



## HEALTH & HUMAN SERVICE CAREERS DEPARTMENT **THERAPEUTIC MASSAGE PROGRAM**

Certificate of Achievement - Curriculum Code: 1255

### **GENERAL INFORMATION**

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.

Successful completion of this program prepares an individual for national certification. There are two national tests that certify the massage therapist to operate in all fifty states. The two tests are: NCETM (National Certification Exam for Therapeutic Massage) offered through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), or MBLEx (Massage and Bodywork Licensing Examination) offered through the Federation of State Massage Therapy Boards (FSMTB).

National Certification Board for Therapeutic Massage and Bodywork  
8201 Greensboro Drive, Suite 300  
McLean, VA 22102  
Phone: 1-800-296-0664 · (703) 610-9015 ·  
Fax: (703) 610-9005  
email: [info@ncbtmb.com](mailto:info@ncbtmb.com)  
website: <http://www.ncbtmb.com/>

FSMTB  
P.O. Box 198748  
Nashville, TN 37219  
Phone: 866.962.3926  
Fax: 615.846.0153  
email: [mblex@fsmtb.org](mailto:mblex@fsmtb.org)  
website: <http://www.fsmtb.org/index.html>

Application for national accreditation has been made to the following national agency and approval is expected in 2009.

Commission on Massage Therapy Accreditation (COMTA)  
5335 Wisconsin Avenue, NW, Suite 440  
Washington, DC 20015  
[www.comta.org](http://www.comta.org)

For information regarding legislation as it relates to practicing in Michigan and nationwide, go to:  
[http://www.amtamassage.org/pdf/2006\\_StateLaws.pdf](http://www.amtamassage.org/pdf/2006_StateLaws.pdf)

### **PROGRAM MISSION STATEMENT**

The Therapeutic Massage Program at Lansing Community College is committed to providing quality academic and practical massage therapy education to produce highly-skilled, successful, professional massage therapists dedicated to enhancing the health and well-being of our community.

We are committed to making a difference in the world, one student at a time!

### **PROGRAM REQUIREMENTS**

All students must meet basic requirements beyond those required for admission to the College.

1. Students must be 18 years of age or older by start date of the semester they are enrolled for MASG 131.
2. All Therapeutic Massage students will be required to complete, and pass with 80%, a required on-line OSHA (Occupational Safety and Health Administration) Blood-Borne Pathogen and Universal Precautions training program when enrolling in MASG 131-Therapeutic Massage I. Students will be required to update the training yearly after July 1<sup>st</sup>.
3. Students are **required** to attend the student orientation held during the first class meeting of MASG 131.

Learning disabilities affect students in different ways. Students may have difficulty remembering, understanding and/or expressing information. Students may be weak in spelling, writing math, reading, and problem solving, organization and time management. If a student feels they cannot meet the following guidelines and feel they have a learning disability they may contact the Office of Disability Support Services at (517) 483-1904 or 1207, or online at <http://www.lcc.edu/odss> to receive an appropriate accommodation.

### **MOTOR, COGNITIVE, and PSYCHOLOGICAL SKILLS ESSENTIAL FOR MASSAGE STUDENTS**

1. Essential motor skills required to meet the class and clinical practice outcomes are:

Strength/Endurance: Perform physical activities requiring ability to push / pull and position the human body, up to 50 pounds. Possess the hand/arm strength necessary to manipulate muscles and other soft tissues.

Manual Dexterity: Have no impairment of the use of the hands, wrists, fingers, shoulders, or arms, which may interfere with the ability to manipulate the soft tissues of the human body.

Hearing: Ability to hear and comprehend the spoken word and normal sounds.

Tactile Ability: Demonstrate tactile abilities sufficient to make physical assessments of soft and hard tissues (palpation, physical assessment, and functions related to therapeutic intervention).

Mobility: Perform walking and long periods of standing.

2. Essential cognitive skills required to meet the class and clinical practice outcomes:

Attention Span: Attend to tasks/functions that require the ability to focus up to 60 minute. No mental, nervous, organic, functional disease or psychiatric disorder likely to interfere with the ability to coordinate treatment planning or work with health care professionals or the public. Possess the ability to establish and understand physical and emotional boundaries in the client/therapist relationship.

Conceptualization: Understand and relate to specific ideas, concepts, and theories generated and simultaneously discussed and implemented. Apply theory to clinical situations.

Memory: Remember tasks / assignments given to self and others over both long and short periods of time.

Critical Thinking: Possess critical thinking ability sufficient for clinical judgment. Ability to identify cause-effect relationships in clinical situations and develop and implement treatment plans.

