



Therapeutic Massage (MSG)

Program Information

The Therapeutic Massage Program is designed to educate persons to become certified and proficient in the delivery of several different massage techniques that are for therapeutic and health purposes. Students will develop skills and acquire knowledge that is necessary for a successful practice in the field of Therapeutic Massage. Individuals are trained in a variety of disciplines to include Swedish Massage, Deep Tissue and Neuromuscular Massage. Introductory bodywork courses will also include instruction of Hydrotherapy, Hot Stone Massage, Myofacial Release, Orthopedic Conditions, Trigger Point Therapy, Sports Event Massage, Prenatal Massage, massage for Special Populations, Foot Reflexology, Aromatherapy, and Eastern Modalities. The program includes two supervised clinical practices.

Massage therapists must have a thorough understanding of human anatomy and kinesiology and be able to identify common pathologies of the human body in order to modify massage techniques to accommodate the needs of persons suffering with physical disabilities or medical conditions.

Graduates are awarded with a specialized training certificate in Therapeutic Massage that will allow them to work in a variety of settings. Students who satisfactorily complete the program certificate are eligible to sit for the Massage and Bodywork Licensing Exam (MBLE_x) offered by the Federation of State Massage Therapy Boards (FSMTB). Upon passing the exam the graduate will be eligible for licensure in the State of Alabama. Graduates will also qualify for ABMP membership (Associated Bodywork and Massage Professionals) and AMTA (American Massage Therapy Association).

Note: This is a clock hour program subject to the U. S. Department of Education revised regulations regarding Pell grant disbursement, effective July 1, 2011.

Occupational Choices

Massage Therapy is a rapidly growing profession. There are a number of employers who are adding massage therapists to their staff. Job opportunities for this career include health related fields such as working for or with physicians, chiropractors, physical therapists, orthopedic clinics, and other medical teams, hospitals or wellness centers, spa related fields such as working for designation spas, day spas, and beauty salons, athletic or sports related fields, fitness clubs, resort destinations and hotels, cruise lines, corporate worksites, holistic health care centers, hospice or home health and self-employment through private practice.

These are exciting times as the profession of massage therapy continues to grow. According to a survey sponsored by the American Massage Therapy Association (AMTA), research estimates that massage therapy was a \$12.1 billion industry in the country in 2015. By comparison in 2005, massage therapy was projected to be a \$6 to \$11 billion a year industry.

An average of 18 percent of adult Americans received massage between July 2014 and July 2015, and roughly 39.1 million adult Americans have had a massage at least once, according to the U.S. Department of Labor. The employment of massage therapists is projected to grow 22 percent from 2014 to 2024, much faster than the average for all occupations. Continued growth in the demand for massage services will lead to new openings for massage therapists.

Sources: Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2016-2017 Edition

Awards Available

- Short Term Certificate
 - Therapeutic Massage
 - Swedish Massage and Deep
 - Neuromuscular Massage Concentration

Estimated Program Length & Cost *

<u>Award</u>	<u>Length</u>	<u>Credit Hours</u>	<u>Tuition Fees</u>	<u>Books</u>	<u>Tools</u>	<u>Supplies</u>
Short Term Certificate	3 Terms	29	\$4,205	\$477	\$165	0

* Tax not included. Prices are subject to change without prior notice; cost of books may vary considerably among suppliers. The length of the program is based on full-time status of 12-15 credit hours per term. Enrollment in transitional level general education courses will alter the length of the program.

Average Full-Time Wage

As of May 2015, the full-time annual wage of a licensed massage therapist, according to the US Department of Labor, is identified between \$38,040 to \$70,140. These figures reflect a wage of \$18.29 to \$48.00 per hour. Medical insurers are increasingly covering the services of massage therapists, which bodes growth in both employment and earnings. From 2011 to 2015, revenue from alternative health care providers, which includes massage therapists, increased by 14 percent, and employment increased 19 percent. Revenue growth is projected to continue at an average rate of 3.6 percent per year through 2020.

Source: Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2016-2017 Edition

Additional Requirements

Admission standards for the Therapeutic Massage Program include the following:

- 1) Must have High School diploma or equivalent (GED)
- 2) Must be at least 18 years or older
- 3) Must submit a sealed health certificate and PPD (TB Test) screening from a certified licensed physician within two weeks of class
- 4) Must be healthy enough to receive and give massage that may last up to 90 minutes

Program Contact

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 6240 Brewbaker Blvd

As part of ongoing planning and evaluation, the College regularly evaluates student learning outcomes for each program.

Short Term Certificate Therapeutic Massage Swedish and Deep Neuromuscular Massage Concentration

Required Technical Courses (28 credit hours)

Course	Title	Hrs
MSG-101	Introduction to Therapeutic Massage	2
MSG-102	Therapeutic Massage Lab I	3
MSG-103	Anatomy and Physiology	3
MSG-104	Musculoskeletal and Kinesiology I	3
MSG-105	Therapeutic Msg Supervised Clncl I	2
MSG-200	Business and Marketing Plans	1
MSG-201	Therapeutic Msg - Special Pops	2
MSG-202	Therapeutic Massage Lab II	3
MSG-203	Pathology	3
MSG-204	Musculoskeletal and Kinesiology II	3
MSG-205	Therapeutic Msg Supervised Clncl II	2
MSG-206	Licensure Exam Review	1

