## MASSAGE THERAPY - ASSOCIATE OF APPLIED SCIENCE (AAS)

## **Description**

The Associate of Applied Science in Massage Therapy gives students a unique opportunity to earn a degree alongside licensure. COCC is the only massage school to offer this on the west coast. The AAS degree integrates science with the human body alongside a wide variety of Eastern and Western massage therapy applications. Students also develop skills in business, computer skills and health while working in the community.

Students have two opportunities to enter the program each year. a Fall term day program and a Spring term evening program. Students may take certain program and/or non-massage therapy courses any time before enrollment into the program or during enrollment in the program.

The program is accredited by the <u>Commission on Massage Therapy</u> Accreditation.

### **Program Learning Outcomes**

Upon successful completion of the degree, students will be able to:

- Implement a wide variety of specialty skills related to massage therapy.
- Exhibit characteristics of guidelines for a professional business practice.
- 3. Conduct client assessment, reassessment, and treatment planning.
- Describe the benefits and physiological effects of techniques that manipulate soft tissue.
- 5. Use professional communication skills with clients and peers.

## **Entrance Requirements**

Recommended:

- BI 105 Human Biology for Health Science Careers or BI 231 Human Anatomy and Physiology I
- Completion of MTH 015 Basic Mathematics or higher or minimum placement Math Level 7
- Completion of WR 065 Rhetoric and Critical Thinking II or higher or minimum placement Wr/Comm Level 7

#### Required:

- · Must be a minimum of 18 years of age
- · High school diploma or GED

# Additional Costs (Beyond standard tuition/Fees and Textbooks)

#### **Enrollment Fees**

- \$17 per credit for 2nd-4th term LMT courses (builds your licensing fund so there is no out-of-pocket expense at graduation).
- \$25 per credit for all other LMT courses for COCC general fund.

## **Course Requirements**

| Course              | Title                  | Credits |
|---------------------|------------------------|---------|
| <b>Core Courses</b> |                        |         |
| Choose one of       | the following options: | 4-12    |

