

School of Health Science

Associate in Occupational Studies (AOS) in Massage Therapy (AOSMT)

This program will provide training for a student to become an advance massage therapist. The program will provide in-depth training in the human body system, physiology, pathology as well as various advance massage therapy techniques in both western and non-western massage therapy applications. Students will be exposed to extensive clinical studies of individual cases and be able to explain the theories of massage therapy and develop therapy plans tailoring to individual client's needs upon professional assessment of the clients. Students will learn an equivalent of 1000 hours of massage therapy skills and earn 90 quarter credit units, which qualify students for participating in massage therapy certification tests such as Massage and Bodywork Licensure Exam (MBLEx) and the Board Certification Exam for Therapeutic Massage and Bodywork. Students may complete the program in seven quarters on a full-time study basis.

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

Admission Requirements:

Students desiring admission to the AOS degree 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. Proof of at least 18 years old

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 postsecondary education 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 AOSMT 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 Occupational Studies degree with Massage Therapy option, students must meet the following academic requirements:

- completed 90 quarter units in AOS Massage Therapy 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



AOSMT Curriculum

The AOSMT curriculum includes 90 quarter units in Massage Therapy concentration courses as listed below.

Course No	Course Title	Contact Clock Hour			Quarter Unit
		Lecture	Lab/Practical	Total	
MT1030	Basic Hygiene and Nutrition	10	0	10	1.0
BS1111	Human Biology	30	0	30	3.0
BS1171	Topographic Anatomy	20	0	20	2.0
BS2181	Anatomy and Physiology I	30	0	30	3.0
BS3182	Anatomy and Physiology II	30	0	30	3.0
BS4183	Anatomy and Physiology III	30	0	30	3.0
MT2010	Pathology	60	0	60	6.0
MT2020	Assessment for Bodywork	10	10	20	1.5
MT2030	Myology and Kinesiology for Healthcare Professionals	40	0	40	4.0
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	0	20	2.0
MT1300	Massage Profession and Ethics	20	0	20	2.0
MT3020	Advance Assessment for Bodywork	25	30	55	4.0
MT3110	Facial Rejuvenating Massage	10	30	40	3.0
MT3120	Aromatherapy and Application	10	0	10	1.0
MT3130	Massage for Sports Injury	20	20	40	3.0
MT3140	Massage for Palliative Care	20	0	20	2.0
MT2300	Professional Development for Massage Therapists	30	0	30	3.0
MT3150	Massage for Pregnancy and Baby	20	20	40	3.0
MT3170	Lymph drainage technique	10	20	20	2.0
AC0291	Acupressure and Tuina Therapy	20	20	40	3.0
MT3220	Energy Work for Massage Therapist	10	20	30	2.0
MT3230	Thai Massage	10	30	40	2.5
MT3250	Chakra and Hot Stone Massage	15	20	35	2.5
MT3310	Integrated Therapeutic Massage and Self-Care	30	40	70	5.0
MT3100	Advance Massage Practicum	30	50	80	5.5
TOTAL		1,160	634	526	90.0