

### Program Information

The Therapeutic Massage diploma program is designed to prepare students to practice client-centered care in a variety of settings. The program includes anatomy and physiology, theory, massage techniques, practical experience, and personal and professional development. Massage techniques include both basic and advanced massage approaches, including Swedish, sports, neuromuscular, myofascial, and trigger point work. The program provides supportive coursework on the structure and function of the body to enable sound decision making and to ensure a safe practice. In the clinical massage courses, the therapeutic benefits of massage are explored as students learn to apply their skills to both relax clients and address common clinical conditions. The courses further prepare students for career success in the diverse employment opportunities waiting for them in the health and wellness industries. The coursework meets all the requirements in preparation for the Massage & Bodywork Licensing Examination (MBLEx). The program provides over 750 total program hours, with a minimum of 376 lecture hours and 408 lab/practicum hours.

### Program Goals

Upon completion of the Therapeutic Massage program graduates will demonstrate achievement of program outcomes by being able to:

1. Demonstrate knowledge in assessing, setting applicable goals, planning appropriate massage techniques, and evaluating outcomes for each client;
2. Apply practical working knowledge of anatomy, kinesiology, physiology, and pathology as it pertains to the practice of therapeutic massage in the process of providing effective and beneficial massage therapy to a varied client population;
3. Utilize technical, critical thinking, and problem-solving skills in their clinical/administrative performance;
4. Promote and maintain professional and successful relationships between clients, colleagues, and other health care providers;
5. Utilize evidence-based clinical judgment, sound ethical principles, values, and critical thinking skills in the practice of their profession;
6. Practice the profession with the recognition of and sensitivity to cultural and socioeconomic differences;
7. Demonstrate an appreciation of one's own body and the importance of self-care, including an understanding of the principles of body mechanics in order to promote safety and prevent injury while practicing massage therapy;
8. Obtain eligibility to sit for licensing exams; and
9. Demonstrate understanding of the importance of affiliations with professional organizations, marketing of professional skills, and being a vital member of the health care delivery system.

### Program Admission & Related Requirements

Program admission requires completion of pre-program orientation. Clinical/practicum facilities require students to maintain specific requirements to ensure student and client health and safety. Proof that these requirements are met must be furnished by the student and include but are not limited to:

- A recent physical examination including current immunity titers and a current negative Tuberculosis (TB) screening.

◆ *Course has prerequisite - see course schedule or catalog description.*

^ *Course requires Instructor permission.*

NOTE: You are encouraged to contact an academic advisor at 763-433-1230 for course planning assistance and information about transfer credit evaluation and transfer options.

- Current certification in American Heart Association: BLS Healthcare Provider is required for all Clinical/Practicum courses.
- A cleared Background Study is required from the State of Minnesota.

### Completion Requirements

- A minimum of 12 semester credits in courses numbered 1000 or above.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- Satisfy residency requirements.
- A minimum grade of C must be earned in all program requirements.
- All MASG courses must be completed at ARCC or have been approved for credit for prior learning.
- Completion of specific diploma requirements.
- To complete your program, please submit the appropriate application found [here](#).
- The requirements of this program are subject to change without notice.

### Developmental Courses

Successful entry into this program requires a specific level of skill in the areas of English and Reading. Admission requires an ability to do college level reading and writing as demonstrated by meeting enrollment requirements for ENGL 1121.

### Program Requirements: 32 credits

- MASG 1001◆ Introduction to Massage ..... 4
- MASG 1020◆ Functional Anatomy and Kinesiology for Clinical Massage ..... 4
- MASG 1021◆ Clinical Massage Techniques I ..... 4
- MASG 1022◆ Pathology for Clinical Massage ..... 3
- MASG 1023◆ Clinical Massage for Special Populations..... 4
- MASG 2102/IHH 2102  
Food as Medicine/Biologically Based Therapies..... 3
- MASG 2105/IHH 2105  
Basics in Business and Ethics  
for the Holistic Practitioner ..... 3
- MASG 2108◆ Clinical Massage Techniques II ..... 4
- MASG 2296 Clinical Massage Practicum On-Campus Clinic .... 1
- MASG 2298 Clinical Massage Internship ..... 2

### General Education: 6 credits

- BIOL 1102 Medical Terminology ..... 2
- BIOL 1104 The Human Body—Structure and Function..... 4

(continued)

2023-2024

# Therapeutic Massage

Diploma

### Program Sequence:

The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program; many courses are offered in the evening.

	Fall Semester	Spring Semester
<b>1<sup>st</sup> YEAR</b>	BIOL 1102..... 2	MASG 1020 ..... 4
	BIOL 1104..... 4	MASG 1021 ..... 4
	MASG 1001 ..... 4	MASG 1022 ..... 3
	MASG 2102/IHH 2102... 3	MASG 1023 ..... 4
	<b>TOTAL ..... 13</b>	<b>TOTAL ..... 15</b>
<b>2<sup>nd</sup> YEAR</b>	Fall Semester	
	MASG 2105/IHH 2105... 3	
	MASG 2108 ..... 4	
	MASG 2296 ..... 1	
	MASG 2298 ..... 2	
<b>TOTAL ..... 10</b>		

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