

## Massage Therapy (Associate of Applied Science)

This program is designed to prepare students not only for employment as professional massage practitioners but also for the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB) examinations. Students acquire hands-on experience and practice through clinical practicum as well as through theoretical knowledge and applications of therapeutic massage.

Course #	Course	Lecture	Lab	Clinic	Credit
CMT101	Introduction to Therapeutic Massage	30			3
CMT102	Medical Terminology	30			3
CMT103	Anatomy, Physiology, and Kinesiology I	40			4
CMT104	Anatomy, Physiology, and Kinesiology II	40			4
CMT105	Massage Therapy I		60		3
CMT106	Anatomy, Physiology, and Kinesiology III	40			4
CMT107	Anatomy, Physiology, and Kinesiology IV	40			4
CMT108	Pathology	40			4
CMT109	Massage Therapy II		40		2
CMT110	Clinical Practicum I			40	1
CMT111	Business and Ethics	30			3
CMT112	Massage Therapy III		40		2
CMT113	Clinical Pathology	40			4
CMT114	Energetic Foundations	40			4
CMT115	Clinical Practicum II			40	1
CMT116	First Aid and CPR Instruction	10			1
CMT200	Swedish Massage	20	25		3
CMT210	Deep Tissue Massage	20	25		3
CMT220	Pregnancy/Special Populations Massage	20	25		3
CMT230	Myofascial Release	20	25		3
CMT250	Lymph Drainage Massage	20	25		3
CMT300	Current Topics on Massage Therapy	20	25		3
CMT310	Clinical Massage Theory and Practicum			80	2
BIO102	Introduction to Biology	40			4
BPS102	Business and Professional Speech	40			4
CPS101	Computer Science I	40			4
CRT101	Critical Thinking	40			4
ENG101	Composition I	40			4
MAT101	Algebra	40			4
PSY101	Introduction to Psychology	40			4
	Required Hours and Credits	740	290	160	91

- **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.
- **CMT200 Swedish Massage** - This course introduces the strokes and hands-on skills that are the groundwork for massage techniques used throughout the program. It develops communication skills, presents draping and bolstering techniques, and reviews the benefits and contraindications of massage. Students learn the basic strokes of compression, jostling, effleurage, petrissage, friction, vibration, tapotement, and range-of-motion techniques. In order to reduce mechanical strain and potential for injury, students also learn the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-stretching, self-care, and stretching exercises. Students learn as well to perform a fluid one-hour, full-body relaxation massage incorporating basic range-of-motion techniques.
- **CMT210 Deep Tissue Massage** - This course presents advanced therapeutic rehabilitation exercise, interventions, and assessments utilized in the treatment of the client with multiple diagnoses and complex medical and neurological conditions. The use of adaptive equipment appropriate to these conditions is included.
- **CMT220 Pregnancy/Special Populations Massage** - This course focuses on in-depth study of therapeutic procedures with emphasis on anatomy, kinesiology, and neurological principles.
- **CMT230 Myofascial Release** - This course offers advanced and structured clinical experience designed to provide opportunities for integration and refinement of the knowledge and skills necessary for entry level employment.
- **CMT250 Lymph Drainage Massage** – This course provides the methodology known as Vodder technique. Manual lymphatic drainage (MLD) courses are employed by manual therapists such as medically-oriented massage therapists, who maintain clinical practices that tailor to patients in need of edema management or general health-level support. It combines a comfortable balance of didactic and practical lessons with the aim of providing general theoretical support as well as manual skill mastery.
- **CMT300 Current Topics on Massage Therapy** - This course provides a process of the NCBTMB preparations. Students take an initial exam to help identify their weak areas to focus on, and an

adaptive learning session follows. A closing test is given and graded to make sure that the information needed has been properly acquired.

- **CMT310 Clinical Massage Theory and Practicum** – Students are assigned to clinic sites for clinical practice under the supervision of a licensed massage therapist or physical therapist. This includes discussion of patient problems, learning experiences, and a review of the clinical objectives.

### **General Education Requirements**

In addition to the designated courses outlined for each specific field, students seeking an Associate Degree must complete additional general education courses. The six following courses are four credits each, totaling in 24 credits of general education requirements.

- **BIO102 Introduction to Biology** - This course introduces major concepts of cell biology, including cell physiology and structure, molecular biology, genetics, and evolution. Course is a prerequisite for professional health-science programs.
- **BPS102 Business and Professional Speech** - This course focuses on student's awareness, knowledge and recall, comprehension and understanding, and information used in new and different situations. During the course, student will learn 1) Analysis – examination and categorization of pieces of information, 2) Synthesis – combination of information to create something new, and 3) Evaluation – value judgment supported by reasoning.
- **CPS101 Computer Science I** - It studies fundamental computer concepts and methods of object-oriented program development and design. The course also covers language systems and semantics, structured program verification, different language paradigms, and documentation techniques. Students use a structured, high-level object-oriented programming language and learn to use both text-oriented and windows-based user interfaces.
- **CRT101 Critical Thinking** - This course enables the student to identify logical fallacies in selected readings including things written by their classmates and by themselves, demonstrate the capacity for self-critique through the writing of a paper in which they identify alternative assumptions that would lead to different conclusions, and assess the advantages and disadvantages of alternative formulations of any argument. It also teaches to identify and analyze a recent ethical lapse that occurred in a business organization, the nature of the lapse, and provide a possible explanation for the lapse and alternative solutions to prevent similar lapses.
- **ENG101 College Composition** - Through the course, students will learn to write a professional-quality resume, memo, and letter, identify, analyze, and emulate some basic features of a professional report/article typical for their major field. This course also teaches follow the

guidelines and do appropriate research to submit a basic grant proposal, use writing to reflect upon the significance of business, technological, and industrial activity for local and global economies, local and global cultures, human health, and the environment, and articulate their response to ethical issues raised by professional practices.

- **MAT101 Algebra** - This course concentrates on making students understand the study skills for success in mathematics and using a calculator, able to set and other basic concepts, and understand the properties of and operations with real numbers.
  
- **PSY101 Introduction to Psychology** - This course summarizes accountable terminal objectives, explain and give names associated with the major psychology theories, and biological and environmental factors play a role in shaping behavior and development. Students will learn to distinguish between and apply principles of classical conditioning, operant conditioning, and cognitive learning, name and describe stage theories of development relative to physical, cognitive, and psychosocial issues and correctly identify the theorist associated with each, and define abnormal behavior and support the definition, provide examples of situations where counseling or treatment could be advised or necessary.