

## Massage Therapy Certificate

**HHP 161**                      **1 credit**                      **Meditation for Health**

Incorporates the practice of fundamental techniques for training your mind to be quiet and peaceful; to focus your thoughts on what you choose; to stimulate the Mind-Body conversation to enhance your own health.

**HHP 224**                      **1 credit**                      **Intro to Massage Therapy**

Teaches hands-on techniques to complete a full body massage along with integration of healing touch. Swedish massage techniques and basic foot reflexology combined with a complete energy balance are performed and experienced by each student.

**MST 111**                      **4 credits**                      **Basic Massage Therapy**

Introduces theory and techniques of therapeutic massage, including understanding of physiological benefits of massage as well as proper body mechanics and appropriate draping. Focuses on basic strokes of Swedish massage. Students also learn techniques of seated massage.

**MST 106**                      **4 credits**                      **A & P for Massage Therapy**

Provides a general knowledge of the anatomy and physiology of the body systems with focus on the anatomy and physiology of the muscular and skeletal systems. This course is designed specifically for individuals specializing in massage therapy.

**HHP 208**                      **2 credits**                      **Advanced Musculoskeletal Anatomy**

Presents an intensive study of the musculoskeletal system. Focus will be on understanding the bony structures and the relationship of the muscular system to the skeletal system from a dynamic perspective. Classes include lecture and work with the 'Maniken' system building muscles with clay on a scaled down and anatomically accurate skeleton. Clinical connections will be made to take the study of anatomy out of the purely technical arena, and into the practical. The other nine systems of the body will be touched on briefly, because to clinically understand the practical applications of anatomy, you have to be aware of the interconnectedness of all the systems of the body.

**MST 184**                      **3 credits**                      **Clinical Massage**

Applies skills in a clinical setting. Focuses on improvement of massage therapy skills, ethics, and communication.

**MST 216**                      **3 credits**                      **Pathology for Massage Therapy**

Focuses on basic knowledge of disease and injury to assist the massage therapist to promote healing, ease pain and discomfort, and avoid complications during therapy. With a broad perspective of pathology and specific pathophysiology of diseases contributing to the need for massage therapy, this course provides the foundational science for safe practice.

**MST 113**                      **3 credits**                      **Professional Massage**

Continues the study of Integrative Therapeutic Massage techniques with emphasis on assessing and meeting client's needs. Students give massage in supervised in-class clinical work, applying appropriate therapeutic intervention.

**HHP 225**                      **1 credit**                      **Expanded Concepts of Massage**

Builds on techniques learned during Introduction to Massage. Includes application of massage techniques with special populations. Examines related basic therapeutic approaches such as hydrotherapy and acupressure. Considerations for developing professional practice are also addressed.

**MST 204**                      **2 credits**                      **Business Practice**

Assists the practitioner of massage therapy to envision, market, establish and maintain a professional massage therapy practice.

**HPR 117**                      **3 credits**                      **Kinesiology**

Studies the Anatomical Basis of Human Movement.

**MST 284**                      **3 credits**                      **Clinical Massage**

Provides an application of massage therapy skills in a clinical setting. This course focuses on improvement of techniques, communication with clients and other health professionals as well as documentation of massage sessions.

**MST 289**                      **.5 credit**                      **Capstone**

Demonstrates the culmination of learning within a given program of study. The student prepares a plan of study for their National Exam, learns to navigate State Registration and discovers options for further training.