

Massage Therapy (MAS)

MAS 101 Introduction to Massage Therapy

3 Hours

Prerequisites: None
3 hours (3-0)

This course introduces the student to the many cultural histories of massage and the theories behind the various techniques they will be applying, including traditional Western (Swedish) massage, Oriental Theory, Relexology, and Shiatsu. It will also cover the benefits and effects of massage, clinical applications of massage, endangerment sites, cautions, and contraindications. There will be a brief introduction to business.

MAS 102 Massage Therapy I

5 Hours

Prerequisites: None
8 hours weekly (2-6)

Students are introduced to the fundamentals of applied massage, including Swedish massage techniques, draping, and appropriate oils and lotions. Areas of emphasis include ethics, client intakes, privacy regulations, techniques for beginning client assessments. Tai Chi and proper body mechanics are taught for the health and safety of the practitioner. This course also includes training in on-site seated massage, introductions to Neuromuscular Therapy (NMT), deep tissue, sports, Anma & Shiatsu.

MAS 103 Body Anatomy for Massage Therapy

5 Hours

Prerequisites: None
5 hours weekly (5-0)

This course is a detailed study of the muscles, bones, and tissues of human anatomy as they pertain to massage therapy. Emphasis is on learning the identification, origin, insertion, and actions of the muscles.

MAS 104 Anatomy and Physiology for Massage

5 Hours

Prerequisites: MAS 103
5 hours weekly (5-0)

This course will continue with a detailed study of muscles, bones, and tissues as they pertain to therapeutic massage with emphasis on the origin, insertion and action of muscles, including synergists and antagonists. It will also address the physiology

and pathologies of the different body systems to help the student make informed decisions as to the appropriate application of massage therapy.

MAS 105 Massage Therapy II

5 Hours

Prerequisites: MAS 101, 102, CPR Certification
8 hours weekly (2-6)

Students will be instructed in advanced massage therapy techniques and appropriate applications including Shiatsu, deep tissue, neuromuscular technique (NMT), sports massage, stone massage and others. There will be continued instruction in Tai Chi, body mechanics and professional communication. Practice occurs in a supervised lab setting.

MAS 106 Advanced Massage Therapy

3 Hours

Prerequisites: MAS 101, 102
3 hours weekly (3-0)

This course will explore theories behind the various advanced techniques in the field of massage such as Oriental theory, deep tissue, NMT, energy work, reflexology, and others. It will also cover the business side of the massage profession including marketing and bookkeeping.

MAS 107 Special Populations Massage

2 Hours

Prerequisites: MAS 101, MAS 102 and CPR Certification
4 hours weekly (0-4)

This course is designed to provide the massage student with the opportunity to work on-site with special populations such as athletes, elderly and emergency personnel among others, in supervised settings. Meeting times will vary.