

Health Careers Therapeutic Massage

The therapeutic massage program prepares individuals for employment as professional massage therapists. Graduates are eligible to take the National Certification Exam in Therapeutic Massage and Bodywork. Waubonsee's therapeutic massage program is a member of the American Massage Therapy Association Council of Schools and is approved by the Illinois State Board of Higher Education.

Therapeutic Massage Associate in Applied Science Degree

(470A) major code

The Associate in Applied Science degree in therapeutic massage prepares the student to work with clients who are ill or injured and are referred from a medical or rehabilitative setting. Graduates may also find employment in the health maintenance/personal wellness areas of professional therapeutic massage.

Program Prerequisite Courses

m	AOS	222	Medical Terms for Health Occupations	1
m	BIO	270	Anatomy and Physiology I	4
m	TMS	100	Introduction to Therapeutic Massage	1
TOTAL				6

Fall Semester, First Year

m	BIO	262	Neuro-musculoskeletal Systems	3
m	BIO	272	Anatomy and Physiology II	4
m	TMS	110	Professional Foundations of Therapeutic Massage +	2
m	TMS	120	Massage Techniques I (first 8 weeks) +	3
m	TMS	125	Massage Techniques II (second 8 weeks) +	3
m	TMS	140	Massage Clinical I (second 8 weeks) +	2
TOTAL				17

Spring Semester, First Year

m	BIO	264	Kinesiology and Pathology	3
m	PSY	205	Life-Span Psychology	3
m	TMS	130	Massage Techniques III +	4
m	TMS	145	Massage Clinical II +	1.5
m	TMS	150	Business Practices for Massage Therapists +	3
			PED elective (select from list)	1
TOTAL				15.5

Additional General Education Requirements

m	BIO	200	Nutrition	3
	COM	120	Communications	3
m	ENG	101	or 151 English	3
	ENG	102	or 152 English	3
TOTAL				12

(continued on next page)

Job Title

- Massage Therapist

About the Occupation

Massage therapists use many different approaches to produce physical, mental and emotional benefits through the manipulation of the body's soft tissue. Therapeutic techniques utilized include Swedish massage, joint movements, hydrotherapy, sports massage, stretching, muscle energy, myofascial techniques, trigger point therapy, foot reflexology, acupressure, Shiatsu, Jin Shin Do, Reiki, Cranio-sacral therapy and others.

Massage therapists need more than technical skills. To effectively use massage techniques, the therapist must be trained in anatomy, physiology, kinesiology and pathology. A sensitivity toward the needs of the client is essential.

Highlights of Waubonsee's Program

- Waubonsee's program is a member of the American Massage Therapy Association Council of Schools, and is approved by the Illinois State Board of Higher Education.
- Students can choose to complete their clinical work at an off-campus location or at the college's massage lab.

Professional Certification Opportunities

- Graduates are eligible to take the National Certification Exam in Therapeutic Massage and Bodywork.



**Additional Therapeutic Massage
Major Program Requirements**

m	TMS	210	Ethical, Legal and Professional Issues in Therapeutic Massage +	2
m	TMS	220	Outcome Based Massage I +	4
m	TMS	225	Outcome Based Massage II +	4
m	TMS	240	Massage Clinical III +	1.5
m	TMS	245	Massage Clinical IV +	1.5
m	TMS	297	Therapeutic Massage Internship +	1.5
m			TMS electives (select from list).....	2
			TOTAL	16.5

TOTAL SEM HRS FOR DEGREE67

TMS Electives (select 2 hours)

m	TMS	250	Prenatal Massage +	1
m	TMS	253	Reiki I +	1
m	TMS	254	Reiki II +	1

PED Electives (select 1 hour)

Students should select 1 semester hour of credit in PED activity courses, PED 100-149. (PED 146 Yoga is recommended.)

- m *Major course requires minimum grade of C.*
- + *Program admission required for enrollment.*

**Therapeutic Massage
Certificate of Achievement**
(472A) major code

The certificate program in therapeutic massage prepares the student to work in the wellness area of professional massage therapy with clients who seek massage for pleasure, relaxation and general health maintenance.