3. Essential psychological skills required to meet the class and clinical practice outcomes:

Interpersonal: Demonstrate interpersonal skills to interact with individuals and groups from different social, emotional, cultural, and intellectual backgrounds. Establish rapport with clients in a therapeutic setting and with other colleagues.

Communication: Possess the ability to communicate sufficiently for interaction with others in both verbal and written form. Explain treatment procedures, initiate health teaching, document, interpret recommendations from health care professionals and understand verbal feedback from the massage client.

Substance Abuse: No current clinical diagnosis of alcoholism. Must not use Schedule 1 drugs or other substances such as amphetamines, narcotics, or any other habit-forming drug except those substances or drugs prescribed by a licensed medical practitioner who is familiar with the individual's medical history and assigned duties, and who can attest that the substance or drug will not adversely affect the individual's ability to safely practice in the health care setting.

### **PREGNANCY POLICY**

If a student is currently pregnant, or becomes pregnant at any time while enrolled in the Therapeutic Massage Program, she must inform the Program Administrator in writing immediately. The Program Administrator will provide the student a copy of the Therapeutic Massage Program Pregnancy Guidelines. It is the pregnant student's responsibility to see that the guidelines are followed in the classroom, lab, and community service settings during the course of her pregnancy. A physician's written release will be required for the student to participate in either giving or receiving a massage in class or during community service events.

## Curriculum Code 1255 - Master Curriculum and Approximate Costs – Effective Fall 2009

COURSE CODE	COURSE TITLE	CREDIT/ BILLING HRS	LEC HRS	LAB/CLIN/ WRKSTE HRS	TOTAL HRS	COURSE FEES	SEMESTER OFFERED	
BIOL 145	Introductory Anatomy and Physiology Prereq: Reading Level 5 and Writing Level 6	4 / 5	32	48 B	80	\$40	F/Sp/Su	
EMSB 102	CPR for Health Care Professionals Prereq: None	.25/ .25	6	0	6	\$76 flat rate	F/Sp/Su	
MASG 131 ①	Therapeutic Massage I Prereq: Min 2.5 in BIOL145 or concurrently and Reading Level 5 and Writing Level 6,	4 / 4.5	56	16 B	72	\$101	F/Sp	
MASG 136	Medical Elements of Massage Prereq: min 2.5 in MASG 131 or concurrently	3 / 3	48 v	0	48	\$ 0	F/Sp	
MASG 138	Fundamentals of Clinical Massage Prereq: min 2.5 in MASG 131 or concurrently and Reading Level 5 and Writing Level 6	1	16	0	16	\$ 0	F/Sp	
MASG 141 ②	Massage Clinic I Prereq: min 2.5 in MASG 136 and BIOL 145, and MASG 138 or concurrently, and passing grade in EMSB102. Recommended: min 2.5 in MASG 151 or MASG151D	1 / 2	0	32 W	32	\$155	F/Sp/Su	
MASG 151A	Applied Massage Tech-Chair Massage Prereq: min 2.5 in MASG 131	1 / 1.25	12	8 B	20	\$18	F	
MASG 151B	Applied Massage Tech-Sports Massage Prereq: min 2.5 in MASG 131-	1 / 1.25	12	8 B	20	\$18	F	
MASG 151C	Applied Massage Tech-Maternal/Infant Prereq: min 2.5 in MASG 131	1 / 1.25	12	8 B	20	\$17	Sp	
MASG 151D	Applied Massage Tech-Special Populations Prereq: min 2.5 in MASG 136	1 / 1.25	12	8 B	20	\$18	F/Sp	
MASG 231 +	Therapeutic Massage II Prereq: min 2.5 in MASG 131	4 / 4.5	52.5 - 56	15 - 16 B	72	\$ 71	F/Sp	
MASG 232 +	Therapeutic Massage III Prereq: min 2.5 in MASG 231	4 / 4.5	52.5 - 56	15 - 16 B	72	\$ 71	F/Sp	
MASG 241	Massage Clinic II Prereq: min 2.5 in MASG 141, and min 2.5 in MASG 231 or	1 / 2	0	32 W	32	\$155	F/Sp/Su	
MASG 242	Massage Clinic III Prereq: min 2.5 in MASG 241, and min 2.5 in MASG 232 or	1 / 2	0	32 W	32	\$155	F/Sp/Su	
MASG 251A	Alternative Massage Tech-Polarity Prereq: None	1 / 1.25	12	8 B	20	\$18	F	
MASG 251B	Alternative Massage Tech-Reflexology Prereq: None	1 / 1.25	12	8 B	20	\$18	F	
MASG 251C	Alternative Massage Tech-Asian Body Therapy Prereq: min 2.5 in MASG 131	1 / 1.25	12	8 B	20	\$17	Sp	
MASG 251D	Alternative Massage Tech-Positional Release Prereq: min 2.5 in MASG 232 or concurrently	1 / 1.25	12	8 B	20	\$18	F/Sp	
MASG 254 ②	Business Applications/Ther Massage Prereq: min 2.5 in MASG 231 or concurrently	2 / 2	32 v	0	32	\$ 35	Sp/Su	
MASG 256	Clinical Assessment Prereq: min 2.5 in MASG 232 or concurrently	1	16	0	16	\$ 35	F/Sp	
MASG 261	Massage Practicum Prereq: min 2.5 in MASG 232 or concurrently	.5 / 1.5	0	24 W	24	\$ 65	F/Sp/Su	
PFHW 163	Healthy Lifestyles Prereq: Reading Level 5 and Writing Level 6	2 / 2	32	0	32	\$ 10	F/Sp/Su	
PFFT 104	Therapeutic Massage Fitness Lab Co-req: PFHW163	1 / 1	0	32 B	32	\$ 20	F/Sp/Su	
+ This course may fall on MLK or Labor Day holiday – College closed. No make up required, hence adjusted program hours.		<b>TOTALS</b>	<b>37.75/46.25</b>	<b>439-446</b>	<b>310-312</b>	<b>749-758</b>	<b>\$ 1,131</b>	

