

Massage Therapy Program

Division of Social Sciences — Curriculum Code: 6013
Will Earn Upon Program Completion: Certificate in Massage Therapy

Why major in Massage Therapy?

Massage therapists find their work of helping others personally satisfying and professionally rewarding. Massage involves using manual techniques and adjunctive therapies to relieve the effects of stress, ease tension, and promote health and well-being. Employment is available in a variety of settings including massage offices, medical offices, health clubs, and spas. The field is rapidly growing and many massage therapists choose to specialize in particular areas such as sports massage, Shiatsu, pregnancy massage, relaxation therapy, or onsite massage. Professional growth occurs continuously through the broadening and deepening of manual skills. A growing body of research on massage verifies its benefits. Massage therapists work in conjunction with health care professionals, making referrals as appropriate in response to clients' needs.

If I major in Massage Therapy, can I transfer to an upper-division college or university?

The major is career oriented and not designed for transfer to a baccalaureate program. Credits earned in this program can be applied to the Associate of Science degree in the Health Sciences at ECC. Other colleges and universities will apply most or all of the courses you have taken toward a baccalaureate program, depending upon their program requirements.

Are there any requirements I must satisfy before I start taking courses in my major?

All new students must take a basic skills competency test. Based on the results of the test, you may be required to take developmental courses in reading, English, and/or mathematics. A massage session with a professional massage therapist is strongly recommended prior to taking major courses.

How long will it take for me to complete this certificate?

This is a one-year program starting in the spring semester, with classes in the summer and finishing at the end of the fall term.

Where should I direct specific questions about this program?

Call the Division at (973) 877-3354/3496.

Upon completion of this program, graduates will be able to:

- ◆ Take the National Certification Examination to become certified as a professional massage therapist;
- ◆ Apply massage skills in massage therapy practice;
- ◆ Demonstrate Shiatsu and Swedish massage techniques;
- ◆ Address client needs by easing tensions in specific muscle groups;
- ◆ Work with the general population as well as special populations such as athletes, pregnant clients, and geriatrics for building and maintaining health;
- ◆ Demonstrate massage techniques used in medical settings to assist other care professionals in the healing process;
- ◆ Develop a vision of the ideal business plan and identify steps to achieve it;
- ◆ Prepare client records as well as financial records for success in business practice; and
- ◆ Apply holistic philosophy of massage therapy to complement medical practices.

Massage Therapy — Certificate Program

<p>GENERAL EDUCATION REQUIREMENTS: (11 Credits)</p> <p>Communications (3 credits) ENG 101 College Composition I 3</p> <p>Lab Science (8 credits) BIO 117 Fundamentals of Anat. and Phys. I 4 BIO 118 Fundamentals of Anat. and Phys. II 4 (BIO 121/122 can be substituted for BIO 117/118)</p> <p>MAJOR COURSE REQUIREMENTS: (24 credits)</p> <p>HSC 109 Medical Terminology 3 HSC 151 Massage Theory and Practice I 4 HSC 152 Massage Theory and Practice II 2 HSC 153 Massage Theory and Practice III 4 HSC 155 Profess. Devel. in Massage Ther. I 2 HSC 156 Profess. Devel. in Massage Ther. II 3 HSC 160 Massage Therapist Practicum I 2 HSC 161 Massage Therapist Practicum II 3 HSC 165 Self-Care for the Massage Therapist 1</p> <p>Total Credits Required for Certificate 35</p> <p>The minimum passing grade for all courses designated BIO or HSC is “C”. A grade below “C” requires that the course be repeated.</p>	<p>RECOMMENDED SEQUENCE OF COURSES:*</p> <p><u>First Semester - Spring</u></p> <p>HSC 151 Massage Theory and Practice I 4 BIO 117 Fundamentals of Anat. and Phys. I 4 HSC 155 Profess. Devel. in Massage Ther. I 2 HSC 165 Self-Care for the Massage Therapist 1 HSC 109 Medical Terminology 3</p> <p><u>Second Semester - Summer I</u></p> <p>HSC 152 Massage Theory and Practice II 2 HSC 156 Profess. Devel. in Massage Ther. II 3 HSC 160 Massage Therapist Practicum I 2 ENG 101 College Composition I 3 BIO 118 Fundamentals of Anat. and Phys. II 4</p> <p><u>Third Semester - Fall</u></p> <p>HSC 153 Massage Theory and Practice III 4 HSC 161 Massage Therapist Practicum II 3</p>
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***NOTE:** This plan assumes the completion of all required developmental courses in reading, writing, and mathematics as well as other pre- and co-requisites for some of the courses, as listed in the Course Descriptions section.