASSAGE THERAPY?

From the American Massage Therapy Association (AMTA)

Massage therapy is both a healing art and a science. It requires a balance of academic and technical knowledge, clinical skills, manual dexterity, sensitivity, and awareness. Many people have an innate ability to offer caring, confident touch. However, becoming a skilled practitioner takes a sincere desire to help others and a commitment to the time, energy, and focus required for training.

Therapeutic massage is one of the fastest-growing professions in the natural health field. Career opportunities are available in many settings, including senior centers, hospices, physical therapy offices, spas, fitness centers, private practice, and multidisciplinary health care environments. Many massage therapists also choose to specialize in working with clients who have specific needs.



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OUR MISSION

At AFSM, we view bodywork as an important part of preventive care and meaningful support for recovery and overall well-being. Our philosophy is to create a supportive environment for thoughtful learning, professional growth, and collaboration.

We believe effective techniques, grounded in sound principles, safe practices, professional integrity, proper body mechanics, and continued personal growth, are the foundation for building a rewarding career in massage therapy.

Our objective is to strengthen the role of massage therapy and related techniques alongside allied health professions. We encourage connection and collaboration across the broader health community.

CREDENTIALS

State Council of Higher Education for Virginia (SCHEV) Certified to Operate	SCHEV 43005	National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) Approved Provider	1000866 Expires 08/31/2028
National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) Assigned School	822743 Expires 07/31/2028	American Massage Therapy Association (AMTA) Member	AMTA 73372
"Best of the Beach" Voted for over 15 years		Better Business Bureau (BBB) Accredited Business	Accredited

MBLEX PASS RATES

The Massage and Bodywork Licensing Examination (MBLEX) first-time test takers for the last three years had a pass rate of 78.4%. In 2024, our MBLEX pass rate was 93.8%, which significantly outperformed the state average of 65.9%. This achievement reflects the dedication of our students and the strength of our training programs.

Knowledge Gives You
YOUR EDGE

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OUR INSTRUCTORS

AFSM is proud to offer qualified and talented local and national instructors who are committed to the success of the profession and, ultimately, our students. Our team of local instructors and instructors from around the country helps ensure our curriculum is continually updated and improved. Current contact information for all instructors and administrative staff is provided to all students.

BROOKE TEMPLETON, LMT

Courses:

- Medical Massage & Research
- Neuromuscular Therapy

Education/Certifications: Licensed Massage Therapist; Cortiva Institute (2018, 750-hour program)

Bio: Brooke is a licensed massage therapist and instructor with a clinical focus on results-driven, detail-oriented bodywork. She emphasizes anatomy-informed technique selection, clear clinical reasoning, and professional documentation to help students build confident, effective skills.

ELISE WALTON, LMT

Courses:

- Oncology Massage
- Preparation for Licensing
- Sports Massage

Education/Certifications: Licensed Massage Therapist; Certified in Dr. Vodder's Manual Lymphatic Drainage (2011); Oncology Massage Certification (2012)

Bio: Elise brings advanced training in lymphatic and oncology-focused care to both the classroom and clinical practice. She focuses on safe, informed touch and teaches students to adapt techniques to client needs—especially when working with complex health histories.

KATHY DUVAL, LMT

Courses:

- Anatomy & Physiology
- Pathology
- Bodymind Integrative
- Craniosacral
- Prenatal

Education/Certifications: Licensed Massage Therapist; Pinnacle Career Institute (Academic Honors; High Five Award); 720+ hours of massage therapy training

Bio: Kathy's teaching combines strong foundational anatomy with practical application and client-centered care. She has training in integrative approaches including craniosacral work and prenatal techniques, with a focus on safe technique application and professional growth.

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MARTHICA McDERMOTT, LMT

Courses:

- Aromatherapy
- Spa Techniques

Education/Certifications: Licensed Massage Therapist; Professional Aromatherapy; Aromatic Kinesiology; Essential Oils

Bio: Marthica is a licensed massage therapist and educator with a long-standing focus on aromatherapy and spa-based applications. Her approach is practical and student-centered, helping learners incorporate essential oils safely and effectively in clinical and spa settings.

RICK JEFFERS, LMT

Courses:

- Basic Massage (Level I – Day & Evening)
- Myofascial Release
- Reflexology
- Cupping
- Deep Stone
- Deep Tissue

Education/Certifications: Licensed Massage Therapist; Advanced Myofascial Massage training (Howard Rontal)

Bio: Rick is a lead instructor with a strong focus on therapeutic bodywork and foundational skill-building. He supports students in developing confident techniques, strong body mechanics, and a professional approach to client care.

WOLFGANG LUCKMANN, LMT

Courses:

- Lomi Lomi
- Ayurvedic

Education/Certifications: Diploma in Homeopathy; Diploma in Chinese Medicine; Certified Neuromuscular Therapist; Diploma in Advanced Clinical Massage; Diploma in Higher Education; B.A. with Honors

Bio: Wolfgang graduated summa cum laude from the Florida College of Natural Health (1995) and later graduated with distinction from the College of Acupuncture and Massage (1997). He brings extensive multidisciplinary training and experience to elective instruction.

Instructor assignments and course offerings may change based on scheduling and program needs.

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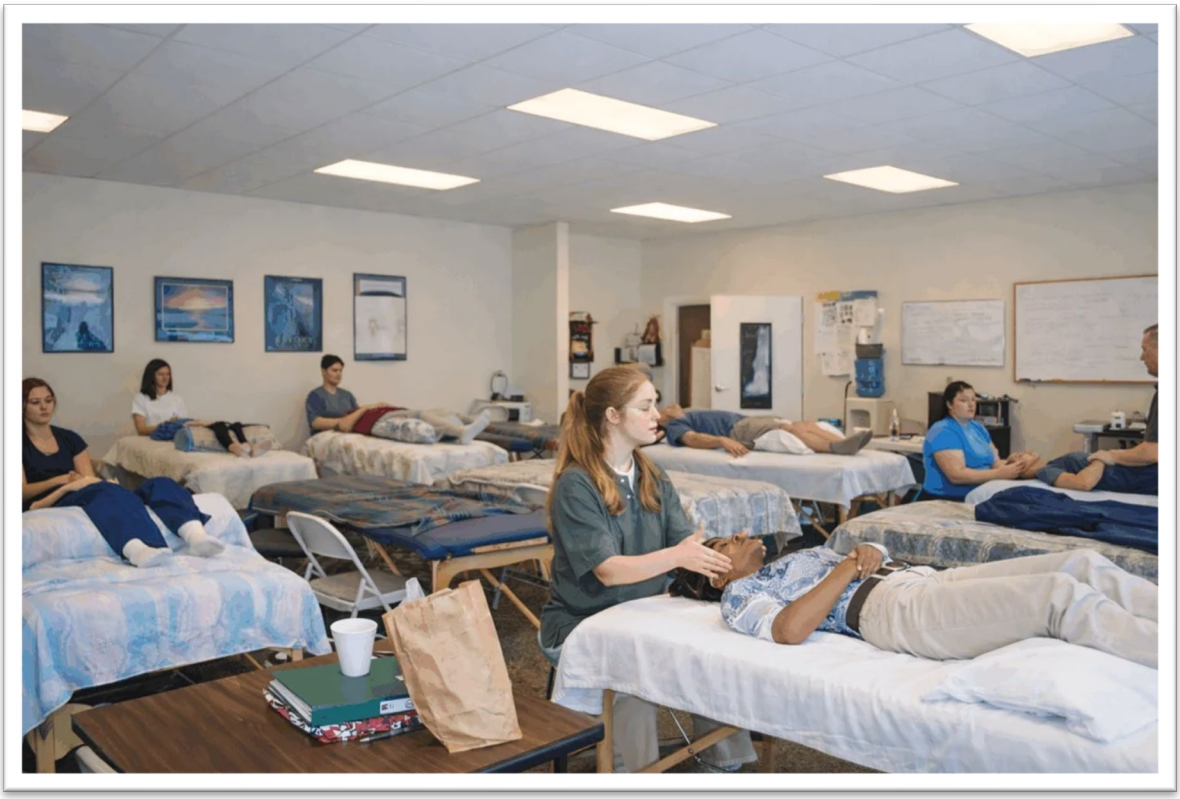
OUR FACILITY

AFSM consists of a 5,500 square-foot building in the Rosemont Interstate Center in beautiful Virginia Beach, VA.

Our facility includes 19 individually decorated massage rooms, one large classroom that comfortably seats 26 students, an Administration Office, and a Student Breakroom with basic kitchen amenities for students and staff. We also have access to more than 75 massage practitioners and therapists. The classroom is equipped with massage tables and chairs, boards, charts, skeletal models, and audio/visual equipment.



