

# THERAPEUTIC MASSAGE

ASSOCIATE OF APPLIED SCIENCE

Quarter Credit Hours Required = 96

The Associate of Applied Science degree in Therapeutic Massage provides students with the physical and technical skills required by healthcare and personal service employers in a number of allied massage settings. These include rehabilitation clinics, fitness centers, medical offices, hospital departments, salons, and integrative medical centers like chiropractic offices and sports fitness establishments. This program also gives students the basic tools to consider self employment as a career choice. Students are instructed in and expected to perform a wide range of massage techniques ranging from relaxation skills and stress management to neuromuscular therapies. All bodywork courses will include students practicing techniques learned in class on each other, while learning to perform a full body massage. Students will act as client and therapists while in class. This practice is required to improve and enhance the quality of bodywork. Students will sharpen their employee skills, client/therapist relationship skills, and technical skills while performing massage and spa treatments on the general public in the Student Massage Clinic.

Upon successful completion of this program, students should be able to

- demonstrate competence in delivering classical and contemporary massage techniques;
- identify the relationship of clinical massage techniques to physical therapy, sports medicine, and some nursing practices;
- recognize the medical and therapeutic value of clinical massage;
- explain the connection of muscle movement and body mechanics as they relate to total wellness;
- classify the usage of complimentary therapies like Shiatsu, Rolfing, Acupressure, and Aromatherapy;
- document strategies for successfully completing the major content areas of the national certification examination: NCBTMB (National Certification Board for Therapeutic Massage and Bodywork); and
- coordinate a successful job search.

## FOUNDATION:

Quarter Credit Hours

|  |                          |          |
|--|--------------------------|----------|
| EDU 1010   | Learning Framework ..... | 4        |
| <b>Total Minimum Required Foundation Credits .....</b> |                          | <b>4</b> |

## AREA OF CONCENTRATION:

|   |  |           |
|---|--|-----------|
| BIO 1120  | Anatomy and Physiology: Body Structures .....    | 4         |
| BIO 1130  | Anatomy and Physiology: Organs and Systems ..... | 4         |
| MED 1010  | Medical Terminology .....                        | 4         |
| TMA 1000  | Introduction and Fundamentals of Massage .....   | 4         |
| TMA 1010  | Swedish Massage Techniques .....                 | 4         |
| TMA 1020  | Deep Tissue Massage Techniques .....             | 4         |
| TMA 1140  | Law and Ethics for Massage Professionals .....   | 4         |
| TMA 1200  | Psychology of Therapeutic Massage .....          | 4         |
| TMA 1210  | Pathophysiology for Massage Therapists .....     | 4         |
| TMA 1310  | Kinesiology: Axial Skeletal Muscles .....        | 4         |
| TMA 1360  | Kinesiology: Appendicular Skeletal Muscles ..... | 4         |
| TMA 2010  | Self Care: Beyond Technique .....                | 4         |
| TMA 2030  | Eastern Massage Techniques .....                 | 4         |
| TMA 2040  | Special Population Massage Techniques .....      | 4         |
| TMA 2050  | Neuromuscular Massage Techniques .....           | 4         |
| TMA 2060  | Spa Application/Massage Techniques .....         | 4         |
| TMA 2410  | Massage Business Planning .....                  | 4         |
| TMA 2500  | Clinical Massage Certification Review .....      | 4         |
| TMA 2610  | Massage Clinic and Internship .....              | 4         |
| <b>Total Minimum Required Area of Concentration Credits .....</b> |  | <b>76</b> |

## GENERAL EDUCATION:

These courses are to be selected in consultation with the Program Director so as to effectuate a balanced educational program. Select a total (minimum) of 16 credit hours as indicated below:

|   |           |
|---|-----------|
| Communications .....  | 8         |
| Mathematics .....   | 4         |
| Social and Behavioral Sciences .....                          | 4         |
| <b>Total Minimum Required General Education Credits .....</b> | <b>16</b> |

**TOTAL MINIMUM QUARTER CREDIT HOURS REQUIRED .....** 96

***Students are alerted that they must successfully pass a State-required licensure examination to practice massage therapy. Completion of this program does not assure passage of the exam nor does it authorize graduates to practice massage therapy.***

***Approved by the Mississippi State Board of Massage Therapy, License No. 0709***