Dear Prospective Student:

A new, flexible option is now available to students interested in the Massage Therapy program on the Wadena campus of Minnesota State Community and Technical College.

The campus is offering a spring start date which will allow students to take many of their Massage Therapy classes online and come to campus for hands-on lab courses just twice a week. In the past, the 32-credit diploma program had only a fall start, and students were required to be on campus five days a week throughout the program’s two semesters.

The college will be accepting up to 20 students for spring semester, which begins Jan. 9 and continues through May 4. On-campus lab courses will meet Tuesdays at varying times in the late afternoon and evening, and Thursday evening courses will be from 3:30-8 p.m. A similar schedule will be offered for fall semester.

Massage therapists typically are self-employed or employed in medical and chiropractic facilities, home health care, spas or resorts and by athletic teams. According to the iSeek Minnesota careers website, massage therapists earn an average of $18 an hour in Minnesota, and career opportunities are expected to grow by 24 percent, well above average, by the end of this decade.

Students who successfully complete M State’s Massage Therapy diploma program are eligible to sit for the National Certification Exam administered by the National Certification Board for Therapeutic Massage and Bodywork.

Get started on your application today! A complete application file includes:

- Application for admission (online at www.minnesota.edu)
- $20 application fee
- Official high school transcript/GED
- Official college transcripts
- Accuplacer scores or equivalent ACT scores
- Please send your admissions information to M State Processing Center, PO Box 309, Perham, MN 56573.

Thank you for your interest in M State! We look forward to helping you Discover Your Future.

Sincerely,

Lisa M. Erickson
Enrollment Manager
# Massage Therapy - Hybrid Program

This document only contains course information for the first semester of the Massage Therapy Hybrid Program.

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**THPY 1110 - Massage Tech/Ethics**

3 credits

(1/10/2012 - 2/21/2012)

**THPY 1148 - Sports Massage & Hydrotherapy**

2 credits

(2/28/2012 - 4/3/2012)

**THPY 1156 - Massage Pathophysiology**

3 credits

(4/10/2012 - 5/1/2012)

**THPY 1118 - Kinesiology**

3 credits

(1/12/2012 - 4/19/2012)

*The on-campus lab dates/times are shown above. The courses will also require outside/online learning as well.

**Additional Online Courses Needed for Spring 2012**

- Anatomy & Physiology I - online or campus option available
- Intro to Nutrition - online only for Spring 2012, or campus option for Fall 2012

*First Aid/CPR and Fundamental Computer Concepts are also required prior to graduation*
THPY1110 Massage Tech/Ethics (3 credits)
This course provides students with an in-depth knowledge of massage techniques. Emphasis will be on the application of the basic massages stokes and their variations. Students will learn proper draping and positioning techniques and recommended client protocol. In regards to ethics, a variety of topics will be discussed and explored in order to help the students form his or her own written code of ethics. Prerequisite: None

THPY1148 Sports Massage & Hydro (2 credits)
This course covers the fundamentals of hydrotherapy and sports massage. Students will be taught to perform massage treatments specific to individual sports. The course addresses pre-, post- and event-sports massage techniques as well as rehabilitative massage for injuries and maintenance massage.

Students will also be instructed on the use of hydrotherapy techniques. Hydrotherapy will address the application of water as treatment in each of its three forms, hot and cold treatments, hydrocollators, body wraps and salt glows. These techniques can be implemented into Swedish massage treatments and sports massage. Prerequisite: None

THPY1118 Kinesiology (3 credits)
This course teaches students to identify the location and movements of skeletal muscles. Students will identify bones and boney landmarks. They will learn muscle origin and insertion using specific boney landmarks as points of anatomical reference. They will learn directional terms and terms of movement. Students will learn to identify and describe the movement of each muscle. Prerequisite: THPY1110

THPY1156 Massage Pathophysiology (3 credits)
This course discusses common pathologies that massage therapists are likely to encounter in their professional practices. It also discusses whether these conditions are indicated or contraindicated for massage and describes how they may be treated. Prerequisite: Pre/Corequisite: THPY1110

GSMS1102 Intro to Nutrition (2 credits)
This course is designed to introduce the student to the science of nutrition and the study of food nutrients and other substances, their action, interaction and balance. Special emphasis is placed on the interrelationship between diet, nutrition, health and disease. Prerequisite: None

BIOL2230 Human Anatomy and Physiology I (3 credits)
Meets MnTC Goal Area 3. This course is a comprehensive introductory overview of human anatomy and physiology that includes basic fundamental concepts of cell biology, tissues and organs making up the integumentary, skeletal, muscular and nervous systems. This course is the first of a two-semester sequence in which anatomy and physiology are studied with an emphasis on structure and functions of systems. This course consists of lecture and laboratory components. Prerequisite: None