

# Massage Therapy



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## Certificate in Massage Therapy

### **2023 Spring Semester Start**

Jan 18-May 17

#### **Anatomy & Pathology**

Tuesday 3-5pm (zoom) and Thursdays 6-8pm (in person)

January 18 – May 11

#### **Therapeutic Massage and Business**

January 23 – May 10 Monday and Wednesdays 11-3pm

#### **Complimentary Techniques**

Saturdays 9:30-5 – April 1-May 13

#### **Clinical Practicum**

Clinical Internship Experience (supervised, hands-on practical)

By appointment only Spring and Summer

### **Summer semester**

June 5 – July 27

#### **Anatomy II**

Tuesday 3-5pm (zoom) and Thursdays 6-8pm (face to face)

With an additional 4 hours Zoom - tba

#### **Therapeutic Massage II**

Monday and Wednesdays 11-3pm

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## **Required textbooks - prices shown are estimated for new supplies**

Salvo, Susan Massage Therapy Principles and Practice \$97  
6<sup>th</sup> Edition ISBN # 978-0-323-58128-8

Biel, Andrew Trailguide to the Body Textbook \$84  
6<sup>th</sup> Edition ISBN # 978-0-9987850-6-6

Biel, Andrew Trailguide Handbook \$30  
6<sup>th</sup> Edition ISBN # 978-0-9914666-7-2

Werner MT's Guide to Pathology \$80  
Edition 7 ISBN 978-0-9982663-4-3

NOTE: Older editions of Trailguide and pathology textbooks are allowed. Andrew Biel's Trailguide and handbook must be the same edition.

## **MT Certificate Class Descriptions**

### ***MT 101: Therapeutic Massage***

This course provides students with a general overview of therapeutic massage. Topics of discussion will include the history as well as current trends in massage therapy. Students will develop their palpation skills as they learn to identify bony and muscular structures and the basics for performing a full body European/Swedish style massage. Students will also learn documentation and communication skills necessary for interaction with clients, family members and other allied health professionals.

### ***MT 102: Body Structure and Function***

Student will develop a basic understanding of human anatomy and physiology as it relates to mastering the theory and practice of Therapeutic Massage. The course covers basic structure and function of the integumentary, skeletal, muscular, and nervous systems, as well as common pathologies affecting these systems.

### ***MT 190: Clinical Practicum***

Students will be providing massage therapy services to clients in the clinical setting under close supervision of an instructor. Students will practice setting appointments, consultations and performing basic massage techniques on the client. Students will have an opportunity to enhance documentation, communication and time management skills. 186 clocked hours

### ***MT 200: Business Practices in MT***

Students learn about state laws and regulations governing the practice of massage therapy. In addition, they will learn how to open, own and operate a massage therapy practice and strategies for marketing their business. Students will discuss business ethics related to massage therapy and utilize ethical guidelines when making decisions in massage therapy practice. Classroom discussions are facilitated by the instructor and include issues such as appropriate clinical behaviors, cultural difference, legal issues and the changing health care environment.

### ***MT 201: Therapeutic Massage II***

In this course, students will learn how to perform additional types of massage methods, that may be done in conjunction with the Swedish massage or independently. The massage methods discussed

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include: Trigger Point Therapy, Neuromuscular Techniques, Pregnancy Massage, Infant Massage, Geriatric Massage, and massage for clients who have been abused.

## **MT 202: Body Structure and Function II**

This course is the study on basic human structure and function as it relates to massage therapy. Course content will include the following systems and common pathologies related to each: circulatory, endocrine, respiratory, digestive, and reproductive.

## **MT 203: Complementary Techniques**

In this course students will further expand their repertoire of massage techniques to utilize as a massage therapist. Course content includes several complementary and alternative approaches to massage. Students will demonstrate competency in incorporating each of the following techniques into their general massage session: craniosacral therapy, reflexology, aromatherapy, sports massage, Ayurveda, and a basic overview of Chinese medicine

## **MT 220: Pathology for the Massage Therapist**

This course is designed to provide the student with an overview of basic pathologic concepts and processes with a clinical emphasis. Components of each disease covered include; etiology, incidence, risk factors, manifestations, and special implications for the MT. Concepts on health and aging pertaining to the various systems are included to achieve a clinical awareness of life span changes.

Total Clock Hours: 602

Total Credit Hours: 27

## **Associates in Applied Sciences (AAS) Degree 027B**

### **Spring Semester**

### **Credit Hours**

ENG 101 Rhetoric & Composition I

3

PSYC 151 General Psychology

3

HES 141 Yoga I OR

1

HES 130 Physical Fitness I

HES 152 First Aid-Medical Self-Help

2

MKT eMarketing

3

**TOTAL SEMESTER CR HR**

**12**

### **Second Year**

#### **Fall Semester**

#### **Credit Hours**

SPCH 155 Interpersonal Communications

3

ART 101 Art Appreciation OR

3

MUS 101 Music Appreciation

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MGMT 117 Personal Finance	3
PSYC 210 Life-Span Development	3
<b>TOTAL SEMESTER CR HR</b>	<b>12</b>
<b>Spring Semester</b>	
PSYC 254 Death & Dying	3
MGMT 219 Small Business Management	3
SOC 153 Introductory Sociology	3
<b>TOTAL SEMESTER CR HR</b>	<b>9</b>
<b>TOTAL PROGRAM CR HR</b>	<b>60</b>