| BI 231 Human Anatomy and Physiology I & BI 232 and Human Anatomy and Physiology II & BI 233 and Human Anatomy and Physiology III & BI 233 and Human Anatomy and Physiology III LMT 113 Kinesiology for Massage Therapy II 4 LMT 118 Kinesiology for Massage Therapy III 4 LMT 124 Kinesiology for Massage Therapy III 4 LMT 130 Massage Fundamentals 2 LMT 135 Managing a Massage Practice 3 LMT 140 Pathology for Massage Therapy III 4 LMT 145 Massage I LMT 155 Eastern Theory & Practice 2 LMT 150 Massage II 5 LMT 155 Eastern Theory & Practice 2 LMT 160 Hydrotherapy 1 LMT 170 Professional Ethics and Rules 2 LMT 175 Swedish Relaxation Clinic 2 LMT 200 level electives 17 LMT 200 level electives 17 LMT 200 level electives 17 LMT 210 Community Outreach 2 LMT 245 Effective Office Decisions 2 Other Required Courses Choose one course from the following: 3-4 AH 105 Math for Health Sciences BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communication BA 214 Business Communication BA 214 Business Communication BA 214 Business Communication BA 214 Composition I CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10  | Option 1:        |  |       |
|---|------------------|--|-------|
| BI 231 Human Anatomy and Physiology I & BI 232 and Human Anatomy and Physiology II & BI 233 and Human Anatomy and Physiology III & BI 233 and Human Anatomy and Physiology III LMT 113 Kinesiology for Massage Therapy II 4 LMT 118 Kinesiology for Massage Therapy III 4 LMT 124 Kinesiology for Massage Therapy III 4 LMT 130 Massage Fundamentals 2 LMT 135 Managing a Massage Practice 3 LMT 140 Pathology for Massage Therapy 4 LMT 145 Massage I LMT 155 Eastern Theory & Practice 2 LMT 150 Massage II LMT 155 Eastern Theory & Practice 2 LMT 160 Hydrotherapy 1 LMT 170 Professional Ethics and Rules 2 LMT 175 Swedish Relaxation Clinic 2 LMT 200 level electives 17 LMT 200 level electives 17 LMT 200 level electives 17 LMT 210 Community Outreach 2 LMT 245 Effective Office Decisions 2 Other Required Courses Choose one course from the following: 3-4 AH 105 Math for Health Sciences BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communication BA 214 Customer Service or COMM 218Z Interpersonal Communication BA 214 Susiness Communication BA 214 Business Communication BA 214 Susiness Communication BA 214 Susiness Communication BA 215 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10 | BI 105           | Human Biology for Health Science Careers     |       |
| & BI 232 and Human Anatomy and Physiology II & BI 233 and Human Anatomy and Physiology III LMT 113 Kinesiology for Massage Therapy I 4 LMT 118 Kinesiology for Massage Therapy II 4 LMT 118 Kinesiology for Massage Therapy III 4 LMT 124 Kinesiology for Massage Therapy III 4 LMT 130 Massage Fundamentals 2 LMT 135 Managing a Massage Practice 3 LMT 140 Pathology for Massage Practice 3 LMT 140 Pathology for Massage Therapy 4 LMT 145 Massage II 5 LMT 150 Massage III 5 LMT 150 Massage III 5 LMT 150 Massage III 5 LAMT 150 Massage III 5 LAMT 150 Massage III 6 LAMT 150 Massage III 6 LAMT 170 Professional Ethics and Rules 2 LAMT 170 Professional Ethics and Rules 2 LAMT 170 Professional Ethics and Rules 2 LAMT 200 level electives 17 LAMT 200 level electives 17 LAMT 200 level electives 17 LAMT 210 Community Outreach 2 LAMT 245 Effective Office Decisions 2 DOTHER Required Courses Choose one course from the following: 3-4 AH 105 Math for Health Sciences BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communication BA 214 Business Communication BA 214 Business Communication ICIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3-4 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10  | Option 2:        |  |       |
| & BI 233 and Human Anatomy and Physiology III  LMT 113 Kinesiology for Massage Therapy I 4  LMT 118 Kinesiology for Massage Therapy II 4  LMT 124 Kinesiology for Massage Therapy III 4  LMT 130 Massage Fundamentals 2  LMT 135 Managing a Massage Practice 3  LMT 140 Pathology for Massage Therapy 4  LMT 145 Massage I 5  LMT 150 Massage II 5  LMT 155 Eastern Theory & Practice 2  LMT 156 Hydrotherapy 1  LMT 170 Professional Ethics and Rules 2  LMT 175 Swedish Relaxation Clinic 2  LMT 200 level electives 17  LMT 200 level electives 17  LMT 245 Effective Office Decisions 2  Other Required Courses  Choose one course from the following: 3-4  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences 3-4  or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communication 3-4  or WR 121Z Composition I  CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3-4  Choose one health course from the list below. 3-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10   | BI 231           | Human Anatomy and Physiology I               |       |
| LMT 113 Kinesiology for Massage Therapy I 4 LMT 118 Kinesiology for Massage Therapy II 4 LMT 1124 Kinesiology for Massage Therapy III 4 LMT 124 Kinesiology for Massage Therapy III 4 LMT 130 Massage Fundamentals 2 LMT 135 Managing a Massage Practice 3 LMT 140 Pathology for Massage Therapy 4 LMT 145 Massage I 55 LMT 150 Massage II 55 LMT 150 Massage II 55 LMT 155 Eastern Theory & Practice 2 LMT 160 Hydrotherapy 1 LMT 170 Professional Ethics and Rules 2 LMT 175 Swedish Relaxation Clinic 2 LMT 190 Therapeutic Clinic 3 LMT 200 level electives 17 LMT 210 Community Outreach 2 LMT 245 Effective Office Decisions 2 Other Required Courses Choose one course from the following: 3-4 AH 105 Math for Health Sciences BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communications 3-4 or WR 121Z Composition I CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10  |                  |  |       |
