

MASSAGE THERAPY (MTP)

MTP 110 - Massage Practice Fundamentals (1 Credit)

1 lecture, 0 lab, 1 total contact hours

Covers the requirements for the practice of therapeutic massage including sanitary and safety issues. Discusses the effects of stress on the body and the importance of self-care. Introduces the benefits of breathwork, meditation and mindful movements. Prerequisite: You must be 18 years of age or older and complete the program orientation to register for this course.

Typically offered: Fall, Spring

MTP 112 - Massage Therapy: Structure and Function I (2 Credits)

2 lecture, 2 total contact hours

Begins an overview of the structure and function of integumentary, fascial, skeletal, muscular and nervous systems. Examines the indications for and benefits of massage therapy on these systems. Discusses the different types of massage modalities and manual therapies appropriate for each body system covered. Includes medical terminology for professional record keeping. Prerequisite: Must be 18 years of age or older and complete the program orientation to register for this course.

Typically offered: Fall, Spring

MTP 115 - Foundations of Massage Therapy I (3 Credits)

.5 lecture, 5 lab, 5.5 total contact hours

Covers effects, indications, contraindications, proper body mechanics, professional draping and the practice of massage within a wellness model. Covers a general sequence for a full body relaxation/wellness massage in the context of an hour-long appointment. Prerequisite: Must be 18 years of age or older and complete the program orientation to register for this course.

Typically offered: Fall, Spring

MTP 118 - Hydrotherapy and Introduction to Clinic (1.5 Credits)

.5 lecture, 2 lab, 2.5 total contact hours

Covers the stages of injury and inflammation from acute, early to late subacute, and chronic. Discusses effects, indications and contraindications of massage therapy techniques on compromised tissue. Discusses different hydrotherapy techniques, effects, indications, contraindications, and sanitation. Introduces assessment procedures including intake and documentation. Ethics, standards of practice, and professional decision-making processes are discussed. Includes theory and practice of clinic treatments and procedures. Prerequisite: Must be 18 years of age or older and complete the program orientation to register for this course.

Typically offered: Fall, Summer

MTP 122 - Massage Therapy: Structure and Function II (2 Credits)

2 lecture, 0 lab, 2 total contact hours

Covers the structure, function, and dysfunction of the following systems: cardiovascular and blood, lymphatic and immune, endocrine, respiratory, digestive, urinary and reproductive. Examines the indications and contraindications for massage therapy on these systems. Includes further examination of scientific research and critical thinking around common pathologies in the context of a massage therapist's scope of practice and medical terminology for professional communications. Prerequisite: MTP 112 with a grade of C or better.

Typically offered: Fall, Spring

MTP 123 - Integrative Palpation I (3 Credits)

2 lecture, 2 lab, 4 total contact hours

Examines musculoskeletal system and kinesiology more specifically in this hands-on class for massage practitioners. Focuses on bony landmarks, muscle location and function of the regions: shoulder, upper arm, torso, spine, abdomen, pelvis and thigh. Regional treatments incorporating specific anatomy are introduced. Prerequisite: Must be 18 years of age or older and complete the program orientation to register for this course.

Typically offered: Fall, Summer

MTP 125 - Foundations of Massage Therapy II (2.5 Credits)

.5 lecture, 4 lab, 4.5 total contact hours

Provides in-depth adaptation of MTP 115 (Foundations of Massage Therapy I) techniques along with body mechanic theory to apply more specific treatments. Integrates anatomy palpation with specific clinical treatments. Introduces specific tissue (deep tissue) treatment, trigger point therapy approaches, specific myofascial therapies and cross-fiber friction. Prerequisite: MTP 115 with a grade of C or better.

Typically offered: Fall, Spring

MTP 128 - Massage Therapy Clinical I (1 Credit)

0 lecture, 3 lab, 3 total contact hours

Provides the students with the opportunity to perform massage therapy in a clinical setting under the supervision of licensed massage therapists. Allows the student opportunities to perform management tasks associated with clinic operation such as booking appointments, taking payments and filing clinic charts. Students complete 48 clinical hours in the on-site clinic. Prerequisite: MTP 115 and MTP 118 with grades of C or better.

Typically offered: Fall, Spring

MTP 133 - Integrative Palpation II (2 Credits)

1 lecture, 2 lab, 3 total contact hours

Continues examination of musculoskeletal system and kinesiology more specifically in this advanced hands-on class for massage practitioners. Focuses on bony landmarks, muscle location and function of the regions: head, neck, face, forearm, hand, lower leg, foot. Regional treatments incorporating specific anatomy are introduced. Prerequisite: MTP 123 with a grade of C or better.

Typically offered: Fall, Spring

MTP 135 - Foundations of Massage Therapy III (2 Credits)

1 lecture, 2 lab, 3 total contact hours

Introduces clinical massage theory and applications for specific conditions and special populations. Assessment procedures, advanced modalities and plans of care appropriate for specific conditions are discussed. Prerequisite: MTP 125 with a grade of C or better.

Typically offered: Spring, Summer

MTP 136 - Advanced Treatment Planning and Applied Therapies (2 Credits)

1 lecture, 2 lab, 3 total contact hours

Covers the laws of movement and contraction principles as related to massage therapy. Students will learn posture and range of motion assessment within the massage therapy scope of practice and develop strategies for synthesizing massage therapy treatment plans. Applies neuromuscular therapies to facilitate change for musculoskeletal and movement related conditions. Prerequisite: MTP 122, and MTP 133 with grades of C or better.

Typically offered: Spring, Summer

MTP 137 - Massage Practice Development (1 Credit)

1 lecture, 0 lab, 1 total contact hours

Discusses career options, marketing strategies and resume development for an entry-level massage therapist. Legal aspects of massage practice, business practices including referrals, and basic tax requirements are covered. Licensing exam review and practice tests are implemented with test-taking strategies discussed. Continuing education and specialties for massage therapists are discussed. Prerequisite: MTP 128 with a grade of C or better.

Typically offered: Spring, Summer

MTP 138 - Massage Therapy Clinical II (1 Credit)

0 lecture, 3 lab, 3 total contact hours

Allows students to continue practice of massage therapy techniques in a clinical setting under the supervision of licensed massage therapists faculty. Includes completing sessions of different lengths of time and focused treatments, as well as participation in community massage events. Students complete 48 clinical hours in the on-site clinic.

Prerequisite: MTP 128 with a grade of C or better.

Typically offered: Spring, Summer