



700 Logan College Road  
Carterville, Illinois 62918

## **MESSAGE THERAPY PROGRAM**

**This packet contains information for the program beginning August 2008 full-time.**

Dear Prospective Student:

Thank you for your interest in the Massage Therapy (MAS) Program at John A. Logan College (JALC). The College has an open admission policy; however, there are some programs which have additional entrance requirements. Attached you will find an information packet about the MAS program at JALC, an application for the MAS program and an application for the pre-entrance examination. **You must contact the Admissions Office to obtain information about general admission to John A. Logan College.**

The **applicant must:**

1. achieve competitive level score on the pre-entrance examination: **PSB – Health Occupations Aptitude Examination,**
2. submit all required documents listed in this packet under **Admission Requirements** to the **Assessment Office** by **April 18, 2008** and
3. complete all necessary general entrance requirements for the College, as determined by the Admissions Office.

The career that you are considering is truly exciting! Massage Therapy is one of the oldest healing arts. Today, the benefits of massage are varied and far-reaching. As an accepted part of many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression, and more. As many millions will attest, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.

Further information concerning the MAS pre-entrance examination and MAS application procedures is attached. Thank you for your interest in the MAS program at JALC and best wishes in your educational endeavors.

Best Regards,

Tom Cardwell  
Director of Assessment

Valerie Barko  
Associate Dean for Health & Public Service

**DIRECT EXTENSION ACCESS: (618) 985-2828 or 457-7676**  
**OPERATOR: (618) 985-3741, 549-7335, 542-8612, 937-3438, TTY: 985-2752**  
**WEB SITE: <http://www.jalc.edu>**

## **PROFESSION**

John A. Logan College offers a professional 576 hour certification program in massage therapy. Our program provides students with safe and potent foundation for competent practice and continued professional and personal growth. It is approved by the Illinois Community College Board and the Illinois Department of Finance and Professional Regulation.

## **PROGRAM OBJECTIVES**

Graduates will be qualified to take the National Certification Examination for Therapeutic Massage and Bodywork.

## **ADMISSION REQUIREMENTS**

The following procedures shall be followed by all prospective applicants seeking admission to the JALC MAS program. Failure to comply with the deadline dates designated by JALC will automatically terminate the application for the program. It is the **responsibility of the applicant** to submit a written request to the Assessment Office, within one year of initial exam date, in order to transfer test scores for future consideration.

The JALC MAS program admission process does not discriminate on the basis of race, creed, color, national origin, gender, age, or the presence of a non-job-related condition or disability.

To be considered for admission in the Fall 2008 full-time program, an applicant must meet these criteria and submit the following credentials to the Assessment Office by April 18, 2008:

1. Submit a properly completed application for general admissions and return it to the Admissions Office by **April 18, 2008**, if **not** currently enrolled in courses at JALC. Since we have no way of verifying on-line applications a blue paper **Student Demographic Information** application must be on file in the Admissions Office by **April 18, 2008**.
2. COMPASS **or** ASSET placement exams are required by JALC in reading, writing and math. Contact the Assessment Office at (618) 985-2828 Ext. 8520 to register for a placement exam **or** submit current COMPASS **or** ASSET placement exam scores to the Admissions Office by **April 18, 2008**.

Regardless of the COMPASS **or** ASSET placement or any test score taken for general college admission, and any resultant remedial courses required, all applicants desiring to apply for the MAS program will be allowed to take the MAS pre-entrance exam. However, if an applicant scores low on any general admissions placement test, counselors may advise against continuing the MAS application process.

3. Complete and return the attached MAS program application when you register for the first test to the Assessment Office or by **April 18, 2008**.
4. Complete and return the attached MAS entrance exam application when you register for the first test to the Assessment Office or by **March 28, 2008**.
5. Request **all required transcripts** be sent to the Assessment Office by **April 18, 2008**. A high school transcript **or** proof of GED with passing scores is required of applicants who have no previous college work. If the applicant has completed accepted course work at a college or university, other than JALC, then evaluated college transcripts are required, not high school transcripts. **Official college transcripts must be officially evaluated by JALC Admissions and Records Office and received in the Assessment Office by April 18, 2008.** If the applicant has completed course work at

JALC, the Assessment Office must be notified. JALC transcripts will be copied by the Assessment Office.

