

Massage Therapist

Winona Campus

OVERVIEW

Certified Massage Therapists (CMT) specialize in giving professional massage sessions designed to support the recipient's general health and increase the speed of recovery from physical ailments. Massage is known to promote relaxation and ease pain and stiffness. It has also been shown to have many health benefits, such as improving circulation and increasing mobility and flexibility.

At Minnesota State College Southeast we offer a well-balanced Massage Therapy program integrating theory, technique, anatomy and physiology, practical experience and personal and professional development.

This unique program gives you an excellent foundation to work in several different environments upon graduation.* The curriculum is diverse, teaching several different types of massage and integrating both the art and science of massage into the classroom.

*Please note: Students who intend to practice massage therapy in Wisconsin must complete 600 hours of training to meet state regulations. All MSC Southeast options satisfy this requirement.



PROGRAM HIGHLIGHTS

MSC Southeast is an approved Continuing Ed provider by NCBTMB

Member of the Associated Bodywork and Massage Professionals (ABMP) and the American Massage Therapy Association (AMTA)

Unique program in the region with small class sizes

One or two year option

100% job placement with a variety of career opportunities

Instruction by practicing professionals

MAJORS WITHIN

Massage Therapist AAS, Certificate, Diploma

See back for program plans

PROGRAM OUTCOMES

Program graduates will be able to:

1. Name, palpate, and reiterate actions of muscles.
2. Demonstrate basic skills for communicating with health care professionals.
3. Describe disease effects on specific body systems.
4. Demonstrate understanding of the relationship between body systems.
5. Demonstrate ability to assess client and plan a treatment.
6. Know major nerves and nervous pathways and the muscles affected by each branch.
7. Understand basic research vocabulary and apply findings in practice.

CAREER OPPORTUNITIES

Private Practice
 Chiropractic Office
 Nursing Home
 Clinic
 Health Spa

JOB PLACEMENT

100%

PROGRAM COSTS -
 estimated cost including tuition,
 books and supplies

Massage Therapist - Certificate	\$6,100
Massage Therapist - Diploma	\$7,765
Massage Therapist - AAS	\$13,005

Massage Therapy Proposed Program Plan

Massage Therapy - Certificate

Course No.	Course Name	Credits
First Semester (Fall)		
BIOL 1200	Human Biology (Goal 3)	4
THPY 1400	Swedish Massage & Massage Ethics	3
THPY 1404	Professional Ethics	1
THPY 1410	Kinesiology	3
THPY 1425	Deep Tissue Muscular Therapy	2
THPY 1454	Seated Chair Massage	2
	Semester total	15
Second Semester (Spring)		
THPY 1415	Advanced Massage & Integrated Therapies	3
THPY 1424	Sports Massage and Pathology	4
THPY 1436	Student Clinic	2
THPY 1440	Preparation for National Exam	1
THPY 1442	Special Populations	2
THPY 1447	Business Development for Massage Practice	2
	Semester total	14
	Total Required Credits	29

Massage Therapy - Diploma

Course No.	Course Name	Credits
<i>All courses from certificate plus additional courses to take before, during or after THPY certificate courses:</i>		
COMP	Choose COMP Digital Literacy courses totaling 3 credits (Strongly Recommended COMP 1130, COMP 1135, and COMP 1140 – 1 credit each)	3
ENGL or COMM	Choose a 2-credit (or greater for AAS) 1000-level or above course (Strongly recommend ENGL 1215 College Writing – 3 credits, Goal 1 or COMM 1228 Interpersonal Communications – 3 credits, Goals 1 and 7)	2
MATH	Choose a 2-credit (or greater for AAS) 1000-level or above course (Strongly recommend MATH 1220 College Algebra – 3 credits, Goal 4)	2
	Total Required Credits	36

Massage Therapy - Associate of Applied Science (AAS)

Course No.	Course Name	Credits
<i>Additional courses to take before, during or after THPY program courses:</i>		
First Semester (Fall)		
BIOL 1226	Nutrition	3
MnTC	Goal 1: Choose one Goal 1 course (Strongly recommend ENGL 1215 College Writing (Goal 1) or COMM 1228 Interpersonal Communications (Goals 1 and 7))	3
MnTC	Goal 4: Choose one Goal 4 course (Strongly recommend MATH 1220 College Algebra)	3
MnTC	Goal 5: Choose one Goal 5 course (Strongly recommend PSYC 1110 Introduction to Psychology – Goals 5 and 7)	3
MnTC	Goal 6: Choose one Goal 6 course	3
	Total	15
Fall and Spring Semesters		
	All courses from the Massage Therapy Certificate.	
	Total	29
<i>Additional courses to take after THPY program courses:</i>		
Elective	Choose one 1-credit program elective	1
THPY 1418	Introduction to Medical Massage	3
THPY 1468	Holistic Health	4
THPY 1478	Eastern Modalities	3
THPY 1492	Clinical Internship	2
	Total	13
	Total Credits	64