

## **PROGRAM DESCRIPTION**

This program provides instruction in anatomy, physiology, kinesiology, pathology, therapeutic massage therapy and practice, hydrotherapy, and the appropriate health and safety issues that are required of a Massage Therapist.

## **PROGRAM OBJECTIVES**

This program will prepare students to write State Board and National Certification Examinations for licensure as a Licensed Massage Therapist by developing the necessary knowledge and skills. After passing State Board and National Certification Examinations, graduates may seek employment as entry-level Licensed Massage Therapists. Graduates of this program will demonstrate competency in the following areas:

1. Demonstrate knowledge in the systems of the human body.
2. Utilize ethical business practices in massage therapy.
3. Demonstrate appropriate massage therapy techniques.
4. Communicate effectively with clients and professionals in a healthcare environment.
5. Prepare successfully for the National Certification or State Certification Examinations.

## **POTENTIAL JOB POSITIONS**

After passing National Certification Examination for Therapeutic Massage and Bodywork, graduates may seek employment as entry-level Licensed Massage Therapists. The graduate will be qualified for entry-level work in spas, health clubs, gyms, cruise ships, and medical offices, or could become self-employed by going into private practice.

## **PROGRAM LENGTH**

The average length of time for a student taking a full course load is 2.5 semesters.

## **PROGRAM CONTENT**

A minimum of 50 semester credit hours (1001 clock hours) are required for graduation.

## REQUIRED COURSES

All courses, 45 semester credit hours, are required.

<u>Course Number</u>	<u>Course Name</u>	<u>Prerequisite</u>	<u>Clock Hours</u>	<u>Credit Hours</u>
TN 110	Anatomy and Physiology for the Massage Therapist I	none	60	4.0
TN 111	Anatomy and Physiology for the Massage Therapist II	TN 110	60	4.0
TN 120	Massage Theory and Practice I	none	60	4.0
TN 121	Massage Theory and Practice II	TN 120	60	4.0
TN 130	Cardiopulmonary Resuscitation (CPR) and First Aid	none	7.5	0.5
TN 210	Pathology for the Massage Therapist	TN 111	60	4.0
TN 220	Business Principles and Health Service Management	none	60	4.0
TN 231	Kinesiology Upper Body	TN 111, TN 121	60	4.0
TN 232	Kinesiology Lower Body	TN 111, TN 121	60	4.0
TN 241	Massage Therapy Clinic I	TN 111, TN 121, TN 130	67.5	1.5
TN 242	Massage Therapy Clinic II	TN 111, TN 121, TN 130	67.5	1.5
TN 243	Massage Therapy Clinic III	TN 111, TN 121, TN 130	67.5	1.5
TN 250	Eastern Wellness	TN 111, TN 121, TN 130	60	4.0
TN 260	Hydrotherapy	TN 111, TN 121, TN 130	60	4.0

## ELECTIVE COURSES

A minimum of three (3) semester credit hours are required.

TN 141	Special Topic – Integrative Reflexology	TN 111, TN 121, TN 130	15	1.0
TN 142	Special Topic – Reiki	TN 111, TN 121, TN 130	15	1.0
TN 143	Special Topic – The Magic of Hot Stone Massage	TN 111, TN 121, TN 130	15	1.0
TN 144	Special Topic – Neuromuscular Therapy: Headaches, Types, Triggers, and Treatments	TN 111, TN 121, TN 130	15	1.0
TN 145	Special Topic – Shiatsu	TN 111, TN 121, TN 130	15	1.0

## NON-CREDIT PROJECTS

All projects are required.

TN 091	Pathology Care Plan Project	Co-requisite TN 210	40	n/c
TN 092	Subjective, Objective, Assessment and Plan I	Co-requisite TN 241	8	n/c
TN 093	Subjective, Objective, Assessment and Plan II	Co-requisite TN 242	8	n/c
TN 094	Subjective, Objective, Assessment and Plan III	Co-requisite TN 243	8	n/c
TN 095	Eastern Wellness Project	Co-requisite TN 250	12	n/c
TN 096	Hydrotherapy Project	Co-requisite TN 260	40	n/c

## PERSONAL DEVELOPMENT COURSES

Both courses, two (2) semester credit hours, are required.

PD 100	Student Success Skills	None	15	1.0
PD 200	Career Development Seminar	None	15	1.0