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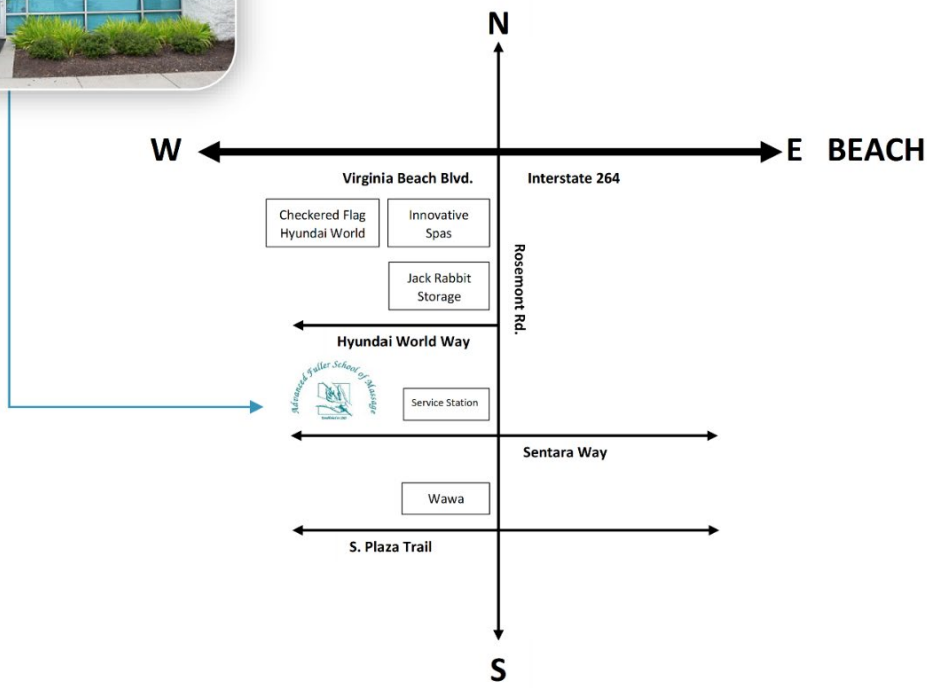
ADDRESS

We are located at 195 South Rosemont Rd., Suite 105, Virginia Beach, VA 23452. Our office is open daily from 9:00 a.m. to 9:00 p.m. For more information about our program, call 757-340-7132 or visit our website at www.fullerschool.com.



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PROGRAM

AFSM's 625-hour program was designed with students' schedules in mind. The program is structured in two levels and can be customized to support individual goals, interests, and availability.

The 625-hour program includes 375 hours of core instruction (Level I) and 250 hours of elective coursework (Level II) to meet the school's minimum graduation requirement of 625 hours.

After successfully completing Level I, students move into Level II and select an additional 250 hours from more than 350 hours of elective offerings. These electives span a range of modalities and course topics, allowing students to build a personalized 625-hour program. Some Level II classes may be taken while enrolled in Level I.

STUDENTS MUST SUCCESSFULLY COMPLETE ALL REQUIRED COURSE HOURS, PASS WRITTEN AND "PRACTICAL" EXAMS, AND COMPLETE THE REQUIRED INTERNSHIP HOURS BEFORE GRADUATING.

The AFSM 625-hour massage therapy program can be completed in as little as ten months or up to two years, with most students finishing in about twelve months. Flexible day and evening options help students complete required coursework at a pace that fits their schedule.

Graduates receive a 625-hour certificate and transcript after successfully completing Level I and Level II. Graduates are then eligible to sit for the Massage & Bodywork Licensing Exam (MBLEX) and may apply online to the Virginia Board of Nursing to become a Licensed Massage Therapist.

INTERACTION WITH STUDENTS AND INSTRUCTORS

Instructors actively support students through practical classroom instruction and guidance focused on continuing education and career development. Students are encouraged to participate in practice sessions and work with mentors to strengthen their skills and professional readiness.

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EDUCATIONAL OBJECTIVE

The objective of our 625-hour program is to prepare students with the knowledge, skills, and confidence needed to pursue licensure and professional practice. Instruction is aligned to support success on the Massage and Bodywork Licensing Exam (MBLEX) and state licensing requirements, as well as employment and personal/professional enrichment.

WHY AFSM?

AFSM is a National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) Assigned School and Approved Provider. This designation reflects that our curriculum meets or exceeds NCBTMB standards (Assigned School Code #822743).

Our students are united by a shared interest in natural healing, personal growth, and a genuine desire to help others. Through the learning process, students become proficient in the subjects taught and often gain deeper insight into themselves. Many graduates tell us their time at AFSM was among the most meaningful experiences of their lives.

TESTIMONIALS

DON'T JUST TAKE OUR WORD FOR IT!

"I attended the Advanced Fuller School of Massage over 11 years ago and it was the best decision I have made. I realized my love for anatomy, and it has led to amazing career opportunities. I am now able to use my massage therapy skills to complement the work I do as a physical therapist assistant which allows me to provide unique solutions for my patient and clients." **— Maureen M. (Class of '95)**

"As a graduating therapist of 13 years at AFSM, I am truly grateful for the knowledge and techniques I have learned. This gives me immense gratitude daily." **— Lindsay M. (Class of '93)**

"After years in the public health service and private sector, I found myself wanting to continue in my study of health. I researched and found Advanced Fuller School of Massage in Virginia Beach to be the most qualified and affordable solution in the Hampton Roads Area. I completed my course at Advanced Fuller School of Massage and continued as a Certified Therapist for the school for several years. Eventually, I returned to the Outer Banks of NC (OBX) working for several Spas as well as working out of my home and out calls at resort beach homes." **— Brenda H. (Class of '02)**

"My experience at Advanced Fuller School of Massage has been exceptional! I attended Advanced Fuller School of Massage from February 2004-2005, and my experience was excellent. I say experience because you are not just there to learn, but to grow, and Fuller was the perfect environment for this. I could not have asked for better instructors or a better learning environment. I currently work for Fuller as an LMT, and deal with a diverse clientele, some with very complex physical issues. I feel very prepared to do the work and often refer to the training I received at Fuller for guidance. Many thanks to Nancy and her staff." **— John L. (Class of '05)**

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LEVEL I BASIC PROGRAM | 375-HOURS

PROGRAM SUMMARY

Course	Hours
Basic Massage Therapy (Incl. Business & Ethics)	210
Basic Anatomy and Physiology	125
Practical Pathology	40
Total Hours	**375**

LEVEL I BASIC PROGRAM PREREQUISITE

- Interview and Acceptance into Program.
- High School Diploma or GED.
- Massage received by applicant and observation of a class.
- $100 application fee paid (non-refundable).
- Completed paperwork.

PROGRAM BREAKDOWN & DESCRIPTIONS

AFSM-BMC-100 **BASIC MASSAGE THERAPY** **HOURS: 210**

Students will learn the science of massage, factors affecting quality of touch, communication and interviewing skills, treatment documentation, draping and positioning the client, use of lubricants and tools, proper body mechanics, client-therapist boundaries, benefits of and contraindications to massage, hydrotherapy and massage techniques appropriate for a general, wellness massage treatment. By the end of the course, students will be able to perform an hour-long, full-body relaxation massage.

Technique Breakdown	Hours
Massage/Stretches	30
Reflexology / Acupressure	20
Aromatherapy	5
Clinical / Deep Tissue	15
Contraindications / Benefits / History	10
Prenatal / Side lying	10
Sports / Injuries / Trigger Points	10
Chair Massage	13
Ethics / Boundaries / Business	15
One on one with instructor	10
One on one with Licensed Massage Therapists- (Mentors/Massage Therapy Practices)	12
Student Practice Massage Sessions (Reviewed and critiqued by Instructor)	60
Total Hours	**210**

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AFSM-BAP-101 **BASIC ANATOMY AND PHYSIOLOGY** **HOURS: 125**

Anatomy and physiology form the basis of studies for all health care providers. Students will receive an introduction to the anatomical, physiological and kinesiological relationships of the human body**.** By understanding the relationships of these sciences students will cultivate knowledge and insight for themselves, respect for the profession and service to the community.