6. Submit proof of in-district residency to the Assessment Office by **April 18, 2008**. The following items may serve as proof: 1) copy of a valid Illinois Drivers License with an in-district address OR 2) copy of a current voter's registration card that indicates John A. Logan District OR 3) copy of a current property tax statement that indicates John A. Logan District OR 4) copy of a valid Illinois State I.D. card with an in-district address. Any applicant who has not attended John A. Logan College in the past year, must submit proof of current residency. **NOTE: Out-of district applicants will be placed at the bottom of the ranking list after all in-district applicants. Acceptance letters will only be sent to in-district addresses for in-district students. Post Office boxes are not accepted as proof of residence. Verification must show an in-district address. New driver's licenses now show both P.O. Box and street address.**
  
7. Achieve competitive level score on the pre-entrance examination for the college. This score is based upon the PSB-Health Occupations Aptitude Examination test results and weighted grades for previous college work taken within, or transferring to, the MAS required curriculum. The exam will take a minimum of 3 hours. Tests will begin promptly at 8:30 a.m. and 1:00 p.m. in Room C205A, unless indicated otherwise. **No one may take the test if they do not have a photo ID the day of the test.** Tests will be held in the Assessment Office in Room C205A. **Seating for each testing date is limited, and applications will be processed on a first come, first served basis.** Therefore, SIGN-UP EARLY! A list of designated dates and application deadlines is listed below. Complete and return the forms to the Assessment Office, Room C205, by the test registration deadline. Applicants must register before the test registration deadline set below for each session. Registration fees must be paid at the time of registration to the **Assessment Office**. Registration fees of \$20.00 may be paid with cash (if in person), cashiers check or money order. **NO PERSONAL CHECKS WILL BE ACCEPTED!!!!** A total of 2 tests may be taken per academic year and only 1 test per month may be taken. Changes to exam and fees may occur anytime! **There are 18 testing times available, applicants may only test up to two times.**

#### **Massage Therapy Testing Dates**

Thursday, November 1, 2007, 8:30 a.m. in C205A  
Thursday, November 1, 2007, 1:00 p.m. in C205A  
**Wednesday, December 5, 2007, 8:30 a.m. in C205A**  
**Wednesday, December 5, 2007, 1:00 p.m. in C205A**  
**Thursday, December 6, 2007, 8:30 a.m. in C205A**  
**Thursday, December 6, 2007, 1:00 p.m. in C205A**  
Wednesday, February 13, 2008, 8:30 a.m. in C205A  
Wednesday, February 13, 2008, 1:00 p.m. in C205A  
Thursday, February 14, 2008, 8:30 a.m. in C205A  
Thursday, February 14, 2008, 1:00 p.m. in C205A  
**Wednesday, March 5, 2008, 8:30 a.m. in C205A**  
**Wednesday, March 5, 2008, 1:00 p.m. in C205A**  
**Thursday, March 6, 2008, 8:30 a.m. in C205A**  
**Thursday, March 6, 2008, 1:00 p.m. in C205A**  
Wednesday, April 2, 2008, 8:30 a.m. in C205A  
Wednesday, April 2, 2008, 1:00 p.m. in C205A  
Thursday, April 3, 2008, 8:30 a.m. in C205A  
Thursday, April 3, 2008, 1:00 p.m. in C205A

#### **Massage Therapy Test Registration Deadline**

Friday, October 26, 2007, by 4:00 p.m.  
Friday, October 26, 2007, by 4:00 p.m.  
**Friday, November 30, 2007, by 4:00 p.m.**  
**Friday, November 30, 2007, by 4:00 p.m.**  
**Friday, November 30, 2007, by 4:00 p.m.**  
**Friday, November 30, 2007, by 4:00 p.m.**  
Friday, February 8, 2008, by 4:00 p.m.  
Friday, February 8, 2008, by 4:00 p.m.  
Friday, February 8, 2008, by 4:00 p.m.  
Friday, February 8, 2008, by 4:00 p.m.  
**Friday, February 29, 2008, by 4:00 p.m.**  
**Friday, February 29, 2008, by 4:00 p.m.**  
**Friday, February 29, 2008, by 4:00 p.m.**  
**Friday, February 29, 2008, by 4:00 p.m.**  
Friday, March 28, 2008, by 4:00 p.m.  
Friday, March 28, 2008, by 4:00 p.m.  
Friday, March 28, 2008, by 4:00 p.m.  
Friday, March 28, 2008, by 4:00 p.m.

Additional points may be added to the applicants composite exam score on the MAS program pre-entrance examination if college transcripts have been officially evaluated by JALC College Admission and Records Office and are received in the Assessment Office by **April 18, 2008**. **NO** points will be given without an official transcript. Any/all of the general education courses

must be completed by December 2007 in order for points to be added: BIO105. The following points will be added for each grade earned: "A" = 3 points, "B" = 2 points, "C" = 1 point. For example, 3 points may be added to an applicants composite entrance exam score if the above general education course is completed by **December 2007** with a grade of an "A."