Required General Education (1 credit hours)

Course	Title	Hrs
ORI-101	Orientation to College	1

Total Hours: 29 Credit Hours; 800 Contact Hours

Course Descriptions for Therapeutic Massage (MSG)

Course #	Course Title	Theory Contact Hours/Wk	Lab Contact Hours/Wk	Credit Hours
MSG-101	INTRODUCTION TO THERAPEUTIC MASSAGE PREREQUISITE: None The purpose of this course is for students to comprehend foundational information related to the profession of therapeutic massage. Specific topics include: history of therapeutic massage, professional ethics and standards of practice, regulatory agencies and their requirements, client and therapist's professional relationships, communication skills, and an overview of types of therapeutic massage.	2	0	2
MSG-102	THERAPEUTIC MASSAGE LAB I PREREQUISITE: None This course provides foundational information related to massage therapy. Students gain knowledge related to purposes, effects, applications, benefits, indications and contraindications for various types of massage therapy. Additionally, students learn procedures and precautions for various types of massage therapies. Specific topics include full body western (Swedish) massage, hot and cold therapies, stretching, and documentation guidelines. Special emphasis is placed on professional behaviors, proper draping, and body mechanics. At the conclusion of this course, students will be able to perform various types of full body therapeutic massage techniques and document their activities.	0	6	3
MSG-103	ANATOMY AND PHYSIOLOGY PREREQUISITE: None This course provides students with an overview of the basic anatomy and physiology of the human body. Emphasis is placed on the importance of maintaining homeostasis. At the conclusion of this course students will have a basic understanding of the various systems of the body and the effects of massage on these systems. Students will demonstrate this knowledge through cognitive and performance based measurement.	2	3	3
MSG-104	MUSCULOSKELETAL AND KINESIOLOGY I PREREQUISITE: None This course introduces students to concepts related to the study of muscle movement. As part of this course students learn the interaction of muscles and various boney landmarks of the skeletal system. Students further learn how to position individuals in preparation for therapeutic massage of various muscle groups. Students will demonstrate this knowledge through cognitive and performance based measurement.	2	3	3
MSG-105	THERAPEUTIC MASSAGE SUPERVISED CLINICAL I PREREQUISITE: MSG-101, MSG-102, MSG-103, MSG-104 In this course, students are required to demonstrate competency in specific therapeutic massage techniques including treatment preparation, use of proper techniques, client progress, and documentation. Students are required to perform a minimum of 45 hours of hands-on client massages.	0	6	2
MSG-200	BUSINESS AND MARKETING PLANS PREREQUISITE: MSG-101 During this course, students are also taught ethical business management and professional development. This course is designed to help students to prepare for ethical decision making in professional practice while assisting in the development of their emerging identities as professional licensed massage therapists. Emphasis is placed on building and retaining clientele, communication skills, customer skills, customer services, continuing education and setting goals. Upon completion, the student should be able to list the types of communication skills, state personal goals, and develop a business and marketing plan.	1	0	1
MSG-201	THERAPEUTIC MASSAGE FOR SPECIAL POPULATIONS PREREQUISITE: MSG-102 In this course, students learn to adapt massage sessions to the needs of special populations such as pregnant women, infants, elderly, and the terminally ill. Topics include technique variations, length of session, contraindications, cautions, considerations for survivors of abuse, and possible benefits. Upon completion of this course, students will be able to discuss and demonstrate techniques for performing therapeutic massage for special populations	1	2	2
MSG-202	THERAPEUTIC MASSAGE LAB II PREREQUISITE: MSG-101, MSG-102, MSG-103, MSG-104 Students learn advanced massage therapy techniques building upon previously gained knowledge and skills. Upon completion students will be able to apply specific therapeutic massage techniques to various regions of the body.	0	6	3

Course #	Course Title	Theory Contact Hours/Wk	Lab Contact Hours/Wk	Credit Hours
MSG-203	PATHOLOGY PREREQUISITE: MSG-103 This course presents baseline information on pathologies which massage therapists may encounter in clinical practice including conditions of the musculoskeletal, neurological, cardiovascular, lymphatic, integumentary, digestive, endocrine, and immune systems. Content will include etiology, symptomatology, medical approaches to treatment and the potential positive or negative impact of massage.	3	0	3
MSG-204	MUSCULOSKELETAL AND KINESIOLOGY II PREREQUISITE: MSG-104 In this course, students learn advanced study of the interaction of the muscular-skeletal system to include palpation techniques of the appendicular regions of the body. Students will demonstrate this knowledge through cognitive and performance based measurement.	2	3	3
MSG-205	THERAPEUTIC MASSAGE SUPERVISED CLINICAL II PREREQUISITE: MSG-105 In this course, students are required to demonstrate competency in specific advanced therapeutic techniques including treatment preparation, use of proper techniques, client progress, and documentation. Students are required to perform a minimum of 45 hours of hands-on client massages.	0	6	2
MSG-206	LICENSURE EXAM REVIEW PREREQUISITE: MSG-101, MSG-102, MSG-103, MSG-104, MSG-105, MSG-200, MSG-202, MSG-204 This course provides a consolidated and intensive review of the basic areas of expertise needed by the entry-level massage therapist. Upon completion, the student should be able to pass a comprehensive exam on information covered in the therapeutic massage program.	1	0	1