Textbook: -Anatomy Coloring Book by Joseph Muscalino-4th Edition
(*ISBN: 978-0323878166*)

Cost: $38.00

Technique Breakdown	**Hours**
Cells, Tissues, & Body Compass	5
Skeletal System	5
Muscular System Overview	5
Upper Bony Landmarks	5
Shoulder Girdle, Shoulder Joint, Elbow, Wrist, Face and neck, Trunk, Hip and knee	20
Foot and Ankle Muscles and Actions, Finger and Thumb Muscles and Actions	20
Integumentary System	5
Nervous System	5
Endocrine System	5
Lower Bony Landmarks	5
Circulatory and Lymph Systems	5
Respiratory Systems	5
Urinary System	5
Exams	10
Total Hours	**125**

AFSM-PAT-117 **PRACTICAL PATHOLOGY** **HOURS: 40**

An in-depth study of pathology, muscle innervations, and blood supplies to better understand the body in health and illness. The student will have a complete working knowledge of the body's systems and the Pathologies found in each. The student will be able to protect the client from harm with the tools provided in this course. Also, how to assess and modify their massage to include local and absolute contraindications.

Textbook: -Mosby's Pathology for Massage Therapists- 5th Edition- by Susan G. Salvo
(ISBN: 978-0323765213)

Cost: $79.00

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LEVEL II - COURSE BREAKDOWN & DESCRIPTIONS

All Electives must be completed in two years from the start date of the AFSM Level I Basic Program. All Supplies required for classroom instruction will be provided, except sheets for massages. Students may elect to bring in their own supplies, at their own expense.

AFSM-RFM-110 ADVANCED REFLEXOLOGY HOURS: 20 TUITION: $250.00

Through lectures, demonstration, handouts, audio-visual, labeling and coloring, students will learn the basics of reflexology. This course teaches reflexology theory, history as well as the location of reflexes in the hands and feet. Students will learn basic relaxation techniques as well as specific thumb and finger-walking techniques for stimulating reflexes. The student will understand the correct application of pressure with regards to pain/sensitivity in the reflexes. Students will learn some common reactions and responses, contraindications, and will be exposed to the use of SOAP Notes

Prerequisite: Acceptance into Program, High School Diploma or GED. | **Textbook**: None

AFSM-ATM-114 AROMATHERAPY HOURS: 35 TUITION: $425.00

Practical application of essential oils and effects of combinations for physical and emotional problems. Become skilled at Aroma facials, Aroma reflex, bath salts. Personal supplies of Epsom salt, base oils, and bottles will be needed for some classes. Essential oils are included in this class.

Prerequisite: Acceptance into Program, High School Diploma or GED. | **Textbook**: None

AFSM-AYM-113 AYURVEDIC HOURS: 16 TUITION: $325.00

Indian techniques are taught using specific formulated oils, to restore proper balance. Your dosha is massaged with special oil and herbal preparations to bring you harmony for better health.

Prerequisite: Acceptance into Program, High School Diploma or GED. | **Textbook**: None

AFSM-BYM-104 BODYMIND INTEGRATIVE HOURS: 12 TUITION: $185.00

Life's experiences are often recorded in both physical body and emotional body. The dynamic nature of the body-mind requires that the massage therapist stay within the scope of practice and maintain professional boundaries. This course reviews professional boundaries and emotional release scenarios.

Prerequisite: Acceptance into Program, High School Diploma or GED. | **Textbook**: None

AFSM-CRA-133 CRANIOSACRAL THERAPY HOURS: 25 TUITION: $275.00

This intensive class will teach you craniosacral rhythm and techniques that re-establish freedom of motion throughout the body. A non-invasive modality that affects the body and emotions. Studies show positive results with A.D.D.

Prerequisite: Acceptance into Program, High School Diploma or GED. | **Textbook**: None

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AFSM-CUP-124 CUPPING HOURS: 18 TUITION: $350.00

A suction massage that softens tight muscles, loosens adhesions, and helps with many cellulite and respiratory issues. A cupping set is included in the price of the class. All cups included.

Prerequisite: Acceptance into Program, High School Diploma or GED. | **Textbook**: None

AFSM-DSM-116 DEEP STONE MASSAGE HOURS: 6 TUITION: $125.00

Learn the technique everyone is talking about, a very grounding way to work with heated stones. Stones warm the tissues for deep muscle releases with less discomfort for therapist and client. During this course, an introduction to Bamboo is provided. Add another modality to your resume to enhance your practice.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

AFSM-DTM-105 DEEP TISSUE MASSAGE HOURS: 35 TUITION: $400.00

Learn over 120 deep tissue techniques for massage therapists including movements for headaches, sciatic pain, slipped bicipital tendon, thoracic outlet syndrome, menstrual cramps, etc. Deep work becomes easier with these techniques.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

AFSM-LOM-123 LOMI LOMI HOURS: 16 TUITION: $325.00

Temple style Hawaiian therapeutic dance massage that flows with style and continuous rhythm. It is known to release physical and emotional congestion.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

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AFSM-MEM-118	MEDICAL MASSAGE AND RESEARCH	HOURS: 35	TUITION: $400.00

Learn integrative therapy for muscle dysfunction with numerous specialized clinical techniques. Effectively aid in the recovery of acute and chronic soft tissue injuries and syndromes. These include muscle stripping, posture assessment and NMT training. Medical SOAP Notes a focus.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

AFSM-MFM-108	MYOFASCIAL RELEASE	HOURS: 25	TUITION: $275.00

Students will learn the fundamentals of Myofascial Release. This will consist of the indications, contraindications, basic strokes, physiology & theory, myofascial meridians, body reading, and Langer's lines. Students will be introduced to the Tensegrity theory. Different forms and variations of myofascial release will also be discussed: Guasha, Strigil, Graston, KT etc.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

AFSM-NRM-103	NEUROMUSCULAR THERAPY	HOURS: 25	TUITION: $275.00

Learn how to work deeply, safely and effectively with many NMT techniques. In addition, Postural assessment protocols are taught.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

AFSM-PFL-130	PREP FOR LICENSING	HOURS: 25	TUITION: $275.00

A review of Anatomy & Physiology, Pathology, Asian and massage theories. The course includes numerous topics to prepare for the licensing exam.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

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AFSM-ONM-107 ONCOLOGY HOURS: 15 TUITION: $225.00

The need for this type of bodywork is growing. Learn about cancer contraindications, myths and treatments needed to work comfortably.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

AFSM-PHM-106 PRENATAL MASSAGE HOURS: 25 TUITION: $350.00

This class prepares you to work with pregnant, laboring, and postpartum clients. Side lying skills and techniques are necessary to massage your clients from 1st trimester to postpartum recovery. Infant massage is also practiced. Side-Lying a focus.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

AFSM-SPT-115 SPA TECHNIQUES HOURS: 30 TUITION: $400.00

Learn the newest and most popular spa techniques. Formulate your own herbal massage body wrap as well as salt and sugar scrubs. We will also cover foot treatments, kelp and mud applications, aromatic head massage, and facial treatments. Wear a bathing suit and bring a towel. Supplies are included in this class.

Prerequisite: Acceptance into Program, High School Diploma or GED. | **Textbook**: None

AFSM-SPM-111 SPORTS MASSAGE HOURS: 25 TUITION: $275.00

This class includes a wide range of sports massage techniques involved in pre-event, post event as well as conditioning and training. Rehabilitation massage taught a wide range of sports. Many new stretches are practiced.

Prerequisite: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology and Practical Pathology) is required prior to taking this course. In addition, High School Diploma or GED, and acceptance into program.

Textbook: None

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COURSE SCHEDULE – 2026 LEVEL I BASIC MASSAGE PROGRAM

Our 375-hour Level I core curriculum (Basic Massage Therapy, Anatomy & Physiology, and Practical Pathology) is offered in Day or Evening formats to accommodate a range of schedules.
State of Virginia Requires 500 Hours for Licensure.

DAY CLASSES

Code	Description	Day	Start	End	Time	*Hours
AFSM-BAM-101	Basic Anatomy and Physiology	Tue	Sep-08	Feb-23	9:30a-2:30p	125
AFSM-BMC-100	[1]Basic Massage Class	Thu	Sep-10	Mar-18	9:30a-3:00p	138
AFSM-BMC-100	[1]Basic Massage Class	Thu	Sep-10	Mar-18	3:00p-6:00p	75
AFSM-PAT-117	Practical Pathology	Wed	Oct-14	Dec-16	9:30a-1:30p	40
					Total Hours	**375**

[1] SUPERVISED ASSIGNED PRACTICES FOR THE EVENING CLASS AFSM-BMC-100 (BASIC MASSAGE) ARE SCHEDULED ON SATURDAY FROM 3:00 P – 6:00 P. STUDENTS MAY ELECT TO DO ASSIGNED PRACTICES ON OTHER DAYS AND TIMES AT THEIR OWN DISCRETION. THE DESK MANAGER WILL ASSIST THE STUDENT IN SCHEDULING THESE PRACTICE TIMES IN THE APPOINTMENT BOOK.