Total points achieved will be added to the combined earned raw scores of sections 1 through 4 of the PSB-Health Occupations Aptitude Examination. Rank ordering of students for admission consideration will be made on the basis of total points. Tie breakers will be based upon the highest score achieved on the PSB-Health Occupations Aptitude Examination, Part 1 and Part 3, successively.

The first concern about acceptance into the program should be obtaining a competitive level score on the MAS program pre-entrance examination. This score is based upon the PSB-Health Occupations Aptitude Examination test results. The exam includes sections on academic aptitude, spelling, reading comprehension, information in the natural science and vocational adjustment index. All five sections of the test will be given, with only the cumulative raw score on the first four sections used for admission ranking. The fifth section will be utilized for research purposes.

Additional information about the exam can be accessed by going to [www.psbtests.com](http://www.psbtests.com). Click on "Health Occupations Aptitude Examination" to find out about the nature of the subtest. Click on "Resources for Test Takers" to locate sample questions and test-taking tips.

The Health Occupations Aptitude Exam Study Guide is available for purchase at the bookstore located at John A. Logan College. This study guide is **not** published by the same publisher who created the Health Occupations Aptitude Exam.

**Letters of notification of provisional acceptance to the top applicants on the ranking list will be mailed in May 2008.** Letters of notification of alternate list or denial into the program will be mailed when all positions are filled. Applicants that are selected will have ten days from the date mailed, to return the response form enclosed in the acceptance letter. If no response is obtained, the applicant will be dropped from future consideration and the next alternate on the list will be notified of acceptance.

**It is extremely important to abide by the deadline dates outlined in this packet. It is the applicant's responsibility to assure that these documents have been received by the Assessment Office in Room C205.**

Contact any of the people below:

Tom Cardwell  
Director of Assessment  
John A. Logan College  
700 Logan College Road  
Carterville, IL 62918  
(618) 985-3741 Ext. 8496

Berniece McCormick  
Assessment Coordinator  
John A. Logan College  
700 Logan College Road  
Carterville, IL 62918  
(618) 985-3741 Ext. 8617

Susan Phillips  
Assessment Coordinator  
John A. Logan College  
700 Logan College Road  
Carterville, IL 62918  
(618) 985-3741 Ext. 8497

**TUITION AND FEES**

Tuition at \$67.00 per credit hour – 30 hours.....	\$2,010.00
Lab fees (estimate).....	100.00
Books (estimate) .....	500.00
Uniform (estimate).....	100.00

Massage Table and Supplies.....	1,200.00
Certification examination fee.....	225.00
State License fee.....	175.00
Graduation fee.....	20.00
Registration fee for Health Occupations Aptitude Entrance Exam.....	20.00
Fingering Printing.....	60.00
<b>Total Estimated Cost.....</b>	<b>\$4,410.00</b>

**Note:** Costs estimates are for new texts. All costs are estimates and subject to change. The Massage Therapy student should have planned for meeting these financial obligations before entering Massage Therapy. Additional costs may include: medical exams, immunizations and CPR.

For additional information, please contact Valerie Barko at Ext. 8258 or [valeriebarko@jalc.edu](mailto:valeriebarko@jalc.edu).

**FINANCIAL AID**

A variety of financial aid exists and the applicant should contact the Financial Aid Office for more information. Some of the types of financial aid presently offered are:

- Scholarships
- Loans
- Grants

**LEGAL LIMITATIONS**

Felony convictions that Massage Therapy graduates have may adversely affect their ability to sit for licensure exam and to receive employment.

**CURRICULUM COURSE REQUIREMENTS**

The length of the full-time program is nine (9) months from start to finish.

The general education course, **BIO 105**, will be scheduled in the first fall semester unless the student has already completed this course. **This course is not prerequisite for the MAS program, but if BIO 105 is completed prior to starting the program the student will have more time to concentrate on the MAS courses.**

The students will need to provide transportation to and from the JALC campus and assigned lab experiences. Classes will be held on the JALC campus.

Prospective MAS students should **not** purchase any materials or supplies until **AFTER** they have been accepted and registered to begin school. Questions regarding uniforms, schedules, requirements, etc. will be answered during their orientation meeting.

Massage Therapy students must earn a minimum grade of “C” in all massage therapy courses, including general education courses.

