

# MASSAGE THERAPY

The goal of massage therapy is to positively affect the health and well-being of the client. Numerous physical and mental health benefits have been attributed to massage; including reducing stress and aiding in relaxation, reducing the heart rate, lowering blood pressure, increasing blood circulation and lymph flow, relaxing the muscles, reducing chronic pain, and improving joint range of motion.

With the growing need of holistic health care, massage therapy has become one of the fastest growing professions in the wellness industry.

Our mission is to provide quality career education using the art and science of massage therapy. In addition, the business aspects related to massage therapy are explored.

Potential career opportunities include, but are not limited to working with athletic teams, physical therapy, hotels, day spas, corporate wellness programs, private practices, chiropractic clinics, airports, beauty salons, golf and country clubs, orthopedic clinics, fitness centers, resorts, cruise ships, hospitals, nursing homes, or create your own niche market!

## PROGRAM OUTCOMES

After successfully completing the program, the student will be able to:

- Use appropriate verbal and written communication in the performance of massage therapy functions.
- Demonstrate legal and ethical responsibilities specific to the massage therapy profession.
- Describe human growth and development.
- Describe the anatomy and physiology of the human body.
- Perform physical comfort by applying pain management skills.
- Demonstrate various massage techniques and modalities.
- Demonstrate various stretching techniques.
- Demonstrate knowledge of blood-borne disease, including AIDS.
- Demonstrate employability skills.
- Demonstrate the ability to use interpersonal skills effectively.



- Demonstrate indications and contraindications of massage.
- Demonstrate an understanding of and apply wellness and disease concepts.
- Demonstrate knowledge and understanding for needs of patients with specific health problems.
- Comprehend stress management techniques.

## REGISTRATION REQUIREMENTS

Students must be 18 years old, have an accredited high school diploma or GED, take the Tests of Adult Basic Education (TABE), documentation of current immunizations and PPD test required. CPR/BLS for Healthcare Providers (AHA)/Professional Rescuers (ARC) certification.

## COMPLETION TIME

The program length is 750 hours.

## CAREER OPPORTUNITIES

This course prepares students to take the State board examination which is required for licensure and employment as a massage therapist.

## CERTIFICATES

A certificate is awarded to students who successfully complete all State requirements and the program's competencies as outlined in the course scope/syllabus.

## SALARY RANGE

\$25.00 /hr. - \$100.00 /hr.

Contact Maggie Assaad, Counselor  
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