

Massage Therapy, AAS

Academic Year 2024-2025

Program Description:

The A.A.S. degree in Massage Therapy offers two options for students to earn their associate degree in Massage Therapy. Licensed Massage Therapists (LMTs) offer a range of services from relaxation massage to precise clinical soft tissue treatment. Massage techniques can release scar tissue, increase joint range of motion, enhance circulation of blood and lymph and increase the supply of oxygen and nutrients to cells, eliminating toxic waste products resulting in a healthier person. A holistic approach to massage therapy integrates an understanding that there are physical, mental, emotional, and spiritual components to each individual. LMT's are currently employed through private practice, chiropractic offices, hospitals, health clubs, day spas, cruise ships, fitness centers, beauty salons, and more.

Career Outlook and Salary Forecast:

For the most current information please refer to the Bureau of Labor Statistics "Occupational Outlook Handbook" found at www.bls.gov/ooh/.

Program Outcomes:

- Describe the structure and function of the human body from a Western scientific perspective
- Describe the structure and function of the human body from a traditional Eastern medical perspective
- Explain the functions of the musculoskeletal system, including pathologies and contraindications in massage therapy treatment
- Plan and organize an effective therapeutic bodywork session
- Outline the skills needed to operate a successful massage therapy practice
- Apply soft tissue therapy techniques in order to assess and treat, based on a Western scientific perspective of health
- Exhibit ethical behavior, including appropriate interpersonal behavior, in a professional massage therapy setting
- Assess personal well-being
- Maintain personal health and wellness through the use of somatic self-care techniques
- Identify lifestyle management methods and techniques based in a Traditional Eastern medicine perspective of health
- Locate resources for continuing professional development

Program Admission Requirements:

Students seeking admission into the Massage Therapy program must arrange an appointment with the Mountwest Community and Technical College program coordinator prior to submitting the application packet. This is to ensure that students receive current information requirements and the criteria for selection. Application packets are available in the Allied Health and Life Sciences Division, Room 355 or call (304) 710-3513 for more information

Contact Information:

Janet Smith

Room 433

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Mary Jo Perdue, LMT, BSPH

Room 355

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Mountwest empowers students to learn and lead in the community and in the workforce.

Massage Therapy¹—Major Code CM70

Name:					ID Number 942-		
Educational Counselor:							
Faculty Advisor:							
COURSE	REQUIREMENTS	SEM	HRS	GR	SUBSTITUTE/REPEAT CRS	SEM	CR
AH 151	Medical Terminology (Edge)	F	3				
BIOL 257	Intro to Anatomy & Physiology	F	3				
COM 125	Interpersonal Communication	F	3				
IT 101	Fundamentals of Computers	F	3				
MAS 101	Intro to Massage Therapy (2 nd 8 weeks)	F	1				
			13				
BIOL 260	Human Anatomy	SP	4				
MAS 230	Kinesiology for MAS ^{3,6}	SP	4				
MAS 212	Body Works I for MAS ³	SP	2				
MAS 212L	Body Works I for MAS Lab ³	SP	1				
MAS 240	Muscle Palpation I ³	SP	3				
			14				
MAS 228	Pathology and Pharmacology for MAS ³	SU	3				
ENL 101	Written Communication ²	SU	3				
			6				
MAS 201	Intro to Eastern Theory (1 st 8 weeks) ³	F	2				
MAS 214	Body Works II for MAS ³	F	2				
MAS 214L	Body Works II for MAS Lab ³	F	1				
MAS 250	Shiatsu (2 nd 8 weeks) ^{3,4}	F	2				
MAS 245	Muscle Palpation II ³	F	3				
MAS 255	Deep Tissue ³	F	3				
			13				
MAS 222	Business and Ethics for MAS ³	SP	3				
MAS 235	Student Clinical Integrative Massage ³	SP	3				
MAS 270	Spa Theory for MAS ³	SP	2				
MAS 275	MAS Board Review/Capstone ³	SP	4				
MAT 120	Applied Professional Math ⁵	SP	3				
			15				
HOURS FOR GRADUATION: 61							

¹ Criminal Background check and drug screen are required prior to admission to summer clinical courses.

² ENL 101 has a prerequisite of placement in 100-level English, or a co-requisite of ENL 095. Students must complete ENL 101 with a "C" or better to graduate.

³ MAS courses are by permission of the Program Coordinator pending admission to program. Successful completion of all MAS courses with a "C" or better is required for transition in the MAS program. Students receiving a D or F in any program course will be required to repeat that course before continuing in the program. ALL MAS courses must be taken in sequence and completed within 3 years.

⁴ MAS 250 has a prerequisite of MAS 201 and co-requisite of MAS 214, MAS 245, and MAS 255.

⁵ MAT 120 has a prerequisite of placement in 100-level or minimum ACT Math score of 19 or SAT Math score of 510.

⁶ BIOL 221 is an accepted substitute for MAS 230.

⁷ COM 125 preferred, but COM 112 can be substituted.