**GENERAL EDUCATION COURSES**

BIO 105 – Anatomy & Physiology 3 credits

**All applicants are strongly encouraged to complete the above MAS general education course with a minimum grade of a “C” prior to the Fall semester they plan to start the MAS program, so that they can increase their probability of success in the program.**

If this course has been taken at another college/university, **you must receive a transcript evaluation from the JALC Admissions Office before April 18, 2008.**

To request a transcript evaluation, the applicant must:

1. complete an application for admissions to JALC and indicate that enrollment intention is a JALC degree WITH the General Studies for MAS enrollment code 300101-B **AND**
2. request **official transcripts from ALL** colleges previously attended. Transcripts **must** show when the course was taken and the grade received.

**TOM CARDWELL, BERNIECE McCORMICK AND SUSAN PHILLIPS ARE THE ONLY ADVISORS STUDENTS SHOULD SEE FOR ADVISEMENT AND REGISTRATION TO INSURE ALL ENTRY REQUIREMENTS ARE MET FOR THE MASSAGE THERAPY PROGRAM.**

## **MASSAGE THERAPY COURSE DESCRIPTIONS**

### **YEAR 1, FALL SEMESTER**

**COURSE TITLE: BIO 105**     ANATOMY AND PHYSIOLOGY

Semester Hours: 3 credit hours

Prerequisites: None

An introduction to the study of the human body. The course includes laboratory experience and lecture concepts suited for a beginning anatomy and physiology class. Topics include but are not limited to structure and function of the body systems, metabolism, biochemistry, cells, and tissues.

**COURSE TITLE: MAS 101**     INTRODUCTION TO MASSAGE THERAPY

Semester Hours: 3 credit hours

Prerequisites: Acceptance into Massage Therapy Program

Students are introduced to the fundamentals of massage, including draping, Swedish massage techniques, and appropriate oils and lotions. Areas also emphasized are ethics, importance of insurance, and techniques for beginning client assessments.

**COURSE TITLE: MAS 102**     MASSAGE THERAPY I

Semester Hours: 6 credit hours

Prerequisites: Acceptance into Massage Therapy Program

Students will be instructed in the proper techniques of massage of specific muscle groups. As a foundation for massage, the techniques of Swedish massage are taught and practiced.

**COURSE TITLE: MAS 103**     BODY ANATOMY FOR MASSAGE THERAPY

Semester Hours: 3 credit hours

Prerequisites: Acceptance into Massage Therapy Program

This course is a detailed study of the muscles, bones, and tissues as they pertain to therapeutic massage.

### **YEAR 1, SPRING SEMESTER**

**COURSE TITLE: MAS 104**     MASSAGE THERAPY II

Semester Hours: 7 credit hours

Prerequisites: CPR Certification

Students will be instructed in the proper techniques of massage of muscle groups. As a foundation for massage, the techniques of Swedish massage and deep tissue massage are taught and practiced.

**COURSE TITLE: MAS 105**     ADVANCED MASSAGE THERAPY TECHNIQUES

Semester Hours: 5 credit hours

Prerequisites: MAS 101, 102, CPR Certification

This course is designed to prepare students for more advanced therapeutic massage techniques such as ear candling and reflexology. Students will have hands-on experience during labs.

**COURSE TITLE: MAS 106**     MASSAGE BUSINESS MANAGEMENT

Semester Hours: 3 credit hours

Prerequisites: MAS 101, 102

Students are introduced to topics related to developing a successful massage therapy business. Areas included are record keeping strategies, marketing, developing a business plan, and maintaining a positive client-therapist relationship.



# Massage Therapy Program Application for Fall 2008 full-time

**Deadline: April 18, 2008**

JALC ID# \_\_\_\_\_

Name \_\_\_\_\_  
Last First MI Maiden

Address \_\_\_\_\_  
Street City/State/Zip Code

Phone \_\_\_\_\_ Social Security No. \_\_\_\_\_

Date of Birth \_\_\_\_\_ E-mail Address \_\_\_\_\_

## EMERGENCY INFORMATION

**Person to be notified in case of emergency:**

Name \_\_\_\_\_  
Last First

Address \_\_\_\_\_  
Street City/State/Zip Code

Phone \_\_\_\_\_

## HIGH SCHOOL OR GED INFORMATION

\_\_\_\_\_  
Name of School Graduation Date

## COLLEGIATE RECORD

**Please list all colleges attended:**

\_\_\_\_\_  
College Name Location Date of Attendance

\_\_\_\_\_  
College Name Location Date of Attendance

\_\_\_\_\_  
College Name Location Date of Attendance

***Evaluated transcripts MUST be received by April 18, 2008, in the Assessment Office, Room C205. The applicant is responsible for confirming either in person or in writing to John A. Logan College for receipt of ALL records.***