NOTE: This sequence is intended for full-time students in the therapeutic massage program. Students interested in a part-time program option should contact their advisor for scheduling options.

Program Prerequisite Courses

m	AOS	222	Medical Terms for Health Occupations	1
m	BIO	260	Human Structure and Function*	4
m	TMS	100	Introduction to Therapeutic Massage	1
			TOTAL	6

Fall Semester

m	BIO	262	Neuro-musculoskeletal Systems	3
m	TMS	110	Professional Foundations of Therapeutic Massage +	2
m	TMS	120	Massage Techniques I (First 8 weeks) +	3
m	TMS	125	Massage Techniques II (Second 8 weeks) +	3
m	TMS	140	Massage Clinical I (Second 8 weeks) +	2
			TOTAL	13

Spring Semester

m	BIO	264	Kinesiology and Pathology	3
m	TMS	130	Massage Techniques III +	4
m	TMS	145	Massage Clinical II +	1.5
m	TMS	150	Business Practices for Massage Therapists +	3
			TOTAL	11.5

PROGRAM TOTAL30.5

- m *Major course requires minimum grade of C.*
- * *BIO 260 must be taken in a face-to-face course format. Online courses and other distance learning formats will not be accepted.*
- + *Program admission required for enrollment.*

**Procedure for Entering the Therapeutic Massage
Degree and Certificate Programs**

Students seeking admission to the therapeutic massage program are required to:

1. Meet with Counseling and Advising (see directory) to establish a schedule for taking prerequisite and program courses.
2. Obtain specific admission information by contacting the Dean for Health and Life Sciences (see directory).
3. Complete the special application required for entry into the program, which is available from the office of Health Care Programs, Counseling, or on the Internet at www.waubonsee.edu/prostudents/admission_info.php. Enrollment in the therapeutic massage (TMS) courses is limited in order to provide the best possible educational experience for students. Students desiring to enter the degree or certificate program for fall must make application by May 1.
4. Complete each prerequisite course with a minimum grade of C and cumulative GPA of 2.5 or better.
5. Understand that the therapeutic massage application, completion of prerequisite courses, and previous transcripts are required for admission to the program.
6. Follow the program sequence for all TMS courses once accepted into the program. A student may opt to complete any or all of the BIO and PSY, ENG, or COM (degree program) courses prior to submitting an application to the therapeutic massage program. Note: TMS courses are offered on a limited basis during the year. Please contact the office of Health and Life Sciences for specific course information. For continuation in the therapeutic massage program, a 2.0 or better GPA must be received in each of the major courses.
7. Submit completed health form and documentation of current immunizations and a 2-step tuberculosis (TB) test upon acceptance into the program.

See directory inside back cover.

In addition, students seeking admission to the therapeutic massage degree program are required to:

1. Apply for regular Waubonsee student status by completing the WCC New Student Information Form.
2. Contact the Center for Learning Assessment (see directory) to make an appointment for required assessment testing.

Students who have completed a massage therapy certificate program at an accredited college may be granted advanced placement into some 100- and 200-level courses in the degree program. Degree applicants interested in advanced placement should contact the Dean for Health and Life Sciences for more information.

Program Costs

In addition to tuition and regular fees, the therapeutic massage student has the following minimum fees and expenses:

Textbooks for TMS classes-certificate (excludes general education courses)	\$190
Textbooks for TMS classes-degree (excludes general education courses)	\$350
Uniform/shoes	\$80
Massage table	\$430
Massage supplies	\$100
Student liability insurance	\$49
Four professional massages	\$240
National Certification Examination for Therapeutic Massage and Bodywork	\$225
Physical exam, immunizations, TB testing	per health care provider

Total Estimated Costs

(excluding medical requirements)\$1314-1474

NOTE: These fees and expenses are *approximate costs* and are subject to change without prior notice to the student.