

MASSAGE THERAPY, A.A.S.

Major Code: 1342

This program is specifically designed to meet the New York State Licensure requirements for massage therapy training, including a minimum of 150 hours in a clinical setting. Massage therapy technique classes are hands on experiences that offer students the experience to work with various populations and pathologies. These experiences allow students to enter the massage therapy profession with the skills and confidence necessary to succeed. Students also receive instruction in general studies, sciences and massage history. To progress through the program a student must achieve a minimum grade of C in all massage therapy and biology courses. The associate in applied science degree in Massage Therapy is designed to prepare students for the practice of the profession of Massage Therapy. Licensed massage therapists are independent health care professionals who provide services through the skilled manipulation of the soft structures of the body focusing on both prevention and treatment.

Massage therapists may be self-employed or employed in a variety of settings including the offices of chiropractors and physical therapists, destination and day spas, wellness centers, hospitals, hospice programs, long-term care facilities, corporations, cruise ships, professional athletic teams and performing arts companies.

Students completing the A.A.S. degree will be academically prepared to meet the licensure requirements as specified by the New York State Education Department.

Graduates seeking licensure in New York State must apply for and pay an examination fee. Licensure is based upon the successful completion of the massage therapy exam and the ability to answer questions to establish "good moral character." Anyone who has been convicted of and/or charged with a felony or misdemeanor in any state or country, surrendered a license or been found guilty or charged with professional misconduct, unprofessional conduct, incompetence or negligence, will be subject to a review by an investigator for the Office of Professional Discipline and may experience problems or delays with the licensing process. Inquiries should be directed to the Division of Professional Licensing Services, Office of the Professions, New York State Education Department.

The New York State Department of Education allows the transfer of 250 hours of previously completed massage therapy course work. A transfer student will be expected to submit comprehensive course descriptions and transcripts from his/her previous massage school(s) to be evaluated.

Program Requirements

Students accepted into the program must submit a complete physical examination and proof of immunizations as required by the Public Health Law due to affiliations with area health care facilities. Students are to adhere to the same requirements as employees. Students must demonstrate the strength, mobility and manual dexterity to perform in all laboratory/clinical settings in order to maintain the safety of clients and meet performance standards. All students must be covered by a health insurance policy in order to participate in the laboratory/clinical portion of the program. If a student does not have valid health insurance, the college provides information about procuring health insurance.

Each student must provide documentation of having one western and one eastern bodywork session prior (massage) to enrolling in the program-failure to do so will result in massage therapy courses being

removed from the students schedule prior to the start of classes. This will delay enrollment in the massage therapy classes for a year.

Students will not be eligible for admission or continuation in the massage therapy program if they repeat any of the following courses twice without earning a grade of C or higher, including dropping/withdrawal or failing, at this institution or another college:

Code	Title	Credits
All MAST courses		
BIOL 150	Human Anatomy + Physiology I	4
BIOL 151	Human Anatomy + Physiology II	4
BIOL 135	Myology I	3
BIOL 136	Myology II	3
BIOL 137	Neurology	4

Program Outcomes

- The pass rate for graduates will meet or exceed the NYS pass rate (+ or -5%) for those taking the examination for the first time.
- 75% of those students progressing to the second semester will complete the program within the time identified on the sample study plan.
- Students completing the A.A.S. degree will be academically prepared to meet the licensure requirements as specified by the New York State Education Department.
- Graduation Requirements: All AAS programs require a minimum of 60 credit hours including 20 credit hours from Liberal Arts and Science courses. These requirements are fulfilled in the curriculum list of courses for this program. A grade of C or higher is required for all BIOL and MAST courses that are used as prerequisite courses in the MAST program.

Student Learning Outcomes

Upon successful completion of this program, students will be able to:

- Demonstrate effective and safe delivery of therapeutic massage utilizing a variety of techniques
- Identify and analyze pathologies
- Develop appropriate treatment plans based on client assessment
- Communicate in a professional and effective manner with clients and the general public
- Demonstrate professional and ethical behaviors related to massage therapy
- Document massage therapy sessions accurately and professionally utilizing accepted formats and terminology
- Demonstrate the ability to adapt to various practice settings
- Develop a treatment plan

Curriculum Requirements

A minimum of 60 credits is required for degree completion.

A grade of C or higher is required for all BIOL and MAST courses that are used as prerequisite courses in the MAST program.

Code	Title	Credits
MAST 100	CPR for Healthcare Providers	1
MAST 101	Eastern Anatomy & Physiology	3
MAST 102	Western Massage I	4

MAST 103	Western Massage II	2
MAST 104	Eastern Massage	2
MAST 201	Western Medical Massage	4
MAST 202	Eastern Medical Massage	4
MAST 203	Professional Issues	1
MAST 204	Massage Clinical Experience	5
MAST 205	Senior Seminar	3
MAST 206	Professional Practice Issues	2
BIOL 135	Myology I	3
BIOL 136	Myology II	3
BIOL 137	Neurology	4
BIOL 150	Human Anatomy + Physiology I	4
BIOL 151	Human Anatomy + Physiology II	4
COMM 105	Research & Communication	3
PSYC 101	Introduction to Psychology	3
Additional General Elective Credits		5
Total Credits		60

Suggested Course Sequence

Course	Title	Credits
Year 1		
Fall		
MAST 101	Eastern Anatomy & Physiology	3
MAST 102	Western Massage I	4
BIOL 150	Human Anatomy + Physiology I	4
COMM 105	Research & Communication	3
BIOL 135	Myology I	3
Credits		17
Spring		
MAST 102	Western Massage I	4
MAST 104	Eastern Massage	2
BIOL 151	Human Anatomy + Physiology II	4
BIOL 136	Myology II	3
PSYC 101	Introduction to Psychology	3
Credits		16
Year 2		
Fall		
MAST 201	Western Medical Massage	4
MAST 202	Eastern Medical Massage	4
BIOL 137	Neurology	4
General Elective as advised		2
Credits		14
Spring		
MAST 204	Massage Clinical Experience	5
MAST 205	Senior Seminar	3
MAST 206	Professional Practice Issues	2
MAST 100	CPR for Healthcare Providers	1
MAST 203	Professional Issues	1
General Electives as advise		3
Credits		15
Total Credits		62