

Massage Therapy

Degree Type Certificate

Massage Therapy has become integral to conventional healthcare, complementary healthcare and alternative healthcare environments. Massage Therapy is frequently used in sports medicine, hospitals, physical therapy, physicians' offices, as well as in chiropractic offices, spa/resort settings, gyms, and acupuncture clinics. The Massage Therapy Certificate also complements the Spa and Wellness Management Certificate, offering students the opportunity to acquire the necessary skills and knowledge to transition into management positions in the spa and wellness industry.

Our curriculum is approved by the State of New Hampshire Massage Therapy Board, The National Certification Board of Therapeutic Massage and Bodywork and by the State of New Hampshire Department of Education, Post-Secondary Education Division. Upon successful completion of our program, students will be prepared to take the Massage and Bodywork Licensing Exam (MBLEx), which is required by the state of New Hampshire and many other states for licensure.

The Massage Therapy Certificate program is designed to be completed within one year. Students must attend full time to continue in the program. While massage lecture teaches the theory of massage; the lab allows for hands-on practical application of these concepts as well as proper posture and body mechanics. Students will partner with each other to practice proper massage technique.

Admissions Criteria

The application preferred deadline is July 1st for the fall semester. After the deadline, applications will be accepted until the program is filled.

Admissions Requirements for Certificate in Massage Therapy

1. Complete an application to the program.
2. Provide proof of high school completion or equivalent and submit an official copy of college transcripts (if applicable).
3. Complete placement testing for, and place into, college-level reading.

Clinical/Lab Requirements

After acceptance and prior to the first week of classes, all Massage Therapy students must:

1. Submit a form (provided by the college and completed by the student's physician) stating they are in good physical condition and have no contraindications to giving or receiving massage. Hepatitis B immunizations are at the discretion of the physician but are highly recommended.
2. Complete a criminal background check using our approved vendor (\$25, NH State Police) prior to the first day of class.
3. Possess and maintain professional liability insurance prior to the first week of any class that requires practical demonstration. Insurance is purchased through the college at the Welcome Center (\$20/school year).
4. Possess and maintain certification in Adult/Infant/Child CPR and First Aid prior to clinical assignments.

Massage Therapy Program Suspension Information

Students matriculated in the Therapeutic Massage program who do not achieve the required minimum grade of "C" (excluding W and WP grades) in any required course will be suspended from Massage Therapy Program.

Massage Therapy Readmission Policy

Students matriculated in the Massage Therapy Program who withdraw or are suspended may be eligible for readmission consideration. A student may be readmitted to the program one time only. Students who have failed a course because of lack of professionalism or unsafe practice involving actions or non-actions are not eligible for readmission to the Massage Therapy Program. Readmissions are contingent upon space availability. The student applying for readmission will be required to meet the curriculum requirements in effect at the time of readmission and must have maintained a C or better in all MASS designated and science courses. If two or more semesters have passed before readmission, the student will be required to successfully complete competency exams for prior courses.

In order to be reconsidered for admission the student must submit a written, dated letter requesting readmission consideration to the Massage Therapy Program Coordinator. In this letter, the student should briefly outline the reasons he/she was unable to continue in the program and identify the massage therapy course and level to which he/she is requesting readmission. Students who have requested readmission consideration will be ranked according to their prior Massage Therapy course average, as space availability is determined. Students will then be readmitted based on their ranking order and at the discretion of the Therapeutic Massage Program Coordinator. Students will then be notified of the status of the request in writing by the Admissions Department.

Program Outcomes

Graduates from the Massage Therapy program will be able to:

- Demonstrate a full body massage designed specifically for the client.
- Identify major muscles and muscle groups.
- Determine if massage is indicated or contraindicated for various conditions.
- Apply the skills learned in a variety of environments.
- Write SOAP notes and explain a treatment plan to the client.
- Develop a business plan and properly apply and interview for jobs.

Technical Standards

The successful Massage Therapist is emotionally and psychologically stable. He/she is sensitive to the needs of the client, is able to set priorities, and perform in emergency situations in a quick, accurate, detail-oriented manner should these arise. He/she should be flexible and possess manual dexterity and physical stamina. The massage therapy program is physically and mentally strenuous and requires occasional heavy lifting such as assisting a physically challenged client in getting on and off the massage table. Massage Therapists work with a diverse clientele to include all cultural backgrounds, individuals of various shapes, sizes and personalities. Individuals who cannot meet the professional, mental, physical and customer service demands may have difficulty meeting course objectives and the requirements of the field.

Licensed Massage Therapists must be American Heart Association Heart Saver, or American Red Cross or National Safety Council certified for adult/infant-child CPR and First Aid. We highly recommend that Certification be obtained before entering the program or within the first term, as it is required before beginning Clinical courses. Student liability insurance is required and must be obtained by the first week of your first class that requires practical demonstration. Insurance is purchased through the College at a discounted rate of \$20 per school year.

Transfer Credit Policy

In addition to Great Bay Community College transfer credit policy, credit for Human Anatomy and Physiology I and II, and Kinesiology for Massage Therapists cannot be more than 10 years old at the time of acceptance or the prospective student has been practicing in a like field. Transfer credits for Massage Therapy courses must be from an accredited school and will be at the discretion of the Massage Therapy Program Coordinator.

Certificate Requirements

Fall Semester

Item #	Title	Theory Hours	Lab Hours	Credits
MASS150G	Physiology of Wellness	2	0	2
MASS161G	Principles of Massage Therapy	2	0	2
MASS162G	Essentials of Massage Application	0	4	2
MASS171G	Structural Anatomy and Physiology	3	2	4
MASS181G	Pathology and Massage I	2	0	2
Sub-Total Credits		9	6	12

Spring Semester

Item #	Title	Theory Hours	Lab Hours	Credits
MASS251G	Advanced Theory and Techniques	3	4	5
MASS261G	Kinesiology for Massage Therapists	3	4	5
MASS191G	Clinical Experience I	0	4	1
MASS281G	Ethics for Massage Therapists	1	0	1
Sub-Total Credits		7	12	12

Summer Semester

Item #	Title	Theory Hours	Lab Hours	Credits
MASS271G	Therapeutic Massage Specialties	2	2	3
HOS244G	Introduction to the Spa Industry	3	0	3
MASS192G	Clinical Experience II	0	4	1
MASS172G	Visceral Anatomy and Physiology	3	2	4
MASS182G	Pathology and Massage II	2	0	2
Sub-Total Credits		10	8	13

Curriculum Recommendations

The Certificate Program is designed to be completed in 3 semesters during the day. Part time attendance is not allowed.

Total Credits	37
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