

# Therapeutic Massage

Health Sciences



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## ABOUT THIS FIELD

The Therapeutic Massage curriculum prepares students to work in direct client care settings to provide manipulation, methodical pressure, friction and kneading of the body for maintaining wellness or treating alterations in wellness throughout the lifespan.



## WHAT YOU'LL STUDY

Course work includes studies of normal human anatomy and physiology, therapeutic massage, ethical/legal issues, business practices, nutrition and psychology.



## WHAT YOU CAN DO

Employment opportunities include hospitals/rehabilitation centers, health departments, home health, medical offices, nursing homes, spas/health/sports clubs and private practice.

 **Southwestern**  
COMMUNITY COLLEGE

### PROGRAM START DATES:

Fall or Spring Semester

### FOR MORE INFORMATION CONTACT:

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 828.339.4331

# Therapeutic Massage

## Health Sciences

### CLASSES YOU'LL NEED TO TAKE

#### ASSOCIATE IN APPLIED SCIENCE (AAS) - A45750

Total Semester Hour Credits: 73

##### FALL SEMESTER 1

Prefix	Number	Title	Class	Lab	Clinical	Credit
ACA	111	College Student Success*	1	0	0	1
BIO	163	Basic Anatomy & Physiology I	4	2	0	5
ENG	111	Writing & Inquiry	3	0	0	3
MTH	110	Fundamentals of Massage	6	9	3	10
		Totals	14	11	3	19

##### SPRING SEMESTER 1

MTH	120	Therapeutic Massage Applications	6	9	3	10
MTH	121	Clinical Supplement I	0	0	3	1
MTH	125	Ethics of Massage	2	0	0	2
MTH	130	Therapeutic Massage Management	2	0	0	2
		Totals	10	9	6	15

##### SUMMER SEMESTER

ENG	114	Professional Research & Reporting	3	0	0	3
PSY	150	General Psychology	3	0	0	3
CIS	110	Introduction to Computers	2	2	0	3
		Totals	8	2	0	9

##### FALL SEMESTER 2

MED	121	Medical Terminology I	3	0	0	3
MED	122	Medical Terminology II	3	0	0	3
MTH	210	Advanced Skills of Massage	4	9	3	8
		Totals	10	9	3	14

##### SPRING SEMESTER 2

HUM	115	Critical Thinking	3	0	0	3
MTH	220	Outcome Based Massage	4	6	3	7
NUT	110	Nutrition	3	0	0	3
PSY	241	Developmental Psychology	3	0	0	3
		Totals	13	6	3	16

\*Course can substitute for ACA 122 in college transfer situations.

### DIPLOMA OPTION

#### DIPLOMA - D45750

Total Semester Hour Credits: 40

##### FALL SEMESTER

Prefix	#	Title	Class	Lab	Clinical	Credit
ACA	111	College Student Success*	1	0	0	1
BIO	163	Basic Anatomy & Physiology I	4	2	0	5
ENG	111	Writing & Inquiry	3	0	0	3
MTH	110	Fundamentals of Massage	6	9	3	10
		Totals	14	11	3	19

##### SPRING SEMESTER

CIS	111	Introduction to Computers	2	2	0	3
MTH	120	Therapeutic Massage App.	6	9	3	10
MTH	121	Clinical Supplement	0	0	3	1
MTH	125	Ethics of Massage	2	0	0	2
MTH	130	Therapeutic Massage Management	2	0	0	2
PSY	150	General Psychology	3	0	0	3
		Totals	16	11	3	21

\*Course can substitute for ACA 122 in college transfer situations.