* ONE CLOCK HOUR = 50 MINUTES OF THEORETICAL OR PRACTICAL INSTRUCTION AND 10 MINUTES OF BREAK TIME. BREAK TIME WILL OCCUR AFTER THE LESSON INTRODUCTION AND WILL BE INITIATED AT THE DISCRETION OF THE INSTRUCTOR. HOURS EARNED ARE IN-PERSON CLASSROOM HOURS IN THE PHYSICAL PRESENCE OF A QUALIFIED INSTRUCTOR. LEARNING OUTSIDE OF THE CLASSROOM (I.E. SELF-STUDY, READING, VIDEO REVIEW, ETC.) WITHOUT A QUALIFIED INSTRUCTOR PRESENT WILL NOT BE COUNTED TOWARDS CLOCK HOURS.

EVENING CLASSES

Code	Description	Day	Start	End	Time	*Hours
AFSM-BAM-101	Basic Anatomy and Physiology	Mon	Sep-14	Mar-01	6:00p-11:00p	125
AFSM-BMC-100	[1]Basic Massage Class	Wed	Sep-16	Mar-03	6:00p-11:30p	138
AFSM-PAT-117	Practical Pathology	Fri	Oct-09	Dec-11	6:00p-10:00p	40
AFSM-BMC-100	[1]Basic Massage Class	Sat	Sep-19	Mar-06	6:00p-9:00p	75
					Total Hours	**375**

EVENING CLASSES BEGIN ON THE SECOND MONDAY IN SEPTEMBER.

[1] SUPERVISED ASSIGNED PRACTICES FOR THE EVENING CLASS AFSM-BMC-100 (BASIC MASSAGE) ARE SCHEDULED ON SATURDAY FROM 6:00 P – 9:00 P. STUDENTS MAY ELECT TO DO ASSIGNED PRACTICES ON OTHER DAYS AND TIMES AT THEIR OWN DISCRETION. THE DESK MANAGER WILL ASSIST THE STUDENT IN SCHEDULING THESE PRACTICE TIMES IN THE APPOINTMENT BOOK.

* ONE CLOCK HOUR = 50 MINUTES OF THEORETICAL OR PRACTICAL INSTRUCTION AND 10 MINUTES OF BREAK TIME. BREAK TIME WILL OCCUR AFTER THE LESSON INTRODUCTION AND WILL BE INITIATED AT THE DISCRETION OF THE INSTRUCTOR. HOURS EARNED ARE IN-PERSON CLASSROOM HOURS IN THE PHYSICAL PRESENCE OF A QUALIFIED INSTRUCTOR. LEARNING OUTSIDE OF THE CLASSROOM (I.E. SELF-STUDY, READING, VIDEO REVIEW, ETC.) WITHOUT A QUALIFIED INSTRUCTOR PRESENT WILL NOT BE COUNTED TOWARDS CLOCK HOURS.

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COURSE SCHEDULE – 2026 LEVEL II ELECTIVES

To complete Level II, students select an additional 250 hours from more than 350 hours of elective offerings. Courses are available in Day, Evening, and Weekend formats and cover a range of modalities and topic areas.

MONDAY

Code	Description	Start	End	Time	*Hours
AFSM-PFL-130	Prep for Licensing	Jan-05	Feb-16	10:00a-1:35p	25
AFSM-CRA-133	Craniosacral	Jul-06	Aug-17	10:00a-1:35p	25

TUESDAY

Code	Description	Start	End	Time	*Hours
AFSM-AYM-113	Sports Massage	May-05	Jun-16	10:00a-1:30p	25
AFSM-CUP-124	Cupping	Sep-22	Oct-20	6:00p-9:45p	18
AFSM-AYM-113	Sports Massage	Nov-03	Dec-15	6:00p-9:35p	25

WEDNESDAY

Code	Description	Start	End	Time	*Hours
AFSM-SPT-115	Spa Techniques	Jan-07	Mar-04	10:00a-1:25p	30
AFSM-ATM-114	Aromatherapy	Mar-25	May-27	10:00a-1:30p	35

THURSDAY

Code	Description	Start	End	Time	*Hours
AFSM-CRA-133	Craniosacral	Jan-08	Feb-19	6:00p-9:35p	25
AFSM-MFM-108	Myofascial Release	Oct-01	Nov-12	6:00p-9:35p	25

FRIDAY

Code	Description	Start	End	Time	*Hours
AFSM-DTM-105	Deep Tissue	Jan-09	Mar-13	10:00a-1:30p	35
AFSM-MFM-108	Myofascial Release	Apr-03	May-15	10:00a-1:35p	25
AFSM-MEM-118	Medical Massage	May-22	Jul-03	10:00a-3:00p	35

FRIDAY, SATURDAY & SUNDAY

Code	Description	Start	End	Time	*Hours
AFSM-PHM-106	Prenatal	Oct-02	Oct-04	9:00a-6:00p	25

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SATURDAY

Code	Description	Start	End	Time	*Hours
AFSM-NRM-103	Neuromuscular Therapy	Jan-03	Jan-31	9:00a-2:00p	25
AFSM-DSM-116	Deep Stone Massage	Feb-07	Feb-07	9:00a-3:00p	6
AFSM-CUP-124	Cupping	Feb-28	Mar-28	10:00a-1:45p	18
AFSM-DTM-105	Deep Tissue	May-23	Aug-01	10:00a-1:30p	35
AFSM-RFM-110	Advanced Reflexology	Aug-8	Aug-29	10:00a-3:00p	20
AFSM-DSM-116	Deep Stone Massage	Sep-12	Sep-12	9:00a-3:00p	6

SATURDAY & SUNDAY

Code	Description	Start	End	Time	*Hours
AFSM-LOM-123	Lomi Lomi	Feb-21	Feb-22	9:00a-5:00p	16
AFSM-BYM-104	Bodymind Integrative	Apr-11	Apr-12	10:00a-4:00p	12
AFSM-AYM-113	Ayurvedic	Sep-05	Sep-06	9:00a-5:00p	16
AFSM-LOM-107	Oncology	Sep-19	Feb-20	12:00p-5:00p	15

HOLIDAY SCHEDULE

If a holiday or administrative day falls on a scheduled class day, the class is pre-scheduled for Friday so students still receive the required number of instructional hours. The school will be closed on the following days:

Date	Holiday
April-05	Easter
May-25	Memorial Day
Jul-04	Independence Day
Sep-07	Labor Day
Nov-26	Thanksgiving
Dec-25	Christmas
Jan-01	New Year's Day

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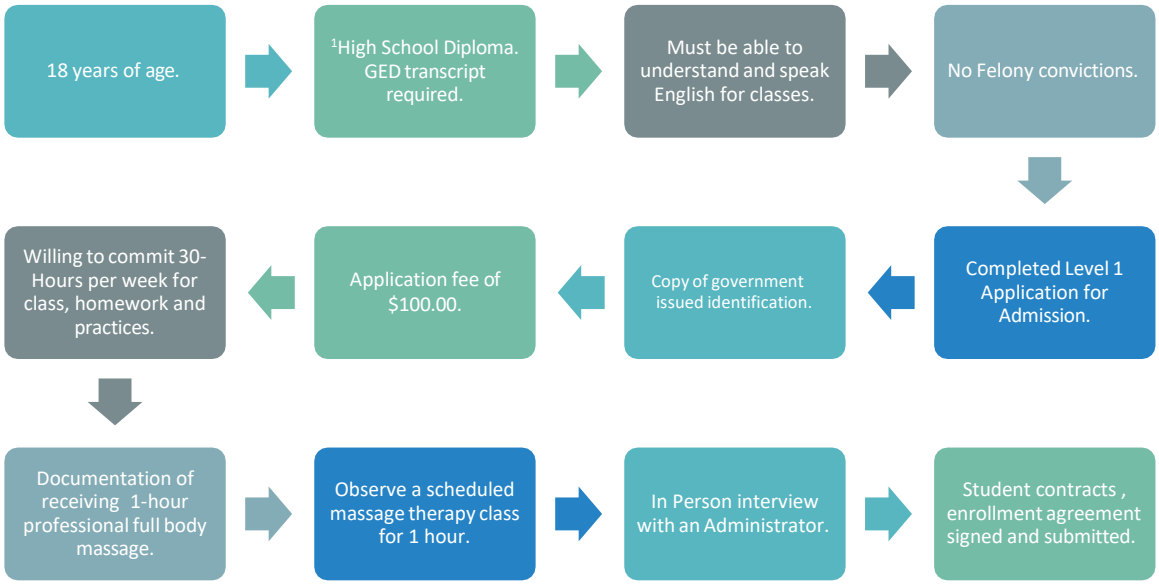
ADMISSION POLICY

The 12-step process for admission into the AFSM massage program is as follows:



[1] GENERAL EDUCATION DIPLOMA (GED®) TRANSCRIPT IS REQUIRED.