| LMT 118 Kinesiology for Massage Therapy II 4 LMT 124 Kinesiology for Massage Therapy III 4 LMT 130 Massage Fundamentals 2 LMT 135 Managing a Massage Practice 3 LMT 140 Pathology for Massage Therapy 4 LMT 145 Massage I 5 LMT 150 Massage II 5 LMT 150 Massage II 5 LMT 155 Eastern Theory & Practice 2 LMT 160 Hydrotherapy 1 LMT 170 Professional Ethics and Rules 2 LMT 175 Swedish Relaxation Clinic 2 LMT 190 Therapeutic Clinic 3 LMT 200 level electives 17 LMT 210 Community Outreach 2 LMT 245 Effective Office Decisions 2 Other Required Courses Choose one course from the following: 3-4 AH 105 Math for Health Sciences BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communications 3-4 or WR 121Z Composition I CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10  |                  | and Human Anatomy and Physiology III         |       |
| LMT 124 Kinesiology for Massage Therapy III 4 LMT 130 Massage Fundamentals 2 LMT 135 Managing a Massage Practice 3 LMT 140 Pathology for Massage Therapy 4 LMT 145 Massage I 5 LMT 150 Massage II 5 LMT 155 Eastern Theory & Practice 2 LMT 160 Hydrotherapy 1 LMT 170 Professional Ethics and Rules 2 LMT 175 Swedish Relaxation Clinic 2 LMT 190 Therapeutic Clinic 3 LMT 200 level electives 17 LMT 210 Community Outreach 2 LMT 245 Effective Office Decisions 2 Other Required Courses Choose one course from the following: 3-4 AH 105 Math for Health Sciences BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communication 3-4 or WR 121Z Composition I CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | LMT 113          | Kinesiology for Massage Therapy I            | 4     |
| LMT 130 Massage Fundamentals 2 LMT 135 Managing a Massage Practice 3 LMT 140 Pathology for Massage Therapy 4 LMT 145 Massage I 5 LMT 150 Massage II 5 LMT 150 Massage II 5 LMT 150 Hydrotherapy 1 LMT 155 Eastern Theory & Practice 2 LMT 160 Hydrotherapy 1 LMT 170 Professional Ethics and Rules 2 LMT 175 Swedish Relaxation Clinic 2 LMT 190 Therapeutic Clinic 3 LMT 200 level electives 17 LMT 210 Community Outreach 2 LMT 245 Effective Office Decisions 2 Other Required Courses Choose one course from the following: 3-4 AH 105 Math for Health Sciences BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communication 3-4 or WR 121Z Composition I CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | LMT 118          | Kinesiology for Massage Therapy II           | 4     |
| LMT 135 Managing a Massage Practice  LMT 140 Pathology for Massage Therapy  4  LMT 145 Massage I  LMT 150 Massage II  LMT 155 Eastern Theory & Practice  LMT 160 Hydrotherapy  1  LMT 170 Professional Ethics and Rules  LMT 175 Swedish Relaxation Clinic  LMT 190 Therapeutic Clinic  LMT 200 level electives  LMT 210 Community Outreach  LMT 210 Effective Office Decisions  Other Required Courses  Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  or COMM 218Z Interpersonal Communication  BA 214 Business Communication  BA 214 Business Communication  BA 214 Business Communication  BA 214 Customer Service  or COMM 218Z Composition I  CIS 120 Computer Concepts  HHP 252 First Aid & AHA Basic Life Support Provider CPR  Choose one health course from the list below:  9 HE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10  | LMT 124          | Kinesiology for Massage Therapy III          | 4     |
| LMT 140 Pathology for Massage Therapy  LMT 145 Massage I  LMT 150 Massage II  LMT 155 Eastern Theory & Practice  LMT 150 Hydrotherapy  1 LMT 170 Professional Ethics and Rules  LMT 175 Swedish Relaxation Clinic  LMT 175 Swedish Relaxation Clinic  LMT 190 Therapeutic Clinic  LMT 200 level electives  LMT 210 Community Outreach  LMT 245 Effective Office Decisions  Other Required Courses  Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  or COMM 218Z Interpersonal Communication  BA 214 Business Communication  BA 215 Composition I  CIS 120 Computer Concepts  HHP 252 First Aid & AHA Basic Life Support Provider CPR  Choose one health course from the list below:  9 HE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10  | LMT 130          | Massage Fundamentals                         | 2     |
| LMT 145 Massage I  LMT 150 Massage II  LMT 155 Eastern Theory & Practice  LMT 160 Hydrotherapy  1 LMT 170 Professional Ethics and Rules  LMT 175 Swedish Relaxation Clinic  LMT 190 Therapeutic Clinic  3 LMT 200 level electives  17 LMT 210 Community Outreach  LMT 245 Effective Office Decisions  Other Required Courses  Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  3-4 or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications  3-4 or WR 121Z Composition I  CIS 120 Computer Concepts  4 HHP 252 First Aid & AHA Basic Life Support Provider CPR  3-4 Choose one health course from the list below:  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10  | LMT 135          | Managing a Massage Practice                  | 3     |
