

# 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 [Commission on Massage Therapy Accreditation](#).

## Program Learning Outcomes

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

1. Implement a wide variety of specialty skills related to massage therapy.
2. Exhibit characteristics of guidelines for a professional business practice.
3. Conduct client assessment, reassessment, and treatment planning.
4. 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

Option 1:

BI 105	Human Biology for Health Science Careers	
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Option 2:

BI 231 & BI 232 & BI 233	Human Anatomy and Physiology I and Human Anatomy and Physiology II 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 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
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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 or BA 178 or COMM 218Z	Cultural Responsiveness in Health Sciences Customer Service Interpersonal Communication	3-4
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BA 214 or WR 121Z	Business Communications Composition I	3-4
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CIS 120	Computer Concepts	4
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HHP 252	First Aid & AHA Basic Life Support Provider CPR	3
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Choose one health course from the list below:	3-4
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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
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<b>Total Credits</b>	<b>91-107</b>
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## 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

### First Year

#### First Term

		Credits
AH 115 or BA 178 or COMM 218Z	Cultural Responsiveness in Health Sciences or Customer Service or Interpersonal Communication	3-4
BI 105	Human Biology for Health Science Careers	4
Choose one of the following:		3-4
PHE 231	Human Sexuality	
HHP 242	Stress Management	
HHP 258	Holistic Wellness	
HHP 266	Nutrition for Health	
HHP 295	Health and Fitness	
<b>Credits</b>		<b>10-12</b>

#### Second Term

LMT 113	Kinesiology for Massage Therapy I	4
LMT 130	Massage Fundamentals	2
LMT 155	Eastern Theory & Practice	2
LMT 170	Professional Ethics and Rules	2
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

<b>Credits</b>		<b>13-14</b>
<b>Third Term</b>		
BA 214 or WR 121Z	Business Communications or Composition I	3-4
LMT 118	Kinesiology for Massage Therapy II	4
LMT 145	Massage I	5
LMT 200 level electives (recommend LMT 217)		2
<b>Credits</b>		<b>14-15</b>
<b>Fourth Term</b>		
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
<b>Credits</b>		<b>15</b>
<b>Second Year</b>		
<b>First Term</b>		
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 electives (recommend LMT 216)		2
LMT 200 level elective (recommend LMT 223)		4
<b>Credits</b>		<b>16</b>
<b>Second Term</b>		
Course from Discipline Studies List		3-5
LMT 245	Effective Office Decisions	2
LMT 200 level electives (recommend LMT 265)		4
LMT 200 level elective (recommend LMT 243)		4
<b>Credits</b>		<b>13-15</b>
<b>Third Term</b>		
Course from the Discipline Studies List		3-5
LMT 210	Community Outreach	2
CIS 120	Computer Concepts	4
LMT 200 level elective (recommend LMT 271 or LMT 228)		1
<b>Credits</b>		<b>10-12</b>
<b>Total Credits</b>		<b>91-99</b>