

Therapeutic Massage

Program Number: 30-537-1

Less-Than-One-Year Program

Health-Related Professions Program Cluster

School of Health Education

Program offered at Downtown Education Center, Madison

For information call: (608) 246-6065, (608) 258-2321 or
(800) 322-6282 Ext. 6065 or 2321

About the Program

The Therapeutic Massage program offers an entry-level training program for students interested in pursuing a professional career in massage therapy, or for health care providers looking to enhance their range of clinical skills and knowledge. There is a wide range of career opportunities available in this rapidly expanding field. During their training, students gain a comprehensive understanding of the human body and a high degree of technical skill, with an emphasis on personal and professional development, increased self-awareness and sensitivity. Our graduates enjoy the benefits of being of service to others and having work that is meaningful.

Note: Convictions of crimes or pending charges may be grounds for denial of license if the circumstances of the conviction or charge are substantially related to professional practice. Applicants should check the following website for more information:
www.dhfs.state.wi.us/caregiver or call (608) 266-5764 or contact Department of Safety & Professional Services

Unique Requirements for Admission

1) High school graduation or GED equivalency, 2) one-year high school biology or one semester of college human anatomy and 3) COMPASS or equivalent assessment test.

Curriculum

The courses listed below outline the requirements for graduation for students entering this program in the 2012-2013 academic year. Requirements for graduation may vary depending on the semester in which a student is admitted to their program. Current/continuing students should consult their degree progress report available through their student center account for specific graduation requirements. Program requirements are subject to change.

		Hrs/week	
		Credits	Lec-Lab
First Semester			
30-537-336	Musculoskeletal Anatomy *	1	5-0
30-537-334	Applied Musculoskeletal Anatomy *	1	5-0
10-501-153	Body Structure and Function * OR	3	3-0
20-806-206	General Anatomy & Physiology *	(4)	5-4
30-537-340	Introduction to Therapeutic Massage 1	3	6-9
30-537-342	Introduction to Therapeutic Massage 2	3	6-9
Total		11	
Second Semester			
30-537-338	Kinesiology **	1	2.5-0
30-537-339	Pathology **	1	2.5-0
30-537-344	Specialized Techniques	3	0-15
30-537-346	Massage Clinic and Business Practices	3	8-7
Total		8	

*Course may be taken prior to entering the program.

** Course may be taken prior to entering the program with proper prerequisites.

Please Note: Students are required to purchase a supply kit, uniform and name tag early in the first semester of classes. The Kit includes supplies needed to complete this program. The approximate cost of the kit, uniform and nametag is \$290.00

In addition, students are required to purchase a massage table which will cost approximately \$500.00

Costs are listed in the Additional info tab and Estimated Fees
<http://matcmadison.edu/program-info/therapeutic-massage>

Courses

30-537-334 Applied Musculoskeletal Anatomy 1 credit

Explores a thorough understanding of musculoskeletal anatomy as it applies to Therapeutic Massage. Students will develop palpation skills, practice ROM movements, and learn specific massage therapy techniques to identify the bones and muscles that comprise the musculoskeletal system. Students apply their knowledge from the Musculoskeletal Anatomy course in a hands-on, lab-type setting. Co-requisite: 30-537-336.

30-537-336 Musculoskeletal Anatomy 1 credit

Course focuses on the anatomy and physiology of the skeletal and muscular systems of the body. Students will learn the names, locations, insertion points and actions of many of the muscles of the human body. An optional cadaver lab is offered to interested students. Co-requisite: 30-537-334

10-501-153 Body Structure and Function 3 credits

A concise introduction to human body structure and function. Normal and abnormal states of the body and basic disease processes affecting the body are emphasized. Common problems encountered in a variety of health care settings are presented.

30-537-338 Kinesiology 1 credit

Students further study the musculoskeletal system with an emphasis on muscle groups used to perform specific actions. This course will assist students in making assessments and identifying muscles involved in certain injuries. Prerequisites: 30-537-336, 30-537-334 and 10-501-153.

30-537-339 Pathology 1 credit

Covers the types of disorders that may occur in each of the major body systems and more specifically, the signs and symptoms of selected disorders that could endanger the health of either the massage client or the practitioner. Students also gain a basic understanding of pharmacology and the possible interactions between medications and massage. Prerequisites: 30-537-336, 30-537-334 and 10-501-153.

30-537-340 Introduction to Therapeutic Massage 1 3 credits

This course introduces students to the field of "touch therapies." Topics covered include the history of massage, educational and legal requirements, effects, benefits and contraindications of massage, basic massage techniques, proper draping techniques, body mechanics, chair massage and selecting a massage table. Many learning activities help students in developing increased body awareness and relaxation skills. Prerequisites/Co-requisites: 30-537-334, 30-537-336 and 30-537-337 (or its alternatives listed in curriculum)

30-537-342 Introduction to Therapeutic Massage 2 3 credits

Topics covered include personal and professional ethics, medical terminology, sanitation and safety, choosing massage equipment and supplies to create the massage environment, interviewing clients, assessments and keeping client records. Students are instructed in making positive choices for a healthy lifestyle. Massage techniques include learning a full body massage routine. Prerequisite: 30-537-340.

30-537-344 Specialized Techniques 3 credits

Students learn to work with clients with special needs such as pregnant clients, the elderly and individuals with particular health challenges. Remedial techniques taught include trigger point therapy, cross fiber friction, sports massage, reflexology and other therapeutic techniques. Related and complimentary fields are explored. Prerequisite: 30-537-342.

30-537-346 Massage Clinic and Business Practices 3 credits

This training provides the massage student with an opportunity to practice and refine their massage skills and to deal with clients with varying needs. The student-run clinic affords the student experience in scheduling appointments, keeping client records, and creating a restful, relaxing atmosphere for clients. In the business portion of the class, students explore career opportunities and compare advantages. Students must be certified in First Aid/CPR before beginning clinic. Prerequisite: 30-537-344. Student must be prepared to take both the national and state licensing exams and submit the appropriate fees at this time. An additional clinic apply fee is due the first day of this class

Career Potential:

- Massage Therapist

More detailed and updated information on this program may be available at: matcmadison.edu. The college reserves the right to make changes in the regulations and courses announced in this publication without notice.

Madison Area Technical College provides equal opportunity in education and employment.

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(this following information should be placed in the box where the Career Potential box was)

Massage Therapy

Licensing Information:

Students are required to take two licensing exams

prior to graduation from the

program:

-The Wisconsin State Licensing Exam

-The FSMTB Licensing Exam

After passing these exams, graduates will become Licensed Massage Therapists eligible to work in a variety of settings including: massage clinics, health clubs, spas, integrative health care facilities', beauty salons or in private practice.

Additional Fees for these exams are listed in the Program Fees document