| LMT 150 Massage II 5  LMT 155 Eastern Theory & Practice 2  LMT 160 Hydrotherapy 1  LMT 170 Professional Ethics and Rules 2  LMT 175 Swedish Relaxation Clinic 2  LMT 190 Therapeutic Clinic 3  LMT 200 level electives 17  LMT 210 Community Outreach 2  LMT 245 Effective Office Decisions 2  Other Required Courses  Choose one course from the following: 3-4  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences 3-4  or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications 3-4  or WR 121Z Composition I  CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3  Choose one health course from the list below: 3-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10  | LMT 140          | Pathology for Massage Therapy                | 4     |
| LMT 155 Eastern Theory & Practice  LMT 160 Hydrotherapy  LMT 170 Professional Ethics and Rules  2 LMT 175 Swedish Relaxation Clinic  LMT 190 Therapeutic Clinic  3 LMT 200 level electives  LMT 210 Community Outreach  LMT 245 Effective Office Decisions  Other Required Courses  Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  3-4 or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications  BA 214 Business Communications  3-4 or WR 121Z Composition I  CIS 120 Computer Concepts  4HHP 252 First Aid & AHA Basic Life Support Provider CPR  3-4 Choose one health course from the list below:  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10   | LMT 145          | Massage I                                    | 5     |
| LMT 160 Hydrotherapy  LMT 170 Professional Ethics and Rules  2 LMT 175 Swedish Relaxation Clinic  2 LMT 190 Therapeutic Clinic  3 LMT 200 level electives  17 LMT 210 Community Outreach  LMT 245 Effective Office Decisions  Other Required Courses  Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication  BA 214 Business Communications  3-4 or WR 121Z Composition I  CIS 120 Computer Concepts  HHP 252 First Aid & AHA Basic Life Support Provider CPR  3-4 Choose one health course from the list below:  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10   | LMT 150          | Massage II                                   | 5     |
| LMT 170 Professional Ethics and Rules 2 LMT 175 Swedish Relaxation Clinic 2 LMT 190 Therapeutic Clinic 3 LMT 200 level electives 17 LMT 210 Community Outreach 2 LMT 245 Effective Office Decisions 2 Other Required Courses Choose one course from the following: 3-4 AH 105 Math for Health Sciences BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communications 3-4 or WR 121Z Composition I CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | LMT 155          | Eastern Theory & Practice                    | 2     |
| LMT 175 Swedish Relaxation Clinic 2  LMT 190 Therapeutic Clinic 3  LMT 200 level electives 17  LMT 210 Community Outreach 2  LMT 245 Effective Office Decisions 2  Other Required Courses  Choose one course from the following: 3-4  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences 3-4  or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications 3-4  or WR 121Z Composition I  CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3  Choose one health course from the list below: 3-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10  | LMT 160          | Hydrotherapy                                 | 1     |
| LMT 190 Therapeutic Clinic 3  LMT 200 level electives 17  LMT 210 Community Outreach 2  LMT 245 Effective Office Decisions 2  Other Required Courses  Choose one course from the following: 3-4  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences 3-4  or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications 3-4  or WR 121Z Composition I  CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3  Choose one health course from the list below: 3-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10   | LMT 170          | Professional Ethics and Rules                | 2     |
| LMT 200 level electives  LMT 210 Community Outreach  22  LMT 245 Effective Office Decisions  Other Required Courses  Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications  AH 121Z Composition I  CIS 120 Computer Concepts  HHP 252 First Aid & AHA Basic Life Support Provider CPR  Choose one health course from the list below:  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10  | LMT 175          | Swedish Relaxation Clinic                    | 2     |
| LMT 210 Community Outreach  LMT 245 Effective Office Decisions  Other Required Courses  Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications  BA 214 Business Communications  Or WR 121Z Composition I  CIS 120 Computer Concepts  HHP 252 First Aid & AHA Basic Life Support Provider CPR  Choose one health course from the list below:  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10  | LMT 190          | Therapeutic Clinic                           | 3     |
| Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications  or WR 121Z Composition I  CIS 120 Computer Concepts  HHP 252 First Aid & AHA Basic Life Support Provider CPR  Choose one health course from the list below:  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10  | LMT 200 level el | ectives                                      | 17    |
| Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications  or WR 121Z Composition I  CIS 120 Computer Concepts  HHP 252 First Aid & AHA Basic Life Support Provider CPR  Choose one health course from the list below:  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10  | LMT 210          | Community Outreach                           | 2     |
