

# LANSING COMMUNITY COLLEGE

## CURRICULUM GUIDE

Therapeutic Massage  
Certificate of Achievement

Curriculum Code: 1255 (Effective Fall 2009 – Summer 2014)

This program prepares an individual in the field of therapeutic massage and bodywork. Massage therapists may be employed in private practice or in a variety of health care settings, spas, and exercise facilities. This certificate of achievement is not affiliated with any national certification organization; however, the Therapeutic Massage program is approved through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Successful completion of this program prepared an individual for national certification testing through the NCBTMB.

### PREREQUISITES

Students should see *Course Descriptions* or *Course Offerings* for course prerequisite information. See the *Assessment and Placement Testing* section for skills assessment and advising information.

### INFORMATION

Contact the Health and Human Services Department, Health and Human Services Building, Room 108, telephone number (517) 483-1410 (Website: [www.lcc.edu/health/](http://www.lcc.edu/health/)) or Counseling and Advising Centers, Gannon Building, Room 204, telephone number (517) 483-1904.

### REQUIREMENTS

| CODE                 | TITLE  | TOTAL: 37.75 CREDITS<br>CREDIT HOURS |
|----------------------|--|--------------------------------------|
| BIOL 145             | Intro Anatomy and Physiology                 | 4                                    |
| EMSB 102             | CPR for Health Care Prof                     | .25                                  |
| MASG 131             | Therapeutic Massage I                        | 4                                    |
| MASG 136             | Medical Elements of Massage                  | 3                                    |
| MASG 138             | Fundamentals/Clinical Massage                | 1                                    |
| MASG 141             | Massage Clinic I                             | 1                                    |
| MASG 151A            | Chair Massage                                | 1                                    |
| MASG 151B            | Sports Massage                               | 1                                    |
| MASG 151C            | Maternal/Infant Massage                      | 1                                    |
| MASG 151D            | Special Populations                          | 1                                    |
| MASG 231             | Therapeutic Massage II                       | 4                                    |
| MASG 232             | Therapeutic Massage III                      | 4                                    |
| MASG 241             | Massage Clinic II                            | 1                                    |
| MASG 242             | Massage Clinic III                           | 1                                    |
| MASG 251A            | Polarity Therapy                             | 1                                    |
| MASG 251B            | Reflexology                                  | 1                                    |
| MASG 251C            | Asian Body Therapy                           | 1                                    |
| MASG 251D            | Positional Release                           | 1                                    |
| MASG 254             | Busn App Therapeutic Massage                 | 2                                    |
| MASG 256             | Clinical Assess Therap Massage               | 1                                    |
| MASG 261             | Massage Practicum                            | .5                                   |
| PFFT 104             | Therapeutic Massage Fitness Lab (See Note 1) | 1                                    |
| PFWH 163             | Healthy Lifestyles (See Note 1)              | 2                                    |
| <b>MINIMUM TOTAL</b> |  | <b>37.75</b>                         |

**NOTES:**

1. Students should consider taking this course early in the curriculum.
2. To receive this certificate of achievement, students must complete BIOL 145 and all MASG courses with a minimum grade of 2.5, PFFT 104 and PFHW 163 with a minimum grade of 2.0, and EMSB 102 with a Pass grade.
3. MASG 235 National Exam Preparation is optional. Students are not required to take this course. It is recommended that students enroll in this course during their last semester in the program.

**SUGGESTED COURSE SEQUENCE**

Students should see course descriptions to find out when departments plan to offer courses. Students who for any reason are unable to follow one of the course sequences suggested below (for example, those who are part-time, have transferred in courses from another school, or have prerequisites to fulfill) should contact an academic advisor or counselor for help with adjustments.

**OPTION 1–Begin Fall semester**

| <b>I–Fall</b> | <b>II–Spring</b> | <b>III–Summer</b> | <b>IV–Fall</b>      |
|---------------|------------------|-------------------|---------------------|
| BIOL 145      | MASG 141         | MASG 241          | MASG 151C           |
| EMSB 102      | MASG 151A        | MASG 254          | MASG 232            |
| MASG 131      | MASG 151B        |                   | MASG 235 (optional) |
| MASG 136      | MASG 151D        |                   | MASG 242            |
| MASG 138      | MASG 231         |                   | MASG 251C           |
| MASG 251A     | MASG 251B        |                   | MASG 251D           |
|               | PFFT 104         |                   | MASG 256            |
|               | PFHW 163         |                   | MASG 261            |

**OPTION 2–Begin Spring semester**

| <b>I–Spring</b> |      | <b>II–Summer</b> | <b>III–Fall</b> | <b>IV–Spring</b>    |
|-----------------|------|------------------|-----------------|---------------------|
| BIOL 145        |      | MASG 141         | MASG 151C       | MASG 151A           |
| EMSB 102        | –or– | EMSB 102         | MASG 151D       | MASG 151B           |
| MASG 131        |      |                  | MASG 231        | MASG 232            |
| MASG 136        |      |                  | MASG 241        | MASG 235 (optional) |
| MASG 138        |      |                  | MASG 251A       | MASG 242            |
| PFFT 104        | –or– | PFFT 104         | MASG 251C       | MASG 251B           |
| PFHW 163        | –or– | PFHW 163         |                 | MASG 251D           |
|                 |      |                  |                 | MASG 254            |
|                 |      |                  |                 | MASG 256            |
|                 |      |                  |                 | MASG 261            |