

# THERAPEUTIC MASSAGE

## CERTIFICATE PROGRAM

Quarter Credit Hours Required = 64

The certificate program 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. Students are instructed in and expected to perform a wide range of massage techniques ranging from relaxation skills and stress management to Swedish massage.

As part of their course work, students will perform a minimum of 420 hours of lecture and 200 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;
- discuss 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: NCTMB (National Certification Board for Therapeutic Massage and Bodywork); and
- coordinate a successful job search.

	<b>Quarter Credit Hours</b>
BIO 1120 Anatomy and Physiology: Body Structures.....	4
BIO 1130 Anatomy and Physiology: Organs and Systems.....	4
EDU 1010 Learning Framework.....	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 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 2040 Special Population Massage Techniques.....	4
TMA 2050 Neuromuscular Massage Techniques.....	4
TMA 2060 Spa Application/Massage Techniques.....	4
TMA 2500 Clinical Massage Certification Review.....	4
TMA 2600 Massage Clinic and Internship.....	4

**TOTAL MINIMUM QUARTER CREDIT HOURS REQUIRED..... 64**

**Note:** Virginia College's Therapeutic Massage program curriculum is designed to prepare students to take the National Exam in Therapeutic Massage and Bodywork and/or FSMTB Massage and Bodywork Licensing Examination (MBLEx). For a National Certification Examination Candidate Handbook, contact the National Certification Board for Therapeutic Massage and Bodywork, 8201 Greensboro Drive, Suite 300, McLean, VA 22102; telephone (703) 610-9015 or (800) 296-0664; website <http://www.ncbtmb.com>. For information on the MBLEx, contact FSMTB, 150 Fourth Avenue North, Suite 800, Nashville, TN 37219 (P.O. Box 198689, Nashville, TN 37219-8689); website <http://www.fsmtb.org>.

To be licensed as a massage therapist in South Carolina, a person must (1) be at least 18 years of age and have received a high school diploma or graduate equivalency diploma; (2) have completed a 500-hour course of supervised study at an approved school; and (3) have received a passing grade on an approved examination. (Section 40-30-110, South Carolina Code of Laws, 1976, as amended [the Massage/Bodywork Practice Act, Act 387 of the 1996 General Assembly]). For additional information and an application for licensure, contact the SC Department of Labor, Licensing and Regulation, Office of Business and Related Services, P.O. Box 11329, Columbia, SC 29211-1329; telephone (803) 896-4494; website <http://www.llr.state.sc.us/POL/MassageTherapy/>. LLR accepts for licensing the tests of the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) <http://www.ncbtmb.org> and of the Federation of State Massage Therapy Boards (FSMTB) <http://www.fsmtb.org>.

Students who perform massage as a part of their curriculum (whether on or off the school premises) must wear a nametag identifying themselves as students and naming the school that enrolls them. Students cannot charge or accept tips and cannot advertise. Students may not practice massage for remuneration until they finish the program, pass the national certification exam, and receive licensure from LLR.