

MASSAGE THERAPY - ASSOCIATE OF APPLIED SCIENCE (AAS)

Description

The Associate of Applied Science in Massage Therapy integrates sciences related to the human body with additional massage therapy theories and applications. Students develop skills in business and advanced massage techniques while serving the community.

The Associate of Applied Science includes the Massage Therapy Two-Year Certificate of Completion, which qualifies students to sit for licensing exams the Oregon Board of Massage Therapists requires. The degree builds skills for graduates who typically have completed the certificate and are working as licensed massage therapists.

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 program, 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

Required:

- 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

Recommended:

- BI 105 Essentials of Human Biology or BI 231 Human Anatomy and Physiology I

Other Entrance Requirements

Required:

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

Additional Program 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 of the following options:		3-12
Option 1:		
BI 105	Essentials of Human Biology	
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 180	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	Calculations for Allied Health	
BA 104	Business Math	
MTH 102	Applied Technical Mathematics	
MTH 105	Math in Society	
Or one course from the foundational requirements math list		
AH 115 or BA 178 or COMM 218	Cultural Responsiveness in Allied Health Customer Service Interpersonal Communication	3
BA 214 or WR 121	Business Communications Academic Composition	3-4
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
HHP 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
Total Credits		90-106

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
BI 105	Essentials of Human Biology	3
CIS 120	Computer Concepts	4
Credits		7

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 121	Business Communications or Academic Composition	3-4
Credits		13-14

Third Term

LMT 118	Kinesiology for Massage Therapy II	4
LMT 145	Massage I	5
LMT 200 level electives		2
Choose one course from the following:		3-4
AH 105	Calculations for Allied Health	
BA 104	Business Math	
MTH 102	Applied Technical Mathematics	
MTH 105	Math in Society	
Or one course from the foundational requirements math list		
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

AH 115 or BA 178 or COMM 218	Cultural Responsiveness in Allied Health or Customer Service or Interpersonal Communication	3
HHP 252	First Aid & AHA Basic Life Support Provider CPR	3
LMT 135	Managing a Massage Practice	3
LMT 160	Hydrotherapy	1
LMT 180	Therapeutic Clinic	3
Credits		13

Second Term

Course from Discipline Studies List		3-5
LMT 200 level electives		10
LMT 245	Effective Office Decisions	2
Credits		15-17

Third Term

Course from the Discipline Studies List		3-5
Choose one of the following:		3-4
HHP 231	Human Sexuality	
HHP 242	Stress Management	
HHP 258	Holistic Wellness	
HHP 266	Nutrition for Health	
HHP 295	Health and Fitness	
LMT 200 level electives		3
LMT 200 level elective		2
LMT 210	Community Outreach	2
Credits		13-16
Total Credits		90-97