

MASSAGE THERAPY - TWO-YEAR CERTIFICATE OF COMPLETION (CC2)

Description

The Massage Therapy Two-Year Certificate of Completion can be completed in four terms and develops skills that include a variety of massage techniques and modalities, maintaining client and business records, adhering to client/practitioner boundaries and ethics, client communication, and universal sanitation practices. The program integrates sciences related to the human body with massage therapy theory and practice.

The certificate qualifies students for state licensure.

The program is accredited by the [Commission on Massage Therapy Accreditation](#).

Program Learning Outcomes

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

1. Identify the benefits and physiological effects of techniques that manipulate soft tissue
2. Pathology: Recognize and describe medical conditions in which massage therapy is contraindicated and/or hazardous to the client.
3. Kinesiology: Define the bones and muscles of the body, where they are located, and their articulations.
4. Create an accurate treatment plan that incorporates chart notes reflecting client assessment and reassessment.
5. Demonstrate awareness of appropriate ethics, boundaries, laws, and regulations in accordance with national standards.
6. Describe professional business practice standards.

Entrance Requirements

Academic 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

Other Entrance Requirements

- Must be a minimum of 18 years of age
- High school diploma or GED
- Students have two opportunities to enter the program each year:
 - Fall, morning and day courses
 - Spring, evening courses

Additional Costs (Beyond Standard Tuition/Fees and Textbooks)

Material Costs

- Massage table: \$300 to \$500

Enrollment Fees

- \$17 per credit for most first-year LMT courses (goes toward student exam and licensing cost)
- \$25 per credit for all other LMT courses

Course Requirements

| Course | Title | Credits |
|--|---|--------------|
| Core Courses | | |
| Choose one option from the following: | | 4-12 |
| Option 1: | | |
| BI 105 | Human Biology for Health Science Careers | |
| 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 |
| 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 | |
| Total Credits | | 54-65 |

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 must adhere to the professional conduct standards outlined within the student handbook.

Sample Plan

First Year

| First Term | | Credits |
|----------------|--|----------|
| BI 105 | Human Biology for Health Science Careers | 4 |
| Credits | | 4 |

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 |
| BA 214 or WR 121Z | Business Communications or Composition I | 3-4 |
| Credits | | 13-14 |

Third Term

| | | |
|--|------------------------------------|--------------|
| LMT 118 | Kinesiology for Massage Therapy II | 4 |
| LMT 145 | Massage I | 5 |
| 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 | | |
| Credits | | 12-13 |

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

| | | |
|-------------------------------------|--|--------------|
| LMT 135 | Managing a Massage Practice | 3 |
| AH 115 or BA 178 or COMM 218Z | Cultural Responsiveness in Health Sciences or Customer Service or Interpersonal Communication | 3-4 |
| LMT 160 | Hydrotherapy | 1 |
| LMT 190 | Therapeutic Clinic | 3 |
| Credits | | 10-11 |
| Total Credits | | 54-57 |