| Choose one course from the following:  AH 105 Math for Health Sciences  BA 104 Business Math  MTH 102 Applied Technical Mathematics  MTH 105Z Math in Society  Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences  or BA 178 Customer Service  or COMM 218Z Interpersonal Communication  BA 214 Business Communications  3-4  or WR 121Z Composition I  CIS 120 Computer Concepts  4HHP 252 First Aid & AHA Basic Life Support Provider CPR  Choose one health course from the list below:  9-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  6-10   | LMT 245          | Effective Office Decisions                   | 2     |
| AH 105 Math for Health Sciences BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communications BA 214 Business Communications Or WR 121Z Composition I CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | Other Required O | Courses                                      |       |
| BA 104 Business Math MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communications BA 214 Business Communications Or WR 121Z Composition I CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | Choose one coul  | rse from the following:                      | 3-4   |
| MTH 102 Applied Technical Mathematics MTH 105Z Math in Society Or one course from the foundational requirements math list AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication BA 214 Business Communications 3-4 or WR 121Z Composition I CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | AH 105           | Math for Health Sciences                     |       |
| MTH 105Z Math in Society Or one course from the foundational requirements math list  AH 115 Cultural Responsiveness in Health Sciences 3-4 or BA 178 Customer Service or COMM 218Z Interpersonal Communication  BA 214 Business Communications 3-4 or WR 121Z Composition I  CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3  Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10   | BA 104           | Business Math                                |       |
| Or one course from the foundational requirements math list  AH 115  | MTH 102          | Applied Technical Mathematics                |       |
| AH 115 Cultural Responsiveness in Health Sciences or BA 178 Customer Service or COMM 218Z Interpersonal Communication  BA 214 Business Communications or WR 121Z Composition I  CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3  Choose one health course from the list below: 3-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10   | MTH 105Z         | Math in Society                              |       |
| or BA 178 Customer Service or COMM 218Z Interpersonal Communication  BA 214 Business Communications 3-4 or WR 121Z Composition I  CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3  Choose one health course from the list below: 3-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10   | Or one course    | from the foundational requirements math list |       |
| or COMM 218Z Interpersonal Communication  BA 214 Business Communications 3-4 or WR 121Z Composition I  CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3  Choose one health course from the list below: 3-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10  | AH 115           | Cultural Responsiveness in Health Sciences   | 3-4   |
| BA 214 Business Communications 3-4 or WR 121Z Composition I  CIS 120 Computer Concepts 4 HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10  | or BA 178        | Customer Service                             |       |
| or WR 121Z Composition I  CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3  Choose one health course from the list below: 3-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10   | or COMM 218      | Z Interpersonal Communication                |       |
| CIS 120 Computer Concepts 4  HHP 252 First Aid & AHA Basic Life Support Provider CPR 3  Choose one health course from the list below: 3-4  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10   | BA 214           | Business Communications                      | 3-4   |
| HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | or WR 121Z       | Composition I                                |       |
| HHP 252 First Aid & AHA Basic Life Support Provider CPR 3 Choose one health course from the list below: 3-4 PHE 231 Human Sexuality HHP 242 Stress Management HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | CIS 120          | Computer Concepts                            | 4     |
| Choose one health course from the list below:  PHE 231 Human Sexuality  HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List  3-4  3-4  3-4  3-4  3-4  6-10   | HHP 252          |  | 3     |
| HHP 242 Stress Management  HHP 258 Holistic Wellness  HHP 266 Nutrition for Health  HHP 295 Health and Fitness  Two Courses from the Discipline Studies List 6-10   | Choose one heal  |  | 3-4   |
| HHP 258 Holistic Wellness HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | PHE 231          | Human Sexuality                              |       |
| HHP 266 Nutrition for Health HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10   | HHP 242          | Stress Management                            |       |
| HHP 295 Health and Fitness Two Courses from the Discipline Studies List 6-10  | HHP 258          | Holistic Wellness                            |       |
| Two Courses from the Discipline Studies List 6-10   | HHP 266          | Nutrition for Health                         |       |
|   | HHP 295          | Health and Fitness                           |       |
|   | Two Courses fro  | m the Discipline Studies List                | 6-10  |
|   | Total Credits    | 9  | 1-107 |

