

Massage Therapy Certificate Programs

Kingston University offers Massage Technician 600-Hour program which prepares students with knowledge and skills to become competent massage therapy professionals in the field.

Students may complete the Massage Technician 600 Hours Program in six months on full-time study basis. Upon successful completion of a program, students will become certified massage therapists and ready to begin their professional career in therapeutic massage in broad settings such as chiropractic, physical therapy, orthopedic rehabilitation clinics, health spas, luxurious hotel, resort and cruise, beauty salons, or as a private practitioner or teacher.



Program Objective

Through the MT600 Program, the student will build professional skills in Swedish Massage, Sports Massage, Deep Tissue Massage, Myofascial Trigger Points massage, Chair Massage, Reflexology, Lymph Drainage therapy and understand Oriental massage theory. At the completion of the program, the student will be able to:

1. Describe the theories, concepts and knowledge of human body, biomechanics, and massage therapy
2. Describe assessment and identify indications and contraindications of massage modalities.
3. Demonstrate massage techniques for therapeutic benefits within the professional and legal boundaries.
4. Communicate with clients and other healthcare professionals by utilizing professional terminology
5. Recognize the practice of massage therapy for the community wellbeing
6. Plan for career pathways and business options with ethical practice
7. Perform proper self-care practice
8. Sit for standardized certification or licensure examinations which cover contents similar to the training program completed

Admission Requirements

Students desiring admission to the massage therapy programs must meet the following requirements:

1. Having completed high school or education equivalent to postsecondary level or above.
2. Applicants must be 18 years of age or older.
3. Submission of an application and a non-refundable application fee.

Program Requirement

1. Complete all course and training hour required for the Massage Technician programs (please refer to the current University Catalog for course detail information)
2. Performance Evaluation Requirements
Students must satisfactorily PASS the following requirements:
 - (i) All writing tests as required by the instructors
 - (ii) Performance tests to demonstrate competency in each massage skill module training
 - (iii) All other assignments and tests as required by the instructors

Program Curriculum

<u>Course No.</u>	<u>Course Title</u>	<u>Contact Clock Hours</u>
MT1000	Introduction to Massage Therapy	30
MT1300	Massage Profession and Ethics	20
MT2000	Human Body System, Anatomy, Physiology and Kinesiology	125
MT2010	Pathology	40
MT2020	Assessment for Bodywork	20
MT1110	Swedish Massage	70
MT1150	Chair Massage and Reflexology	40
MT1180	Aromatherapy and Application	15
MT2130	Sports Massage	60
MT2150	Deep Tissue Massage and Applications	70
MT2160	Lymph Drainage	30
AC1211	Acupuncture Meridian Theory	20
MT2500	Massage Practicum	60
TOTAL CONTACT CLOCK HOURS		600

State Licensure Requirement

Massage Therapists must abide by the current regulations to become certified or licensed within the state/jurisdiction. Students should note the minimum training hours and program content required for licensure or certification by the state or jurisdiction where they will seek practice or employment opportunities prior to their enrollment in a massage therapy training program.

Among the common regulation requirements, most state or jurisdiction require therapist applicants to complete the minimum training hours and program content required by each state or jurisdiction for certification of licensure, and pass a licensure or certification exam. The state may administer its own exam or accept official score transcript from a standardized licensure or certification exam such as the Massage and Bodywork Licensure Exam (MBLEx) administered by the Federation of state Massage Therapy Boards (FSMTB) and the Board Certification Exam administered by National Certification Board for Therapeutic Massage and Bodyworks (NCBTMB). Upon completing the Massage Technician 600- Hours program, graduates will be eligible to sit for the state licensure exam, Massage and Bodywork Licensure Exam (MBLEx) and the Board Certification Exam administered by NCBTMB.

Kingston University is an Assigned School (Code: 490019-05) by the National Certification Board for Therapeutic Massage and Bodyworks (NCBTMB). Graduates of the Massage Technician 600-hour Training Program will be eligible to sit for the Certification Exam. Further information can be obtained by contacting NCBTMB listed at www.ncbtmb.org.

International Student 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 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 Certificate of Completion for Massage Technician 600-hours of training, students must meet the following academic requirements:

- Successfully completed 600 hours of Massage Therapy training courses and pass performance evaluations
- Submit a valid CPR and First Aid certificate issued by the American Heart Association or American Red Cross.
- Fulfill all financial obligation

Curriculum Requirements

The Massage Technician 600-hour Program curriculum includes the following courses:

Course No.	Course Title	Contact Clock Hours		
		Lecture	Lab/ Practical	Total
MT1000	Introduction to Massage Therapy	30	0	30
MT1300	Massage Profession and Ethics	20	0	20
MT2000	Human Body System, Anatomy, Physiology and Kinesiology	125	0	125
MT2010	Pathology	40	0	40
MT2020	Assessment for Bodywork	20	0	20
MT1110	Swedish Massage	25	45	70
MT1150	Chair Massage and Reflexology	5	35	40
MT1180	Aromatherapy and Application	15	0	15
MT2130	Sports Massage	25	35	60
MT2150	Deep Tissue Massage and Applications	25	45	70
MT2160	Lymph Drainage	10	20	30
AC1211	Acupuncture Meridian Theories	20	0	20
MT2500	Massage Practicum	0	60	60
	Total	360	240	600