[3] WHILE THE SCHOOL WILL NOT COMPROMISE OR WAIVE ESSENTIAL SKILL REQUIREMENTS IN ANY COURSE, STUDENTS WITH DISABILITIES MAY BE SUPPORTED WITH ACCOMMODATIONS TO HELP MEET THESE REQUIREMENTS.

GRADUATION INFORMATION

Graduation requirements are as follows:

- Minimum 75% grade point average in each subject area.
- Meet attendance requirements.
- Full payment of all fees.
- Compliance with ethical and professional boundaries of the profession.
- 625 clock hours must be completed within two years.

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ATTENDANCE

Students are expected to attend all classes in which they are enrolled and to follow each instructor's attendance policy. Do not stop attending without formally withdrawing, as doing so may result in a failing grade on the student's permanent record.

- Registered students who do not attend the first day of class and/or do not contact the instructor may be dropped from the class for non-attendance.
- Arriving (5) five minutes or more after class begins is considered tardy. A tardiness of (15) fifteen minutes or (3) three late arrivals will result in (1) one unexcused absence. (3) Three absences without acceptable reason will result in Probation. (*Probation policy listed below*).
- All absences and missed hours are clock hours and must be made up within (2) two weeks. If they are not made up within that timeframe, the student may be placed on Probation. (*Probation policy listed below*).

Attendance and punctuality are essential to success in the program. Repeated violations of the attendance and tardiness policy may result in dismissal from the program.

LEAVE OF ABSENCE

An interruption of training (not to exceed four classes) may be granted with prior arrangement. The student may be required to pay tutorial fees. All missed classes must be made up within two weeks; otherwise, the student may be placed on Probation. (See Probation policy below.)

DENIAL OF ADMISSION

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

- Failure to meet the stated entrance requirements.
- Lacking the physical capabilities to perform massage.
- Having health problems that interfere with duties as a student or massage practitioner.
- Inability to meet financial obligations to the school.
- Does not have the time to commit to the program.
- Exhibiting a lack of motivation to help others.

PROBATION

A probation letter may be issued when a student does not follow school policies. The Managing Director determines the length of probation and when probationary status ends.

A student may be permitted to continue attending classes while on probation. Students must make up missed classwork (including tests) and any practical applications with an instructor before returning.

ENROLLMENT

A $100.00 non-refundable enrollment fee is required for admission and is refunded only if you are not accepted.

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INTERVIEW

A personal interview with the Managing Director or Managing Assistant Director is required before acceptance into the program. After we receive your application and enrollment fee, we will schedule your interview and review expectations for class preparation, program goals, and tuition/payment arrangements. We will also answer any questions about school policies and help you transition smoothly into the program.

STUDENT RECORDS

The school permanently retains a transcript of each student's academic record. This record includes programs of study, dates of enrollment, courses taken and completed, grades, and status indicators (e.g., graduated, probation, etc.). Admission records for each student are maintained for seven years after the student's last date of attendance.

Financial records for each student are maintained for seven years after the student's last date of attendance.

STUDENTS RIGHTS REGARDING EDUCATION RECORDS

Students have the following rights regarding education records:

1. The right to inspect and review the students' education records within 45 days of the day the school receives the request for access.
2. The right to request the amendment of the students' education records that the student believes is inaccurate or misleading.
3. The right to consent to disclosures of personally identifiable information contained in the student's education records. One exception that permits disclosure without consent is disclosure to school officials with legitimate educational interests.

NON-DISCRIMINATION POLICY

Advanced Fuller School of Massage (AFSM) does not discriminate based on race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status in any of its activities or operations.

DISABILITY ACCOMMODATIONS

AFSM welcomes students with disabilities and is committed to supporting their success. If a student has a disability (visual, aural, speech, emotional/psychiatric, orthopedic, health, or learning), they may be eligible for reasonable accommodation, services, or support.

AFSM does not compromise or waive essential skill requirements for any course. However, accommodations may be provided to help eligible students meet those requirements. Students are not required to disclose a disability; if support is requested, documentation must be provided. Without documentation, the school is not required to adjust standard procedures.

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ACADEMIC INTEGRITY

AFSM is committed to maintaining a learning environment rooted in respect, responsibility, and academic integrity. Honesty and ethical conduct are essential to the school's mission and to the trust placed in our training by students, clients, and the broader community.

GRADING POLICY

Students are responsible for making up any missed work and should contact the instructor as soon as possible to arrange completion. Students must earn an average grade of **75%** or higher on examinations. If a final exam is failed, the student may be required to complete a tutorial before retesting. The grading scale is as follows:

Grade	Minimum	Maximum
A	94%	100%
B	88%	93%
C	82%	87%
D	75%	81%
F	**0%**	**74%**

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TUITION & FEES

AFSM's 625-hour program combines the core Level I 375-hour Basic Massage Program with Level II electives to reach the required 625 hours. After the one-time (non-refundable) enrollment fee of $100.00, the tuition breakdown below applies:

±ESTIMATED TUITION	LOW	HIGH
Level I Tuition	$6,000.00	$6,000.00
Level II Tuition (Range)	$3,000.00	$3,500.00
[2]Total Estimated Tuition	**$9,000.00**	**$9,500.00**

ESTIMATED TEXTBOOK COSTS	COSTS
Textbooks – Level I	$210.00
Textbooks – Level II	None
Total Estimated Textbook Cost	**$210.00**

SUPPLIES	COST
Three ring binder, paper, pencils and color pencils (Estimated)	$50.00

UNIFORMS	COST
Not Required	None

[1] TO ACHIEVE THE REQUIRED 625-HOURS, VARIOUS ELECTIVES WERE USED AND WERE BASED ON A THEORETICAL SCENARIO WHICH MAY OR MAY NOT APPLY TO STUDENT'S EDUCATIONAL GOALS.

[2] THE ESTIMATED TUITION BREAKDOWN (OUTLINED ABOVE) IS FOR BUDGETING PURPOSES ONLY AS ACTUAL COSTS MAY VARY BASED ON THE ELECTIVE COURSES CHOSEN.

[3] PERSONAL USE MASSAGE TABLE IS OPTIONAL FOR HOME PRACTICE. ± AFSM WILL ASSESS A 5.0% NON-REFUNDABLE CONVENIENCE FEE FOR TUITION PAYMENTS MADE BY CREDIT CARD.

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PAYMENT

AFSM offers several payment options, including in-house financing. We accept cash, check, Visa, MasterCard, and Discover.

A 5.0% non-refundable convenience fee is assessed on tuition payments made by credit card.

LEVEL I-TEXTBOOKS

TITLE	EDITION	ISBN	COST
Anatomy Coloring Book (Joseph Muscalino)	4th	978-0323878166	$38.00
Massage Therapy Principles and Practice (Salvo)	7th	978-0323878159	$93.00
Mosby's Pathology for Massage Therapists (Salvo)	5th	978-0323765213	$79.00
TOTAL			**$210.00**

LEVEL II ELECTIVES

AFSM offers more than 350 hours of Level II electives across multiple modalities and course topics. Most classes are priced at approximately **$7.00** to **$13.00** per hour. For details, review the Level II course descriptions and application materials.

To illustrate the estimated tuition range for the required 250 elective hours, the example below uses a sample set of electives based on a hypothetical schedule. Actual course selections and total costs may vary and may not reflect an individual student's educational goals.

±ESTIMATED TUITION & PAYMENT	LOW	HIGH
[1]Level II Tuition (Range)	$3000.00	$3500.00
[2]Deposit	($1100.00)	($1100.00)
[3]Estimated Amount Due	**$1900.00**	**$2400.00**
ESTIMATED TEXTBOOK COSTS		
Textbooks – Level II		None

[1] THE ESTIMATED TUITION BREAKDOWN (OUTLINED ABOVE) IS FOR BUDGETING PURPOSES ONLY AS ACTUAL COSTS MAY VARY BASED ON THE ELECTIVE COURSES CHOSEN.

