

Massage Therapy

Massage Therapy (MASS) Classes

MASS150G : Physiology of Wellness

Students in this course develop strategies for self-care needed for longevity in the field of Massage Therapy as well as strategies for working with clients to promote change that will complement massage in creating optimal health and wellness. Students will define stress and stress factors and identify the impact it has on an individual physically and psychologically. Students will explore the nature of stress and how it can be the cause of disease. Students will identify stress factors and patterns of stress that cause dysfunction as well as strategies to reduce and manage stress. A variety of stress reducing/relaxation techniques will be discussed or experienced.

Credits 2

Theory Hours 2

Lab Hours 0

Prerequisites

Permission of the Massage Therapy Program Coordinator

Corequisites

[MASS161G](#), [MASS162G](#), [MASS171G](#) (or [BIOL110G](#)), and [MASS181G](#)

Semester Offered

Fall semester

MASS161G : Principles of Massage Therapy

This course is designed to provide the student with entry level information about the history and theory of massage therapy. Material covered includes principles of professional touch, history of massage including pertinent people who helped develop massage into what it is today, therapy room set up, hygiene and sanitation, proper record keeping procedure including intake procedures, postural assessment, SOAP charting and devising a treatment plan, endangerment sites and contraindications, and the physiological effects of massage therapy on the body's systems including the autonomic nervous system. The student will learn how to determine if a client is a candidate for therapeutic change, condition management or palliative care. Students will be exposed to recent articles and studies on the effects of massage on the body.

Credits 2

Theory Hours 2

Lab Hours 0

Prerequisites

Permission of the Massage Therapy Program Coordinator and placement into college level reading

Corequisites

[MASS150G](#) and [MASS171G](#) (or [BIOL110G](#))

Semester Offered

Fall semester

MASS162G : Essentials of Massage Application

This course is designed to provide the student with entry level practical massage therapy skills. Material covered includes ethics of touch, appropriate practitioner body mechanics and proper draping technique.

Students will learn the basics of providing a full body Swedish Massage, seated massage and range of motion with instruction on massage strokes, and application of oils, creams, lotions and gels, The student will continue practice in identifying contraindications, sanitation procedures, proper record keeping including intake procedures, postural assessment, SOAP charting and devising a treatment plan. The students will assess the muscle tissue and fascia both pre- and post-massage and observe the physiological effects of massage therapy, both reflexive and mechanical, on the body's systems. Massage for special populations will also be included.

Credits 2

Theory Hours 0

Lab Hours 4

Prerequisites

Permission of the Massage Therapy Program Coordinator, [MASS161G](#), and [MASS171G](#)

Corequisites

[MASS150G](#) and [MASS181G](#)

Semester Offered

Fall semester

MASS171G : Structural Anatomy and Physiology

This course will give Massage Therapy students a thorough background in anatomy and physiology stressing the importance of the therapists' knowledge of muscles bones and nerves. In-depth information is presented on the structure and function of human cells, tissues, and organ systems including the skeletal, muscular and nervous, systems. Laboratory work augments lecture topics and the use of student models to explore body orientation and planes, bony landmarks, etc.

Credits 4

Theory Hours 3

Lab Hours 2

Prerequisites

Permission of the Massage Therapy Program Coordinator and placement into college level reading

Corequisites

[MASS150G](#) and [MASS161G](#)

Semester Offered

Fall semester

MASS172G : Visceral Anatomy and Physiology

This course includes in depth information of the structure and function of the integumentary, endocrine, digestive, respiratory, cardiovascular, lymphatic, urinary, and reproductive systems with discussions of how massage therapy may affect and enhance the function of these systems while supporting the body's immune system and hormone production. Laboratory work augments lecture topics.

Credits 4

Theory Hours 3

Lab Hours 2

Prerequisites

Permission of the Massage Therapy Program Coordinator, complete [MASS251G](#), [MASS261G](#), [MASS191G](#) and [MASS281G](#) with a grade of C or better

Corequisites

[MASS271G](#), [MASS192G](#), and HOSP244G

Semester Offered

Summer semester

MASS181G : Pathology and Massage I

Pathology and Massage I is a course designed to teach the massage therapist the benefits of massage on the skeletal, muscular and nervous system as well as when it is safe to perform massage on individuals with specific diseases, syndromes or conditions of these systems. This course will further instruct students when and how to make adjustments to accommodate clients with these diseases, conditions or syndromes and when massage is contraindicated.

Credits 2

Theory Hours 2

Lab Hours 0

Prerequisites

Permission of the Massage Therapy Program Coordinator, placement into college level reading and [MASS171G](#)

Corequisites

[MASS150G](#) and [MASS162G](#)

Semester Offered

Fall semester

MASS182G : Pathology and Massage II

Pathology and Massage II is a course designed to teach the massage therapist the benefits of massage on the circulatory, urinary, reproductive, integumentary, respiratory, and lymphatic systems as well as when it is safe to perform massage on individuals with specific diseases, syndromes or conditions of these systems. This course will further instruct students when and how to make adjustments to accommodate clients with these diseases, conditions or syndromes and when massage is contraindicated.

