

# THERAPEUTIC MASSAGE

ASSOCIATE OF APPLIED SCIENCE

Quarter Credit Hours Required = 104

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.

As part of their course work, students will perform a minimum of 800 hours of lecture and 240 lab hours of supervised in-class bodywork, including 120 practicum hours taught in one-hour therapy sessions and conducted outside of class time. The total clock hours are a combination of the in-class and outside-class therapy sessions. Students will practice techniques learned in class on each other, while learning to perform a full body massage. Students will act as clients and therapists. This practice is required to improve and enhance the quality of bodywork. All sessions are supervised by a licensed therapist and held in the on-campus student clinic. A competency checklist is completed for every session and records are maintained by the program director.

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
BIO 1310 Kinesiology: Axial Skeletal Muscles .....	4
BIO 1360 Kinesiology: Appendicular Skeletal Muscles .....	4
MED 1010 Medical Terminology .....	4
MED 1140 Medical Law and Ethics .....	4
NUT 1000 General Nutrition and Health Science .....	4
TMA 1000 Introduction and Fundamentals of Massage .....	4
TMA 1010 Swedish Massage Techniques .....	4
TMA 1020 Deep Tissue Massage Techniques.....	4
TMA 1200 Psychology of Therapeutic Massage .....	4
TMA 1210 Pathophysiology for Massage Therapists .....	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 2400 Massage Business Planning, Law, and Ethics .....	4
TMA 2500 Clinical Massage Certification Review .....	4
TMA 2600 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 24 credit hours as indicated below:

Communications .....	12
Humanities and Fine Arts .....	4
Mathematics.....	4
Social and Behavioral Sciences .....	4
<b>Total Minimum Required General Education Credits .....</b>	<b>24</b>

**TOTAL MINIMUM QUARTER CREDIT HOURS REQUIRED .....** 104