

DIVISION OF HEALTH DISCIPLINES PROGRAMS IN THE DIVISION OF HEALTH DISCIPLINES

MASSAGE THERAPY

Associate of Occupational Studies Degree

HEGIS 5299

4 or 5 semesters/65 credits

The Associate in Occupational Studies (AOS) in Massage Therapy degree program at ASA provides students with the scientific knowledge and skills in basic and advanced massage techniques, and a general education component to prepare students to serve diverse clientele.

The program integrates theory and practice, combining lectures in anatomy and physiology and clinical pathology with hands-on training in basic massage modalities—Swedish, Shiatsu, Deep Tissue and Neuromuscular Therapy, and Sports Massage.

Courses in the proposed program fulfill New York State Curricular Requirements (Section 52.15) as they pertain to Massage Therapy. Instruction in anatomy, physiology and neurology is provided in Anatomy and Physiology for Massage Therapy I and II, and Human Biology. Concepts are further reinforced in the Fundamentals of Eastern Anatomy and Physiology course, and in subsequent advanced massage therapy technique courses. Neurology is introduced in the first Anatomy and Physiology course and taught in detail in the Neurology course. Myology and kinesiology are thoroughly discussed in the two Myology courses and the Palpation and Kinesiology course and is further reviewed in subsequent massage therapy and shiatsu technique courses.

Subject matter in general pathology, including instruction related to skin, neuromuscular, and soft tissue condition is covered in detail in the Clinical Pathology of movement, skin, immune and control systems and Clinical Pathology of cardio-pulmonary, absorption-elimination and reproductive systems and is reinforced throughout all subsequent advanced massage therapy technique and shiatsu technique courses. The Medical Emergencies course provides CPR certification upon successful completion. Topics on how to detect abused and neglected patients are also included in this course. Topics on the benefits and use of chemical ingredients in oil, powders and other products are included in the Swedish Massage Therapy courses and throughout the more advanced massage therapy classes.

General theory and techniques in the fundamentals of western massage therapy are taught in Swedish Massage Therapy I and Deep Tissue and Neuromuscular Therapy or Sports Massage. Fundamentals of Oriental massage therapy are covered in detail in the Shiatsu Massage course. Additional training and student practice in massage therapy techniques are included in Fundamentals of Massage Therapy, Swedish Massage Therapy II and Introduction to Eastern Anatomy and Physiology. Graduation requirements for the program include the successful completion of a 90-hour supervised Massage Therapy Clinic I and 135-hour supervised Massage Therapy Clinic II.

- Students get real-world experience practice techniques on clients in the on-campus student massage clinic, and at externships and community events.
- Massage labs are fully stocked with professional equipment and supplies—tables, lotions, oils.
- Technical training is complemented by general education courses.
- The program can be completed in 5 semesters of full-time study.
- Small class sizes ensure that students get individual attention from instructors.
- Instructors are licensed massage therapists with professional experience.

The Massage Therapy program requires the successful completion of 65 credits.

SATISFACTORY ACADEMIC PROGRESS IN THE MASSAGE THERAPY PROGRAM

Minimum passing grade for all MT courses is a “C”. Students who earn a grade of “D” will fail the course and have to repeat it, and students who earn a grade of “F” will require permission of the Dean to remain in the program. If they remain in the program, they will have to repeat the course.

Inability to meet college and program requirements, including all academic requirements, will result in dismissal from the massage therapy program.

PROGRAM GOALS

Upon successful completion of the program, a graduate should possess the competencies and knowledge required to function successfully as a massage therapist by demonstrating the ability to:

- Communicate effectively with clients in both verbal and non-verbal formats;
- Safely assist in the treatment and care of patients while practicing standard precautions and adhering to HIPAA and OSHA guidelines.
- Identify all major muscles of the body (actions, attachments, and palpation) systems that comprise the human anatomy, and medical terminology that relates to massage therapy.
- Assist with functional restoration through one or more soft tissue manipulation techniques to increase range of motion, flexibility, and stability, provide pain relief, relaxation, or stress reduction.
- Demonstrate good oral and written communication skills and essential job search skills.
- Qualify and prepare for massage therapy certifications and licensing exams including New York State Licensed Massage Therapist, Massage and Bodywork Licensing Exam (MBLEx), National Certification Examination for Therapeutic and Bodywork (NCETMB), and National Certification Examination for Therapeutic Massage (NCETM).

REQUIREMENTS FOR PROFESSIONAL LICENSURE IN MASSAGE THERAPY


Graduates of the ASA Massage Therapy program are eligible to take the New York State Licensing Examination for massage therapy.


In addition to being a graduate of a New York State Registered Massage Therapy Program, New York State further requires applicants for a license in Massage Therapy to:

- Be at least 18 years of age
- Be a U.S. citizen or a resident alien lawfully given permanent residency status
- Have a current certification (within 3 years prior to licensure) in Cardiopulmonary Resuscitation (CPR) and First Aid.
- Be required to provide information regarding his or her moral character at the time of application for licensure to the Office of Professions.

More information regarding Massage Therapy licensure in New York State is available from:

*New York State Education Department
State Board for Massage Therapy*

 89 Washington Ave. - 2nd Floor
Albany, NY 12234-1000

 (518) 474 3817

 www.op.nysed.gov/prof/mt/

COURSE CODE	COURSE TITLE	CREDITS
REQUIRED ARTS AND SCIENCES/GENERAL EDUCATION COURSES		
BIO112	Myology of the Upper Body	3
BIO114	Myology of the Lower Body	3
CDV110	Professional Development and Ethics for Massage Therapy Professionals	2
ENG105	English Composition I	3
ENG205	English Composition II	3
FSM100	Freshman Skills Seminar	1
LIB100	Research Methods	2
MAT105	College Math OR	3
MAT110	College Algebra	3
REQUIRED PROFESSIONAL COURSES		
BIO115	Anatomy and Physiology for Massage Therapy I	3
BIO125	Neurology	3
BIO135	Anatomy and Physiology for Massage Therapy II	3
MST145	Fundamentals of Eastern Anatomy and Physiology	3
BIO200	Clinical Pathology - movement, skin, immune and control systems	3
BIO220	Clinical Pathology - cardio-pulmonary, absorption, elimination and reproductive systems	3
MED220	Medical Emergencies for Allied Health Professionals	3
MST100	Fundamentals of Massage Therapy	3
MST130	Swedish Massage Therapy I	3
MST200	Palpation and Kinesiology for Massage Therapy	3
MST220	Shiatsu Massage	3
MST230	Swedish Massage Therapy II	3
MST800	Massage Therapy Clinic I	3
MST900	Massage Therapy Clinic II	3
ELECTIVE PROFESSIONAL COURSES (ANY ONE THREE-CREDIT COURSE)		
MST240	Deep Tissue and Neuromuscular Therapy	3
MST250	Sports Massage Therapy	3