[2] EACH CLASS REQUIRES A $100.00 DEPOSIT FOR EACH INDIVIDUAL LEVEL II CLASS SIGN-UP. THE AMOUNT SHOWN IN THE EXAMPLE ABOVE IS BASED ON (6) LEVEL II CLASSES WHICH MAY OR MAY NOT APPLY TO STUDENT'S EDUCATIONAL GOALS.

[3] PAYMENT IS DUE PRIOR TO THE START OF CLASS.

[±] AFSM WILL ASSESS A 5.0% NON-REFUNDABLE CONVENIENCE FEE FOR TUITION PAYMENTS MADE BY CREDIT CARD.

TUITION AND TEXTBOOK PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

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FINANCING OPTIONS

AFSM's in-house financing may help students work toward their goals without taking on a high-interest loan. After the one-time enrollment fee of $100.00, the tuition breakdown below applies:

±TUITION & FEES	
Level I Tuition	$6,000.00
Finance Charge	$50.00
Subtotal	$6,050.00
[1] Down Payment	($3,500.00)
Total Amount Due	**$2,550.00**

TERMS & PAYMENT	
Financed	$2,550.00
Term	6 Months
[2] Monthly Payment	**[4] $425.00**

ESTIMATED TEXTBOOK COST	
Textbook – Level I	$210.00

RECOMMENDED EQUIPMENT	
[3] Personal Use Table	$600.00

[1] INITIAL DOWN PAYMENT MUST BE PAID BEFORE THE START OF CLASS.

[2] PAYMENT IS DUE ON THE 15TH OF EACH MONTH STARTING ON THE FIRST MONTH OF CLASSES. TUITION NOT PAID BY THE DUE DATE WILL RESULT IN A $10 LATE FEE. FAILURE TO PAY TUITION AND LATE FEES WITHIN 10 DAYS OF DUE DATE MAY RESULT IN PROBATION OR DISMISSAL.

[3] PERSONAL USE MASSAGE TABLE IS OPTIONAL.

[±] AFSM WILL ASSESS A 5.0% NON-REFUNDABLE CONVENIENCE FEE FOR TUITION PAYMENTS MADE BY CREDIT CARD.

TUITION AND TEXTBOOK PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

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U.S. DEPARTMENT OF VETERANS' AFFAIRS

AFSM is not approved to accept GI Bill benefits.

PRIVATE LOANS AND GRANTS

AFSM accepts private loans and grants. Please contact your bank, credit union, or loan officer for more information.

FINANCIAL AID

AFSM does not participate in federal or state financial aid programs.

WITHDRAWAL PROCEDURE

Students who withdraw from the program are asked to schedule an interview with the Managing Director (Nancy Bender) or the Managing Assistant Director (Walter Bender). A written notice of withdrawal must be received by Administration either in person or via certified mail. The official withdrawal date is the date the written notice is received, or (if applicable) after four unexcused absences. A student may cancel at any time before the first day of class and will pay only the application fee.

CANCELLATION AND REFUND POLICY

If a cancellation occurs, the student's financial obligation is as follows:

Before 25 % of program completed	• 25 % of Tuition less enrollment fee
Before 50 % of program completed	• 50 % of Tuition less enrollment fee
Before 75 % of program completed	• 75 % of Tuition less enrollment fee
After 75 % of program completed	• 100 % of Tuition less enrollment fee

STUDENT RIGHT TO CANCEL

An applicant who provides written notice of cancellation within (3) business days (excluding weekends and holidays) may cancel the enrollment agreement at any time prior to the start of class after signing the enrollment agreement and receive a refund of all monies paid, less the non-refundable application fee. After the cancellation period, a student may cancel their enrollment agreement by submitting written notice at any time prior to the first day of class for which the application was made.

Other Cancellations, A request for cancellation more than (3) business days after executing the Enrollment Agreement and making an initial payment, but prior to the first day of class will result in a refund of all monies paid, less a maximum tuition fee of 15% of the stated cost of the course or $100.00, whichever is less.

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STUDENT SUPPORT

AFSM provides support services to help students succeed. Support may include individual mentoring sessions that can be scheduled with instructors. Instructors work with students to strengthen skills, build confidence, and support steady progress.

HOUSING

If housing is needed for out-of-town students, the Managing Director can provide referrals to local hotels and apartments.

STUDENTS RIGHT TO KNOW

A statement regarding Student Right-to-Know and Campus Security Act information is available upon request.

STUDENT POLICY

- Students are expected to follow the AFSM Student Code of Conduct. Behavior that violates conduct standards will not be tolerated.
- Students are required to clean up after themselves in the classroom.
- All trash and debris must be disposed of properly and tables/chairs placed in order before students leave the classroom.
- All students will observe a high standard of personal hygiene, dress modesty, punctuality, and respect for others.

STUDENT CONTRACT

A student contract is required and must be completed before the beginning of the first Level I class. Students must also agree to and abide by the AFSM Student Code of Ethics, Dress Code and Agreement for Learning.

MASSAGE CAREER AND PLACEMENT OPPORTUNITIES

Students are encouraged to review the job opportunity book available in the classroom and main office. It includes massage therapy job listings organized by city. Students may also learn about placement opportunities at Advanced Fuller School of Massage. Instructors review licensure steps and cover local and state laws governing massage therapy.

INSTRUCTOR AND STUDENT ACCESS TO CLASSROOM

The classroom is available to all students and instructors seven days a week from 8:30 a.m. to 9:00 p.m. Staff are available to answer questions, provide guidance, and assist with concerns. The classroom is unlocked by the manager at 8:30 a.m. daily.

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CONTRACT FOR LEARNING

AFSM students agree to make a commitment to the following:

1. To arrive at class on time.
2. To complete requirements in the time frame allotted.
3. To maintain a high standard of conduct and willingness to learn.
4. To complete thirty hours of homework, class, and practice weekly.
5. To be honest in expressing my truth and feelings and respect others.
6. To discuss any concerns that arise with an instructor or administrative staff and not a fellow student.
7. To fully participate in my own personal growth process.
8. To recognize that the basic nature of individuals is oriented to goodness, wholeness, and growth.
9. To agree to be compassionate and supportive of myself and all others in this program.
10. To agree that safety is an important factor in this profession and I will be responsible for my own safety.
11. To immediately inform any person massaging me if their touch hurts or disturbs me.
12. To inform the instructor and students of all contraindications I have.
13. To use any conflict that arises personally or school related as a basis for my learning and growth in the health care profession.
14. Notify administration if I develop a contagious disease or sickness and understand that all absences must be made up within two weeks of my return to health.
15. To agree to pay tuition in a timely manner.
16. To enjoy your learning experience and fulfill your ambitions and dreams to help and honor others.
17. To not behave in any manner that may harm the reputation of the school or disrupt the academic process. This includes theft, lying, disrespect, or cheating.
18. The transferability of credit and credentials earned is the sole discretion of the receiving school.

SATISFACTORY ACADEMIC PROGRESS POLICY

AFSM's Managing Director routinely reviews student records to confirm that a 75% average is being maintained. Attendance is also audited after each class to ensure compliance with AFSM's attendance policy. Students who are not making satisfactory academic progress or who do not follow the attendance policy may be placed on Probation. For any student returning from Probation, routine reviews will resume. The Managing Director reviews all folders every 100 hours to monitor grades and attendance.

Students who do not meet AFSM's Satisfactory Academic Progress Policy may be required to reapply for consideration.

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CODE OF ETHICS/CONDUCT

The AFSM Code of Ethics outlines the professional standards that all students and graduates agree to follow in their practice.

All Students will:

1. Represent their qualifications honestly, including education and professional affiliations, and provide only those services which they are required to perform.
2. Respect all ethical health care practitioners and conduct their business activities with honesty and integrity.
3. Acknowledge the limitations and contraindications for massage and bodywork and refer clients to appropriate health professionals.
4. Respect the school and fellow practitioners by refusing to take themselves clients of the same.
5. Not be affiliated with or employed by any organization or business which utilizes any form of sexual suggestiveness or explicit sexuality in its promotion of massage, or in the actual practice of its services, nor be engaged in any act of prostitution.
6. Maintain the place of practice in a clean and professional manner and will not knowingly practice with a communicable disease.
7. Respect the client's boundaries with regard to privacy, disclosure, exposure, emotional expression, and the client's expectations of professional behavior.
8. Ensure that AFSM admission requirements have been met (as listed within this catalog).
9. Abide by our school dress code, agreement for learning, and school policies.

STUDENT GRIEVANCE PROCEDURE

AFSM is committed to a learning environment grounded in safety, professionalism, and clear communication. Students and staff are expected to demonstrate mutual respect and to address concerns directly and promptly. If a student experiences an issue that causes distress, they are encouraged to communicate with the person involved and/or Administration so concerns can be addressed as quickly as possible.

