

# THERAPEUTIC MASSAGE

## DIPLOMA PROGRAM

Quarter Credit Hours Required = 64

The diploma 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. All clinical massage technique courses will include in-class bodywork. Students will practice techniques learned in class on each other while learning to perform a full body massage and in the massage clinic during the internship in the final quarter. This practice is required to improve and enhance the quality of bodywork.

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 2610	Massage Clinic and Internship ..... 4
<b>TOTAL MINIMUM QUARTER CREDIT HOURS REQUIRED</b> .....	<b>64</b>

***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.***