

Massage Therapy

This is a 30-week program of theory and practice classes consisting of a total of 600 hours. This course provides hands-on training to unskilled and inexperienced students seeking a career related to massage therapy.

The Massage Therapy Program is designed to prepare students for employment as professional massage practitioners and provide a thorough knowledge of the structure and function of human body, and theory and applications of therapeutic massage. This program offers the theoretical, practical and hands-on experience, and enables the graduates of this program to pass the certification exam that is offered by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB). Through this program, students will be confident and capable of becoming successful massage practitioners in a variety of professional settings.

Massage Therapy is a 30-week program of theory and practice classes consisting of total 600 hours. This course provides hands-on experiences to inexperienced and unskilled students seeking the career related massage therapy.

Course #	Course	Lecture	Lab	Clinic	Hours
CMT101	Introduction to Therapeutic Massage	30			30
CMT102	Medical Terminology	30			30
CMT103	Anatomy, Physiology, and Kinesiology I	40			40
CMT104	Anatomy, Physiology, and Kinesiology II	40			40
CMT105	Massage Therapy I		60		60
CMT106	Anatomy, Physiology, and Kinesiology III	40			40
CMT107	Anatomy, Physiology, and Kinesiology IV	40			40
CMT108	Pathology	40			40
CMT109	Massage Therapy II		40		40
CMT110	Clinical Practicum I			40	40
CMT111	Business and Ethics	30			30
CMT112	Massage Therapy III		40		40
CMT113	Clinical Pathology	40			40
CMT114	Energetic Foundations	40			40
CMT115	Clinical Practicum II			40	40
CMT116	First Aid and CPR Instruction	10			10
	Total	380	140	80	600

- **CMT101 Introduction to Therapeutic Massage** – The objective of this course is to help students understand the history, benefits, legalities, and contraindications of massage as their fundamental knowledge.

- **CMT102 Medical Terminology** – The goal of this course is an introduction to word parts used in constructing medical terms, spelling, and correct usage of medical terminology.
- **CMT103, CMT104 Anatomy, Physiology, and Kinesiology I, II** – This course enables students to identify cells, tissues, and organs of human body. Students can categorize the body systems from the integumentary system, skeletal, muscular, nervous, endocrine to the circulatory system.
- **CMT105 Massage Therapy I** – This is the foundations of therapeutic applications of touch to the students with identifying personal interpretation of touch and their influence on professional interactions.
- **CMT106, CMT107 Anatomy, Physiology and Kinesiology III, IV** – The objective of this course is to give students a thorough understanding of the structure and function of respiratory system, digestive and urinary systems.
- **CMT108 Pathology** - This course is a study of the anatomical and physiological functions of the organs and systems of the body and their related illness and diseases.
- **CMT109 Massage Therapy II** – Intermediate and advanced massage therapy skills build on the basis of Massage Therapy I.
- **CMT110 Clinical Practicum I** – In this course, students will review and practice techniques learned in the Massage Therapy I and II courses with clients of student clinic.
- **CMT111 Business and Ethics** – An introduction to professional practice of health care including the role of the massage practitioner, relationships with other health care providers, privacy and confidentiality, the concepts of liability, malpractice and negligence (20 hours of business and 10 hours of ethics).
- **CMT112 Massage Therapy III** – Advanced course that focuses on the refinement of clinical practice and assessment skills.
- **CMT113 Clinical Pathology** – This course is a specific examination of the theories, mechanisms of disease and pharmaceutical care with emphasis on the conditions most likely to be encountered in massage therapy practice.
- **CMT114 Energetic Foundations** – This course is an introduction to the theory and practice of energy balancing as an integral component of bodywork.
- **CMT115 Clinical Practicum II** – In this course, students will review and practice techniques learned in the Massage Therapy III course with clients of student clinic.

- **CMT116 First Aid and CPR Instruction** – A certified instructor will teach cardio-pulmonary resuscitation and first aid procedures. The student upon completion of this course will be certified in CPR/ First Aid.