Applicant's Signature \_\_\_\_\_  
Date \_\_\_\_\_



# Massage Therapy Entrance Exam Application

**Exam to be used for final class placement for the Fall 2008 full-time program.**

Please fill out completely and **return to the Assessment Office**, Room C205, along with **cash, cashiers check or money order** for **\$20.00 per test**. **NO personal checks** accepted. Do not send cash through the mail!!! Make cashiers check or money order payable to **JOHN A. LOGAN COLLEGE**. **Registration fees must be paid at the time of registration** to the Assessment Office in Room C205 at John A. Logan College. Since your seat is being reserved for a test session the \$20.00 registration fee can not be transferred to another test session or refunded if you do not attend the session for which you were applying. The \$20.00 registration fee per test is **NON-REFUNDABLE and NON-TRANSFERABLE**. Changes to exam and fees may occur at anytime! **No one may take the test if they do not have a photo ID the day of the test.** A total of 2 tests may be taken per academic year and only 1 test per month may be taken. **There are 18 testing time available, applicants may only test up to 2 times.**

Name \_\_\_\_\_  
Last First MI Maiden

Address \_\_\_\_\_  
Street City/State/Zip Code

Phone \_\_\_\_\_ Social Security Number \_\_\_\_\_

Please consider my results for: **Massage Therapy Program**

Do you have a disability which may require accommodations for testing? Yes \_\_\_ No \_\_\_

If yes, you must provide documentation of your disability and the need for accommodations to Student Support Services in Room C218 within seven working days of this request or seven days prior to the test date.

Have you taken the PSB-Health Occupations Aptitude Examination (HOAE) before? Yes \_\_\_ No \_\_\_

If yes, when? \_\_\_\_\_

**Fill in the testing day, date and time that you prefer for your first registration:**

**\*\* See back side of application for testing dates \*\***

Day \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

FOR OFFICE USE ONLY:						
Registering 1 <sup>st</sup>	_____	for Test Date _____	Receipt # _____	Type _____	Amount _____	Dep Date _____
Registering 2 <sup>nd</sup>	_____	for Test Date _____	Receipt # _____	Type _____	Amount _____	Dep Date _____
Registering 3 <sup>rd</sup>	_____	for Test Date _____	Receipt # _____	Type _____	Amount _____	Dep Date _____

**The undersigned certifies that the applicant has read and agrees to all application procedures.**

Applicant's Signature \_\_\_\_\_

Date \_\_\_\_\_

Please choose one day and time for your first registration, circle the day and time, and fill in the corresponding information on the front of the application indicating your preference.

### November Testing Dates

Deadline: Friday, October 26, 2007, by 4:00 p.m. for the following testing dates, please circle one time if you wish to test in October and also write the test day, date and time on the front of the application, reminder, you can only test 2 times total per testing year and test only 1 time per month:

Thursday, November 1, 2007                      8:30 a.m.                      or                      1:00 p.m.

### December Testing Dates

Deadline: Friday, November 30, 2007, by 4:00 p.m. for the following testing dates, please circle one time if you wish to test in December and also write the test day, date and time on the front of the application, reminder, you can only test 2 times total per testing year and test only 1 time per month:

Wednesday, December 5, 2007                      8:30 a.m.                      or                      1:00 p.m.                      or

Thursday, December 6, 2007                      8:30 a.m.                      or                      1:00 p.m.

### February Testing Dates

Deadline: Friday, February 8, 2008, by 4:00 p.m. for the following testing dates, please circle one time if you wish to test in February and also write the test day, date and time on the front of the application, reminder, you can only test 2 times total per testing year and test only 1 time per month:

Wednesday, February 13, 2008                      8:30 a.m.                      or                      1:00 p.m.                      or

Thursday, February 14, 2008                      8:30 a.m.                      or                      1:00 p.m.

### March Testing Dates

Deadline: Friday, February 29, 2008, by 4:00 p.m. for the following testing dates, please circle one time if you wish to test in March and also write the test day, date and time on the front of the application, reminder, you can only test 2 times total per testing year and test only 1 time per month:

Wednesday, March 5, 2008                      8:30 a.m.                      or                      1:00 p.m.                      or

Thursday, March 6, 2008                      8:30 a.m.                      or                      1:00 p.m.

### April Testing Dates

Deadline: Friday, March 28, 2008, by 4:00 p.m. for the following testing dates, please circle one time if you wish to test in April and also write the test day, date and time on the front of the application, reminder, you can only test 2 times total per testing year and test only 1 time per month:

Wednesday, April 2, 2008                      8:30 a.m.                      or                      1:00 p.m.                      or

Thursday, April 3, 2008                      8:30 a.m.                      or                      1:00 p.m.