## **Advising notes**

Why choose the AAS over the Certificate of Completion?

- · Obtain a degree; open more doors!
- · Earn a higher wage

- Offer specialized modalities that set you apart from other therapists
- · Reach a much broader client base
- Complete the Certificate, license, and work toward completing your degree while working in the field
- The AAS can typically be completed in an additional 2-4 terms for most students

Students have two opportunities to enter the program each year.

- · Fall, morning and day courses
- · Spring, evening courses
- Students may take certain program and/or non-massage therapy courses any time before enrollment into the program or during enrollment in the program

## **Performance Standards**

- · Academic Requirements:
  - Students must have a 2.0 cumulative GPA to earn a COCC certificate or degree.
  - All courses in the program must be completed with a grade of C or higher.
- · Additional Requirements:
  - Verification of contact hours is required by the Oregon Board of Massage Therapists licensing requirements. Students must meet the Oregon Board of Massage Therapists attendance requirement of 90% contact hour completion for each LMT course contact hours as identified on all LMT course syllabi.
  - Students are required to adhere to the professional conduct standards outlined within the student handbook.

## Sample Plan

| Firs     | t Year                           |  |          |
|----------|----------------------------------|--|----------|
| Firs     | t Term                           |  | Credits  |
| _        | 115<br>or BA 178<br>or COMM 218Z | Cultural Responsiveness in Health<br>Sciences<br>or Customer Service<br>or Interpersonal Communication | 3-4      |
| BI 1     | 05                               | Human Biology for Health Science Careers   | 4        |
| Cho      | ose one of the foll              | lowing:  | 3-4      |
| F        | PHE 231                          | Human Sexuality  |          |
| H        | HHP 242                          | Stress Management  |          |
| H        | HHP 258                          | Holistic Wellness  |          |
| H        | HHP 266                          | Nutrition for Health   |          |
| H        | HHP 295                          | Health and Fitness   |          |
|          |                                  | Credits  | 10-12    |
| Sec      | ond Term                         |  |          |
| LM       | Г 113                            | Kinesiology for Massage Therapy I  | 4        |
| LM       | Г 130                            | Massage Fundamentals   | 2        |
| LM       | Г 155                            | Eastern Theory & Practice  | 2        |
|          |                                  |  |          |
| LM       | Γ 170                            | Professional Ethics and Rules  | 2        |
|          | Γ 170<br>ose one course fro      |  | 2<br>3-4 |
| Cho      |                                  |  | _        |
| Cho      | ose one course fro               | om the following:  | _        |
| Cho<br>A | oose one course fro<br>AH 105    | om the following:<br>Math for Health Sciences  | _        |

|                    | 0                |                             |  |
|--------------------|------------------|-----------------------------|--|
| Or one course from | om the foundatio | onal requirements math list |  |

|                       | Credits   | 13-14 |
|-----------------------|---|-------|
| Third Term            | Cieuits   | 13-14 |
|                       | Desire of Communication                         |       |
| BA 214<br>or WR 121Z  | Business Communications or Composition I        | 3-4   |
| LMT 118               | Kinesiology for Massage Therapy II              | 4     |
| LMT 145               |   |       |
| LMT 200 level electiv | res (recommend LMT 217)                         | 2     |
|                       | Credits   | 14-15 |
| Fourth Term           |   |       |
| LMT 124               | Kinesiology for Massage Therapy III             | 4     |
| LMT 140               | Pathology for Massage Therapy                   | 4     |
| LMT 150               | Massage II                                      | 5     |
| LMT 175               | Swedish Relaxation Clinic                       | 2     |
|                       | Credits   | 15    |
| Second Year           |   |       |
| First Term            |   |       |
| HHP 252               | First Aid & AHA Basic Life Support Provider CPR | 3     |
| LMT 135               | Managing a Massage Practice                     | 3     |
| LMT 160               | Hydrotherapy                                    | 1     |
| LMT 190               | Therapeutic Clinic                              | 3     |
| LMT 200 level electiv | res (recommend LMT 216)                         | 2     |
| LMT 200 level electiv | re (recommend LMT 223)                          | 4     |
|                       | Credits   | 16    |
| Second Term           |   |       |
| Course from Disciplin | ne Studies List                                 | 3-5   |
| LMT 245               | Effective Office Decisions                      | 2     |
| LMT 200 level electiv | res (recommend LMT 265)                         | 4     |
| LMT 200 level electiv | re (recommend LMT 243)                          | 4     |
|                       | Credits   | 13-15 |
| Third Term            |   |       |
| Course from the Disc  | sipline Studies List                            | 3-5   |
| LMT 210               | Community Outreach                              | 2     |
| CIS 120               | Computer Concepts                               | 4     |
| LMT 200 level electiv | re (recommend LMT 271 or LMT 228)               | 1     |
|                       | Credits   | 10-12 |
|                       | Total Credits                                   | 91-99 |