If we cannot resolve the concern or complaint, the student may submit it to:

State Council of Higher Education for Virginia
101 N. 14th St., 9th Floor
Richmond, VA 23219
P: 804-225-2600

Students will not be subjected to adverse actions by any school official because of initiating a complaint.

SEXUAL HARASSMENT

Sexual harassment includes any unwelcome requests for sexual favors, sexual advances or any other conduct or communication that is to imply one will be denied services if they do not do what is asked. If you think you may be sexually harassed, you must let the harasser know you do not welcome this behavior. Next you must file a complaint with the Managing Assistant Director (Walter Bender) at 757-340-7132 or email waltb@fullerschool.com

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DRESS CODE

All students and therapists will observe a high standard of personal hygiene, dress, modesty, punctuality, and respect for others. The intent of our administration is to present the students as health care professionals. Neat, comfortable clothing in layers is preferred. Shirts need to be short sleeved and collared. Jeans, sweatpants, spandex, tank tops, jean shorts are not allowed. Leggings with a shirt covering the gluteal cleft is allowed. Exposed tattoos and visible body piercing will need to be covered.

AVERAGE CLASS SIZE

AFSM average class size is 14 Virginia State students per class. Our small class size ensures our students receive a more intimate and rewarding educational experience.

PROJECTED CLASS SIZE

AFSM projected number of Virginia State students for 2026 is 12 per class.

GRADUATION RATE

During the period September 2024 through December 2025 calendar year, 19 total Virginia State Students enrolled, 70% graduated, 30% were In-Progress and 0% withdrew.

LIBRARY

A library, including books, DVD's and massage tables are available to all AFSM students for practice use. The library is in our main classroom for the use of all students. The Managing Director and Instructors ensure all videos, books and magazines are recently catalogued and organized regularly. Our instructors confirm the library contains resource and development related materials which contain pertinent information for reports and other related information.

The library is available in the classroom from 9:00 a.m. to 9:00 p.m. daily.

Advanced Fuller School has a working agreement with the Central Library located at: 4100 Virginia Beach Blvd. Virginia Beach, VA 23452

SUPPLIES AND EQUIPMENT

The students are responsible for furnishing sheets for each class. AFSM provides students with Biotone oil, DVD players, various skeletons, charts, overheads, and hydrotherapy equipment for student use.

AFSM highly recommends that students purchase a massage table by the second month of the program. A new table purchased through the school will cost approximately $575.00. We offer discounts on Earthlite and Oakwork's massage tables. Massage Tables purchased through AFSM are for Home Practices and not for class use.

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USE OF ELECTRONIC EQUIPMENT

Personal electronics (e.g., laptops, iPads, cell phones) can be used to enhance learning and instruction in a variety of ways, but during class time they should be used only for class-related activities. Texting and the use of other electronic devices for non-class-related activities should be reserved for class break times. Additionally, with permission of the instructor, audio and/or video recordings should be used for your individual learning but cannot be distributed to others without the instructor's permission.

TRANSFER POLICY

The transferability of credit and credentials earned is the sole discretion of the receiving school.

STUDENT MASSAGES

Students will be required to complete 60 hours of internship massages, which are supervised by an instructor. Record logs are maintained and initialed documenting all student internships massages. These records will be a part of the student file and are used for grading purposes. Internship massages must begin by July 01, 2027.

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DIRECTORS AND STAFF

NANCY J. BENDER | MANAGING DIRECTOR AND OWNER

Nancy J. Bender founded the Advanced Fuller School of Massage Therapy in 1983. She has over forty years' experience in practicing and teaching massage therapy. In addition, she manages all student interviews, applications, enrollment paperwork and oversees all aspects of the daily operations of the school.

Phone: 757-340-7132 | Email: nancyb@fullerschool.com

WALTER F. BENDER, JR | MANAGING ASSISTANT DIRECTOR AND OWNER

Walter F. Bender, Jr brings more than thirty-five years of diverse business management experience to Advanced Fuller School of Massage Therapy. As the Managing Assistant Director and Owner, he plays a key role in daily business administration as well as providing the motivation and empowerment of employees to ensure we can operate with the highest level of efficiency and productivity.

Phone: 757-340-7132 | Email: waltb@fullerschool.com

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LEVEL I APPLICATION

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Office Use Only	
Application Fee Attached	☐
Accepted	☐
Interviewed by	

2026 – 2027

LEVEL I APPLICATION

Advanced Fuller School of Massage

195 South Rosemont Road, Suite #105 • Virginia Beach, VA 23452 • (757) 340-7132
Website: www.fullerschool.com

STUDENT INFORMATION

Full Name: _____ **Date:** _____

Address: _____ **Apt/Unit #:** _____ **ZIP Code:** _____

City: _____ **State:** _____ **Cell Phone:** _____ **Email:** _____

Home Phone: _____ **Social Security No.:** _____ **Date of Birth:** _____

EDUCATION

High School: _____ **City/State:** _____

From: _____ **To:** _____ **Did you graduate?** _____ **Diploma (Year):** _____

College: _____ **City/State:** _____

From: _____ **To:** _____ **Did you graduate?** _____ **Degree (Year):** _____

EMPLOYMENT BACKGROUND

Company: _____ **Phone:** _____

Address: _____ **Supervisor:** _____

Job Title: _____ **From:** _____ **To:** _____

A. LIST AND DESCRIBE YOUR MASSAGE AND/OR HEALTH PROFESSION EXPERIENCE AND EDUCATION.

B. LIST WHERE IN YOUR WEEKLY SCHEDULE YOU WILL FIT IN THE 20-HOUR AVERAGE HOMEWORK AND PRACTICE TIME.

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C. USE A SEPARATE SHEET TO EXPLAIN WHY YOU WANT TO BECOME A MASSAGE THERAPIST

PROOF OF MASSAGE

If applying to the Basic Massage Program, attach a receipt from one (1) licensed massage therapist (LMT) visit within the past six months. Include the therapist's name, location, and date below.

Name	Location	Date

CLASS PREFERENCE

Please select your choice of day or evening classes.

☐ **September Day Class: Tuesday, Wednesday, and Thursday**

Code	Description	Day	Time	Hours
AFSM-BAM-101	Basic Anatomy and Physiology	Tue	9:30a - 2:30p	125
AFSM-PAT-117	Practical Pathology	Wed	9:30a - 1:30p	40
AFSM-BMC-100	Basic Massage Class	Thu	9:30a - 3:00p	138
AFSM-BMC-100	Basic Massage Practice	Thu	3:00p - 6:00p	72
			Total Hours	**375**

Supervised practice for the day course (AFSM-BMC-100) is held Thursdays from 3:00–6:00 p.m., or by arrangement between the instructor and student.

☐ **September Evening Class: Monday, Wednesday, Friday, and Saturday**

Code	Description	Day	Time	Hours
AFSM-BAM-101	Basic Anatomy and Physiology	Mon	6:00p - 11:00p	125
AFSM-BMC-100	Basic Massage Class	Wed	6:00p - 11:30p	138
AFSM-PAT-117	Practical Pathology	Fri	6:00p - 10:00p	40
AFSM-BMC-100	Basic Massage Practice	Sat	6:00p - 9:00p	72
			Total Hours	**375**

Supervised practice for the evening course (AFSM-BMC-100) is held Saturdays from 6:00–9:00 p.m., or by arrangement between the instructor and student.

How did you become acquainted with Advanced Fuller School of Massage? _____

The application fee of $100.00 is enclosed (cash or check): **Yes** ☐ **No** ☐

Note: The application fee will only be refunded if you are not accepted into the program. You will receive a call before your starting date for your interview.

Applicant Signature: _____ Date: _____

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ENROLLMENT AGREEMENT

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Enrollment Agreement

Advanced Fuller School of Massage
195 South Rosemont Road, Suite #105 • Virginia Beach, VA 23452 • (757) 340-7132
Website: www.fullerschool.com

625 HOURS DAY AND EVENING MASSAGE PROGRAM

Our 625-hour massage program combines 375 hours of core instruction (Level I) and 250 hours of Level II electives to achieve the school's minimum graduation requirement of 625 hours.

STUDENT INFORMATION

Name: _____ **Email:** _____

Address: _____ **Phone Number:** ----------

_____

City/State/Zip: _____ **Start Date:** _____

Anticipated Graduation Date: _____

PROGRAM SUMMARY

Course	Hours
Basic Massage Therapy (including Business & Ethics)	210
Basic Anatomy and Physiology	125
Practical Pathology	40
Electives	250
Total Hours	**625**

Students complete an additional 250 hours from 350+ elective hours offered days, evenings, and weekends. The massage program is in-person only.

