

MASSAGE THERAPY

For information about the Massage Practitioner, Massage Therapist, and Massage Therapist-Advanced certificates issued by the Massage Therapy Program, please see the Massage Therapy Program web pages:

<http://www.mpc.edu/academics/academic-divisions/physical-education/massage-therapy>

The Massage Therapy Program prepares current and future massage professionals for a career applying an ancient healing art that promotes overall health and relieves the stressful effects of living in a modern world. The program welcomes students pursuing continuing education or personal enrichment.

Learning Outcomes: Upon successful completion of the program, students will be able to:

- Safely and effectively apply knowledge and skills in the theory and practice of therapeutic massage.
- Describe strategies for launching, building, and managing a massage business.
- Apply self-care techniques to prevent burnout and injury.
- Understand basic anatomy, kinesiology, pathology, and physiology.
- Apply for Massage Therapist Certification from California Massage Therapy Council (CAMTC).
- Apply to take the Massage and Bodywork Licensing Examination.

Certificate of Achievement (Career Technical)

Certificate Requirements	Units
REQUIRED CORE:	21
ANAT 5 Basic Human Anatomy and Physiology (4)	
HLTH 5 First Aid and CPR (3)	
MEDA 105 Medical Terminology (4)	
PFIT 63 Fitness Anatomy and Kinesiology (2)	
MASS 82 Therapeutic Massage I (4)	
MASS 83 Therapeutic Massage II (4)	
Select at least two units from the following:	2-4
MASS 180A Massage Lab I (1-2)	
or MASS 180B Massage Lab II (1-2)	
Select one course from the following:	3
PSYC 1 General Psychology (3)	
PSYC 40 Human Sexuality (3)	
PSYC 50 Health Psychology (3)	
Select three units from the following:	3
BUSI 44 Introduction to Business Ownership/Mgmt. (3)	
HLTH 4 Healthy Living (3)	
NUTF 1 Nutrition (3)	
PFIT 8 Aerobic Conditioning (.5-1)	
PFIT 9 Personal Fitness (1)	
PFIT 10A Beginning Weight Training (.5-1)	
PFIT 14 Exercise for Health and Fitness (.5)	
PFIT 15A Core Matwork I (.5-1)	
PFIT 16A Tai Chi I (.5-1)	
PFIT 17A Yoga I (.5-1)	
PFIT 18A Aerobic Fitness I (.5-1)	
PFIT 19A Body Sculpting I (.5)	
PFIT 21A Flexibility and Relaxation Techniques I (.5)	
PFIT 22A Fitness Through Swimming I (1)	
PFIT 30A Triathlon Training I (1)	
PFIT 50 Independent Fitness/Testing Program (1)	

PFIT 51	Fitness and Wellness Strategies (2)
PFIT 60	Fitness Exercise Physiology (1)
PFIT 92	Teaching Aide - Physical Fitness (1)

TOTAL CORE CERTIFICATE UNITS	29-31
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Select one of the following options

(one is required but both may be taken if desired): **2-7**

Sports Massage Option:

MASS 84	Sports Massage (2)
PHED 41	Prevention and Care of Athletic Injuries (3)

Clinical Massage Option:

MASS 85	Clinical Massage (2)
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TOTAL CERTIFICATE UNITS	31-38
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Associate in Science Degree (Career Technical)

Associate Degree Major Requirements	Units
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Certificate Requirements (as described above)	31-38
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Complete Competency Requirements and MPC General Education Pattern for a total of 60 degree-applicable units (see pages 72-73, 76 in the 2017-18 MPC Catalog).

TOTAL DEGREE UNITS	60
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