

# MASSAGE THERAPY

## DIPLOMA - 31 CREDITS

### About this program

Massage therapists specialize in professional massage treatments designed to support the health and well-being of clients. Skillful massage also assists clients in recovery from physical ailments and reduces the negative effects of stress. Massage therapy students learn the fundamental techniques needed to perform effective massage treatments, as well as the theory behind delivering professional massage.

### Program outcomes

1. Apply knowledge of anatomy and physiology and kinesiology to massage practice.
2. Make appropriate massage therapy treatment decisions based on client indications and contraindications.
3. Perform competent entry-level Swedish massage.
4. Operate within the professional standards of practice as defined by the National Certification Board for Therapeutic Massage and Bodywork.
5. Demonstrate professional and ethical business behavior in respect to the profession of massage therapy.

### Curriculum overview

Crds	Requirement type
31	Required courses
31	<b>Total</b>

**Developmental courses note:** A student may be required to enroll in developmental courses in reading, writing and math. A student's scores on the Accuplacer assessment will determine enrollment in developmental courses. The purpose of developmental courses is to prepare students for the demands of a college-level curriculum. *Credits may vary.*

**Accreditation:** Minnesota State Community and Technical College is accredited by the Higher Learning Commission, a regional accreditation agency recognized by the U.S. Department of Education. More information can be found at [www.minnesota.edu/accreditation](http://www.minnesota.edu/accreditation).

# Curriculum requirement details

Required courses

Other requirements or restricted electives

Course	Crds
BIOL1170 - Essentials of Human Anatomy and Physiology .....	4
THPY1101 - Nutrition and Wellness .....	2
THPY1110 - Massage Techniques and Ethics .....	3
THPY1118 - Kinesiology .....	3
THPY1123 - Integrative Massage .....	2
THPY1130 - Advanced Massage .....	2
THPY1135 - Deep Tissue Massage .....	2
THPY1142 - Practical Skills Clinic .....	3
THPY1146 - Certification Preparation .....	2
THPY1148 - Sports Massage and Hydrotherapy .....	2
THPY1151 - Business Development .....	3
THPY1156 - Massage Pathophysiology .....	3

## Course summaries

### **BIOL1170 - Essentials of Human Anatomy and Physiology** ..... (4 credits)

Meets MnTC Goal Area 3. This course introduces students to the structure and function of the human body using an organ system approach. Beginning with the levels of biological organization, study will proceed through the following organ systems: integumentary, skeletal, muscular, nervous, sensory, endocrine, cardiovascular, lymphatic and immune, respiratory, digestive, urinary, and reproductive systems. This course is open to all students desiring a greater understanding of human anatomy and physiology; however, it is specifically designed for students pursuing health care-related programs such as Pharmacy Technology and Massage Therapy. This course contains a lab-like component.

#### **Prerequisites:**

- Successful completion of or assessment into ENGL 1101.

### **THPY1101 - Nutrition and Wellness** ..... (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.

### **THPY1110 - Massage Techniques and Ethics** ..... (3 credits)

This course provides students with an in-depth knowledge of massage techniques. Emphasis will be on the application of the basic massage strokes 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 their own written code of ethics.

### **THPY1118 - Kinesiology** ..... (3 credits)

This course teaches students to identify the location and movements of skeletal muscles. Students will identify bones and bony landmarks. They will learn muscle origin and insertion using specific bony 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.

### **THPY1123 - Integrative Massage** ..... (2 credits)

This course introduces students to a variety of specialized modalities of massage. Specialization in the massage industry increases the marketability of therapists and is strongly recommended. Students will be familiar with the basic principles of each modality presented. In addition to lectures presented by the instructor, students will be responsible for researching modalities of particular interest to them.

### **THPY1130 - Advanced Massage** ..... (2 credits)

This course prepares massage students to execute advance massage techniques. Students will learn optional techniques available to clients including abdominal massage, facial massage and massage of the gluteals. Massage for special populations will be discussed, including massage for the elderly and chair massage.

#### **Prerequisites:**

- THPY1110

### **THPY1135 - Deep Tissue Massage** ..... (2 credits)

This course prepares the massage student to apply deep muscular therapy techniques. Emphasis will be placed on the use of proper body mechanics and the use of proper techniques to deliver deep tissue massage safely. Trigger point therapy will be used extensively in this course. Students will learn the use of massage tools. Individual muscles will be isolated and massaged with parallel and cross fiber techniques.

#### **Prerequisites:**

- THPY1110

### **THPY1142 - Practical Skills Clinic** ..... (3 credits)

This course provides students with an opportunity to develop the practical skills necessary to administer professional massage therapy treatments. In addition to performing massage treatments on the general public, students will also perform seated chair massage at scheduled on-site events as arranged by the instructor. This course provides students with an opportunity to develop the practical learned skills needed to work as a professional massage therapist.

#### **Prerequisites:**

- Current certified CPR/First Aid card holder
- THPY1110

**THPY1146 - Certification Preparation ..... (2 credits)**

This course is designated to prepare the students to take the National Certification Examination (NEC) issued by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB). Students will review anatomy, physiology, kinesiology, clinical pathology, massage theory, massage assessment and practice, adjunct techniques and business practices. Students will be taught to identify the areas where they need the most review and use outside texts to help them maximize their learning potential. A study guide and sample test questions will be used to exemplify the National Certification Examination. Students will be encouraged to apply to take the National Certification Examination after they receive their diploma.

**Prerequisites:**

- THPY1110

**THPY1148 - Sports Massage and Hydrotherapy ..... (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 green techniques can be implemented into Swedish massage treatments and sports massage.

**THPY1151 - Business Development ..... (3 credits)**

This course will introduce the massage therapist to the business aspects of operating a massage practice. Topics include client scheduling, budgeting, bookkeeping, marketing and massage-related business issues. The course will detail client/therapist business concerns and help prepare students to identify and solve these concerns in a professional manner. Students will learn to write and execute a detailed workable massage business plan.

**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.

# MASSAGE THERAPY

## DIPLOMA - 31 CREDITS

Program Plan — "Primary"

Locations: Wadena

### 1st Fall Term (15 credits)

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#### Courses

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BIOL1170 - Essentials of Human Anatomy and Physiology .....	4
THPY1110 - Massage Techniques and Ethics .....	3
THPY1118 - Kinesiology .....	3
THPY1148 - Sports Massage and Hydrotherapy .....	2
THPY1156 - Massage Pathophysiology .....	3

### 1st Spring Term (16 credits)

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#### Courses

Course	Crds
THPY1101 - Nutrition and Wellness .....	2
THPY1123 - Integrative Massage .....	2
THPY1130 - Advanced Massage .....	2
THPY1135 - Deep Tissue Massage .....	2
THPY1142 - Practical Skills Clinic .....	3
THPY1146 - Certification Preparation .....	2
THPY1151 - Business Development .....	3