GRADUATION INFORMATION

- Minimum 75% grade point average in each subject area.
- Meet attendance requirements.
- Full payment of all fees.
- Compliance with ethical and professional boundaries of the profession.
- 625 clock hours must be completed within two years.

ESTIMATED CHARGES

Estimated Tuition	Low	High	Estimated Textbook Costs	Amount
Level I Tuition	$6,000.00	$6,000.00	Textbooks - Level I	$210.00
Level II Tuition (range)	$3,000.00	$3,500.00	Textbooks - Level II	None
Total Estimated Tuition	$9,000.00	$9,500.00	Total Estimated Textbook Cost	$210.00

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Supplies / Uniforms	Amount
Three-ring binder, paper, pencils, and color pencils (estimated)	$50.00
Uniforms	Not required
Personal use massage table	Optional for home practice

The tuition breakdown above is for budgeting purposes only; actual costs vary by elective selection. A 5.0% non-refundable convenience fee applies to credit card payments.

The state of Virginia requires 500 hours for licensure.

STUDENT RIGHT TO CANCEL

An applicant who submits written notice of cancellation within three business days, excluding weekends and holidays, is entitled to a refund of all monies paid, less the non-refundable application fee, provided cancellation occurs before the start of class and after signing the enrollment agreement.

Date by which the student must cancel: _____

After the cancellation period, a student may cancel this enrollment agreement in writing at any time before the first day of class.

If cancellation occurs more than three business days after signing the agreement and making an initial payment but before the first class, all payments will be refunded, less the lesser of 15% of the course tuition or $100.

ADDITIONAL DISCLOSURES

Transferability of Credit

The transferability of credit and credentials earned is the sole discretion of the receiving school.

Pass Rates

For first-time test takers over the last three years, the Massage and Bodywork Licensing Examination (MBLEX) pass rate was **78.4%.**

Student Grievance Procedure

All difficulties, concerns, or complaints are addressed immediately by the administration. If the concern or complaint cannot be resolved, the student may submit it to: **State Council of Higher Education for Virginia, 101 N. 14th St., 9th Floor, Richmond, VA 23219, P: 804-225-2600.** Students will not be subjected to adverse actions by any school official because of initiating a complaint.

Certified to Operate

Advanced Fuller School of Massage Therapy is certified to operate by the State Council of Higher Education for Virginia (SCHEV) and is also a National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) Assigned School and Approved Provider.

SIGNATURES

By signing below, the student certifies that they have been provided access to the school's electronic program catalog, understand this is a legally binding agreement, and understand and agree to the cancellation and refund policies.

Student Printed Name: _____ **Date:** _____

Student Signature: _____ **Date:** _____

School Official: _____ **Date:** _____

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LEVEL II APPLICATION

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Level II Application

Advanced Fuller School of Massage
195 South Rosemont Road, Suite #105 • Virginia Beach, VA 23452 • (757) 340-7132
Website: www.fullerschool.com

STUDENT INFORMATION

Full Name: _____ **Date:** _____

Address: _____ **Apt/Unit #:** _____ **ZIP Code:** _____

City: _____ **State:** _____ **Mobile Phone:** _____ **Email:** _____

Please list previous massage and health care classes completed: _____

POLICIES & REQUIREMENTS (SUMMARY)

- **Program Requirement:** Complete 250 Level II elective hours (625-hour program total).
- **Certificate:** Must make up absences, pay all balances, pass final class, and complete make-up work within 2 weeks (credit may be void if not).
- **Registration:** Enroll at least 2 weeks before class starts.
- **Deposit:** $100 (cash/check) due before each class; transferable with 5 days' notice.
- **Tuition:** Paid in full by first class; $35 late fee applies.
- **Supplies:** Bring required sheets, oils, and materials.
- **Schedule:** Classes may be canceled due to low enrollment.
- **Authorization:** Certified by the State Council of Higher Education for Virginia.
- **NCBTMB:** AFSM is an Assigned School & Provider with the National Certification Board for Therapeutic Massage & Bodywork.

LEVEL II ELECTIVES

Course Selection: Select your electives by initialing each course.

Monday — Morning Classes

Initial	Course	Code	Req	Dates	Time	Hrs	Fee	Paid
	Prep for Licensing †	AFSM-PFL-130	L[1]	Jan-05 – Feb-16	10:00a – 1:35p	25	$275	☐
	Craniosacral	AFSM-CRA-133	A[2]	Jul-06 – Aug-17	10:00a – 1:35p	25	$275	☐

† Note: Prep for Licensing is not approved for Continuing Education Hours (CEH).

Tuesday — Day Classes

Initial	Course	Code	Req	Dates	Time	Hrs	Fee	Paid
	Sports Massage	AFSM-SPM-111	L[1]	May-05 – Jun-16	10:00a – 1:30p	25	$275	☐

Tuesday — Evening Classes

Initial	Course	Code	Req	Dates	Time	Hrs	Fee	Paid
	Cupping	AFSM-CUP-124	A[2]	Sep-22 – Oct-20	6:00p – 9:45p	18	$350	☐
	Sports Massage	AFSM-SPM-111	L[1]	Nov-03 – Dec-15	6:00p – 9:35p	25	$275	☐

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Wednesday — Morning Classes

Initial	Course	Code	Req	Dates	Time	Hrs	Fee	Paid
	Spa Techniques	AFSM-SPT-115	A[2]	Jan-07 – Mar-04	10:00a – 1:25p	30	$400	☐
	Aromatherapy	AFSM-ATM-114	A[2]	Mar-25 – May-27	10:00a – 1:30p	35	$425	☐

Thursday — Evening Classes

Initial	Course	Code	Req	Dates	Time	Hrs	Fee	Paid
	Craniosacral	AFSM-CRA-133	A[2]	Jan-08 – Feb-19	6:00p – 9:35p	25	$275	☐
	Myofascial Release	AFSM-MFM-108	L[1]	Oct-01 – Nov-12	6:00p – 9:35p	25	$275	☐

Friday — Morning Classes

Initial	Course	Code	Req	Dates	Time	Hrs	Fee	Paid
	Deep Tissue	AFSM-DTM-105	L[1]	Jan-09 – Mar-13	10:00a – 1:30p	35	$400	☐
	Myofascial Release	AFSM-MFM-108	L[1]	Apr-03 – May-15	10:00a – 1:35p	25	$275	☐

Friday–Sunday — Morning Classes

Initial	Course	Code	Req	Dates	Time	Hrs	Fee	Paid
	Prenatal	AFSM-PHM-106	L[1]	Oct-02 – Oct-04	9:00a – 6:00p	25	$350	☐

Saturday — Morning Classes

Initial	Course	Code	Req	Dates	Time	Hrs	Fee	Paid
	Deep Stone Massage	AFSM-DSM-116	A[2]	Feb-07	9:00a – 3:00p	6	$125	☐
	Cupping	AFSM-CUP-124	A[2]	Feb-28 – Mar-28	10:00a – 1:45p	18	$350	☐
	Deep Tissue	AFSM-DTM-105	L[1]	May-23 – Aug-01	10:00a – 1:30p	35	$400	☐
	Advanced Reflexology	AFSM-RFM-110	A[2]	Aug-08 – Aug-29	10:00a – 3:00p	20	$250	☐
	Deep Stone Massage	AFSM-DSM-116	A[2]	Sep-12	9:00a – 3:00p	6	$125	☐

Saturday & Sunday — Classes

Initial	Course	Code	Req	Dates	Time	Hrs	Fee	Paid
	Bodymind Integrative	AFSM-BYM-104	A[2]	Feb-14 – Feb-15	10:00a – 4:00p	12	$185	☐
	Lomi Lomi	AFSM-LOM-123	A[2]	Feb-21 – Feb-22	9:00a – 5:00p	16	$325	☐
	Ayurvedic	AFSM-AYM-113	A[2]	Sep-05 – Sep-06	9:00a – 5:00p	16	$325	☐
	Oncology Massage	AFSM-ONM-107	A[2]	Sep-19 – Sep-20	9:00a – 5:00p	15	$225	☐

L[1] Requirement: Successful completion of a Level I Foundational Course (Basic Massage, Anatomy & Physiology, and Practical Pathology) is required prior to taking this course. In addition, a high school diploma or GED and acceptance into the program are required.

A[2] Note: Courses can be taken after the interview with the Managing Director and prior to Basic Level I.

Applicant Signature: _____ Date: _____

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