

THERAPEUTIC MASSAGE

DIPLOMA PROGRAM

Clock Hours Required = 900

The diploma program in Therapeutic Massage provides students with the physical and technical skills required by healthcare and personal service employers in a variety of massage settings. These include rehabilitation clinics, fitness centers, medical offices, hospital departments, spas, and integrative environments like chiropractic offices and sports fitness establishments. Students are instructed in and expected to perform a wide range of massage techniques ranging from relaxation skills and stress management to Swedish massage. All clinical massage technique courses will include in-class bodywork. Students will also practice techniques under instructor supervision in the student clinic to hone their developing employee, client/therapist, and technical skills. This practice is required to improve and enhance the quality of bodywork.

Students must pass a nationally recognized certification examination in order to be licensed to practice massage therapy. The Therapeutic Massage curriculum is designed to prepare students to be successful in passing either the NCETMB (National Certification Exam for Therapeutic Massage and Bodywork) or the MBLEx (Federation of State Massage Therapy Boards' Licensing Examination).

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

- demonstrate competence in delivering classical and contemporary massage techniques;
- identify the supporting role massage can play in many aspects of the medical field;
- discuss the medical and therapeutic value of clinical massage with a client;
- explain the connection of muscle movement and body mechanics as they relate to total wellness;
- integrate the usage of complimentary therapies like Aromatherapy and other spa services; and
- coordinate a job search after program completion and licensure.

	Clock Hours
TMA 1400 Basic massage Principles and Science I.....	150
TMA 1410 Basic Massage Principles and Science II.....	150
TMA 1500 Intermediate Massage Principles and Science I.....	150
TMA 1510 Intermediate Massage Principles and Science II.....	150
TMA 1600 Advanced Massage Principles and Science.....	150
TMA 1610 Massage Practicum and Review.....	150
TOTAL CLOCK HOURS REQUIRED.....	900

Note: Successful completion of a national certification examination is required for employment. Accepted certification examinations are the National Certification Examination for Therapeutic Massage (NCETM) and the National Certification Examination for Therapeutic Massage and Bodywork (NCETMB). The College makes no representation, promise, or guarantee that completion of this program either assures passage of the examination or qualifies graduates for employment in any state other than Alabama.