

School of Health Science

Associate in Health Science, Massage Therapy Option (AHSMT)

The Associate in Health Science degree program with Massage Therapy option provides students an opportunity to earn an academic degree at the Associate degree level while preparing to enter the massage therapy profession by engaging in a minimum of 600 hours of Massage Therapy skill training modules, which qualify students for participating in massage therapy certification tests such as Massage and Bodywork Licensure Exam (MBLEx). The Associate in Health Science program in Massage Therapy awards students with prior general education credits up to 18 semester units or 27 quarter units to fulfill the general education course requirement for graduation.

Upon completion of the courses, a student will be prepared to enter the massage therapist job market in the fields of, but not limited to, the following areas: chiropractic, physical therapy, orthopedic rehabilitation clinics, health spas, hotels, beauty salons, medical, private practice/free lancing, sports medicine, or education and ready for advance studies in massage therapy or other healthcare programs. Students may also qualify for state licensure or certification as defined by local state regulations

Program Objectives

Upon completion of the program, the student should be able to:

1. Understand the human body system with knowledge of anatomy, physiology, kinesiology and pathology.
2. Know benefits of massage, and general massage indications and contraindications.
3. Know body awareness and demonstrate basic skills in a massage practicum.
4. Explain and use skills in Swedish massage, deep tissue massage, lymph drainage therapy and perform a full 60-minute body massage.
5. Perform myofascial release and trigger points technique
6. Know palpitation series
7. Demonstrate therapeutic stretching skills
8. Know rotator cuff solutions
9. Demonstrate skills of chair massage
10. Perform reflexology treatment on the foot
11. Demonstrate application of aromatherapy and chakra
12. Know basic business skills and management and professional ethics and standards.
13. Apply verbal and non-verbal communication skills
14. Know basic hygiene and nutrition
15. Demonstrate CPR and First Aid training
16. Know and perform other non-western massage techniques including acupressure and basic cupping technique

Admission Requirements:

Students desiring admission to the Associate degree in career program with concentration in Massage Therapy option must meet the following requirements:

1. Completed their high school education or G.E.D. with a minimum G.P.A. of 2.0 or better.
2. Completed or be enrolled concurrently in General Education courses not less than 18 semester units or the equivalent covering various academic disciplines which must include 6 units of English writing and communication, 3 units of mathematics, 3 units of natural science, 3 units of social science, and 3 units of U.S. History. General Education courses students are concurrently enrolled in must be completed prior to the completion of the AHS program. The minimum G.P.A. attained must be of 2.0 or better. GE courses are offered at community/city colleges.



International Student Admission Requirements:

Unless a graduate from a US high school or foreign equivalent where English was the language of instruction evidenced by an official transcript, or a student having taken at least 1 years of education in a college program where English was the language of instruction evidenced by an official transcript, an applicant whose native language is not English must satisfy English proficiency requirement for admission to the AHSMT program by scoring a TOEFL test with at least 380 PBT, 83 CBT or 26 iBT; a TOEIC of at least 360 or a IELTS of 2 – 2.5.

Graduation Requirements:

To receive the Associate in Health Science degree with Massage Therapy option, students must meet the following academic requirements:

- completed 27 quarter units (18 semester units) in General Education Courses
- completed 63 quarter units in Massage Therapy concentration courses and pass performance evaluations
- submit a valid CPR and First Aid certificate issued by the American Heart Association or American Red Cross.
- maintained a minimum G.P.A. of 2.0 or better

AHSMT Curriculum

The AHSMT curriculum includes 27 quarter units in General Education Courses, and 63 quarter units in Massage Therapy concentration courses as listed below.

<u>Course No.</u>	<u>Course Title</u>	<u>Contact Clock Hours</u>			<u>Quarter Unit</u>
		<u>Lecture</u>	<u>Lab/Practical</u>	<u>Total</u>	
MT1030	Basic Hygiene and Nutrition	10	-	10	1.0
MT1300	Massage Profession and Ethics	20	-	20	2.0
BS1111	Human Biology	30	-	30	3.0
BS1171	Topographic Anatomy	20	-	20	2.0
BS2181	Anatomy and Physiology I	30	-	30	3.0
BS3182	Anatomy and Physiology II	30	-	30	3.0
BS4283	Anatomy and Physiology III	30	-	30	3.0
MT2030	Myology and Kinesiology for Healthcare Professionals	40	-	40	4.0
MT2010	Pathology	60	-	60	6.0
MT2020	Assessment for Bodywork	10	10	20	1.5
MT2100	Massage Practicum	10	20	30	2.0
MT2110	Swedish Massage and Lymph Drainage	40	40	80	6.0
MT2120	Chair Massage	2	18	20	1.0
MT2130	Sports Massage and Therapeutic Stretching	10	60	70	4.0
MT2140	Reflexology	2	18	20	1.0
MT2150	Deep Tissue Massage and Applications	10	60	70	4.0
AC8211	Acupuncture Meridian Theories	20	-	20	2.0
Electives – choose from MT2000’s and MT3000’s				145	14.5
Total				745	63.0