Credits 2

Theory Hours 2

Lab Hours 0

Prerequisites

Permission of the Massage Therapy Program Coordinator, complete [MASS251G](#), [MASS261G](#), [MASS191G](#) and [MASS281G](#) with a grade of C or better

Corequisites

[MASS271G](#), [MASS192G](#), [MASS172](#) and HOSP244G

Semester Offered

Summer semester

MASS191G : Clinical Experience I

Clinical Experience I is the first exposure the students have to a working clinical setting. They will learn the operations, policies and procedures of a massage clinic. In addition, they will treat clients based on their scope of practice and training from past courses as well as incorporating theory, technique and knowledge from current courses including MASS251G. Students will practice client consultation, devising a treatment and plan, SOAP charting and the art of the therapeutic conversation with each client. 64 one-hour sessions are required for course completion.

Credits 1

Theory Hours 0

Lab Hours 4

Prerequisites

Permission of the Massage Therapy Program Coordinator, complete [MASS150G](#), [MASS161G](#), [MASS162G](#), [MASS171G](#) and [MASS181G](#) with a grade of C or better

Corequisites

[MASS251G](#), [MASS261G](#) and [MASS281G](#)

Semester Offered

Spring semester

MASS192G : Clinical Experience II

Clinical Experience II is designed to provide the students an opportunity to continue to refine the advanced skills learned in MASS251G and to incorporate new therapies based on their scope of practice and training from past courses as well as incorporating theory, technique and knowledge from current courses as they are learned including in MASS271G. They will continue to participate in the operations, policies and procedures of a massage clinic. Students will further develop SOAP charting and the art of the therapeutic conversation. 64 one-hour sessions are required for course completion.

Credits 1

Theory Hours 0

Lab Hours 4

Prerequisites

Permission of the Massage Therapy Program Coordinator, complete [MASS251G](#), [MASS261G](#), [MASS191G](#), and [MASS281G](#) with a grade of C or better

Corequisites

[MASS271G](#), [MASS172G](#), [MASS182G](#) and HOSP244G

Semester Offered

Summer semester

MASS251G : Advanced Theory and Techniques

This course covers the theory and application of advanced massage therapy techniques including Neuro-muscular Reeducation, Myofascial Release and Trigger Point Therapy for the purpose of finding and treating myofascial syndromes throughout the deep and postural muscles as well as prime movers. Theory and application of techniques for treatment of commonly encountered conditions will also be learned. Continued theory in support of client evaluation, treatment plan preparation, charting and the use of heat and cold will be presented.

Credits 5

Theory Hours 3

Lab Hours 4

Prerequisites

Permission of the Massage Therapy Program Coordinator, complete [MASS150G](#), [MASS161G](#), [MASS162G](#), [MASS171G](#) and [MASS181G](#) with a grade of C or better

Corequisites

[MASS261G](#), [MASS191G](#) and [MASS281G](#)

Semester Offered

Spring semester

MASS261G : Kinesiology for Massage Therapists

This course is an introduction to the science of muscles, body motions and biomechanics. Course concentration will include structure, origin, insertion, and function of muscles with patho-mechanical considerations. Emphasis will be placed on the movements of the head, neck, and face, upper and lower limbs, spine, abdomen, and pelvic girdle. Laboratory investigations will concentrate on palpation and motions produced by these muscles using movement exercise. Students will develop proficiency with both static and motion palpation and muscle tracing with emphasis on muscles in a relaxed state and in motion.

Credits 5

Theory Hours 3

Lab Hours 4

Prerequisites

Permission of the Massage Therapy Program Coordinator, complete [MASS150G](#), [MASS161G](#), [MASS162G](#), [MASS171G](#), and [MASS181G](#) with a grade of C or better

Corequisites

[MASS251G](#), [MASS191G](#) and [MASS281G](#)

Semester Offered

Spring semester

MASS271G : Therapeutic Massage Specialties

This course introduces the student to other modalities of massage such as Sports, Maternity, Hot Stone and Orthopedic Massage. Additional content may include, but is not limited to Energy Modalities, Spa Therapies, Eastern Theory and Technique and other alternative health modalities. Theory in support of client evaluation, treatment plan preparation, and SOAP notes will be continued in this course.

Credits 3

Theory Hours 2

Lab Hours 2

Prerequisites

Permission of the Massage Therapy Program Coordinator, complete [MASS251G](#), [MASS261G](#), [MASS191G](#), and [MASS281G](#) with a grade of C or better

Corequisites

[MASS192G](#), [MASS172G](#), [MASS182G](#) and HOSP244G

Semester Offered

Summer semester

MASS281G : Ethics for Massage Therapists

This course will include discussions on personal and professional ethics as they pertain to the massage therapy industry, as well as business and medical ethics based on the fundamentals of establishing a successful practice, conducting the day-to-day operation of a that practice and maintaining client confidentiality.

Credits 1

Theory Hours 1

Lab Hours 0

Prerequisites

Permission of the Massage Therapy Program Coordinator, complete [MASS150G](#), [MASS161G](#), [MASS162G](#), [MASS171G](#) and [MASS181G](#) with a grade of C or better

Corequisites

[MASS251G](#), [MASS261G](#) and [MASS191G](#)

Semester Offered

Spring semester