<p>① Massage Table is required by the 4<sup>th</sup> week of MASG 131 course. Discount provided by OAKWORKS if order placed in class.</p> <p>② In addition to tuition and course fees, students will be required to obtain one professional massage at an approximate cost of \$50 - \$70.</p>	<p>Billing Hours x Tuition Rate = Tuition Due (Course fees are in addition to college tuition)</p> <p>In-District \$ 73.00 Out of District \$ 134.00 Out of state/ International \$ 201.00</p> <p>\$5.00 per billing hour Facilities Fee</p>	<p>V – Virtual College B - Lab W – Worksite</p>
<p><b>NOTE:</b> Credit hours, billing hours, course hours, tuition rate and course fees are subject to change by action of the Board of Trustees. Additional information regarding Tuition and Fees are can be found at: <a href="http://www.lcc.edu/schedule/general_information/tuition_fees.htm">www.lcc.edu/schedule/general_information/tuition_fees.htm</a></p>		

### 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–For students beginning the Therapeutic Massage Program in Fall semester

I-Fall	II–Spring	III–Summer	IV-Fall
BIOL 145	MASG 141	MASG 241	MASG 232
EMSB 102	MASG 151A	MASG 254	MASG 242
MASG 131	MASG 151B		MASG 251A
MASG 136	MASG 151C		MASG 251B
MASG 138	MASG 151D		MASG 251C
	MASG 231		MASG 251D
			MASG 256
			MASG 261
		PFFT 104*	or PFFT 104*
		PFHW 163*	or PFHW 163*

Option 2–For students beginning the Therapeutic Massage Program in Spring semester

I-Spring	II-Summer	III-Fall	IV-Spring
BIOL 145		MASG 138	MASG 151A
EMSB102	or EMSB 102	MASG 141	MASG 151B
MASG 131		MASG 151C	MASG 232
MASG 136		MASG 231	MASG 241
PFFT 104*	or PFFT 104*	MASG 251A	MASG 242
PFHW 163*	or PFHW 163*	MASG 251B	MASG 251D
		MASG 251C	MASG 254
		MASG 256	MASG 261

\* Courses must be taken concurrently. Students should consider taking these courses early in the curriculum.

**NOTES:**

1. To receive this certificate of achievement, students must complete BIOL 145 and All MASG courses with a minimum grade of 2.5, PFFT104 and PFHW163 with a minimum of 2.0, and EMSB102 with a Pass grade.

**ADDITIONAL COSTS**

- COURSE FEES: \$1,131 (approximate)
- BOOKS: Approximate Cost (Used \$450) (New \$700)
- REGISTRATION/ACTIVITY FEES: \$25.00 per semester enrolled
- TB TEST (required in MASG 261): \$15.00
- SUPPLIES

Massage Table is required by the 4 <sup>th</sup> week of MASG 131 course. Discount provided by OAKWORKS if order placed in class.	\$ 250.00 - 500.00
Professional massage lotion or cream in a sanitary, multi-use container (pump or tube dispenser)	\$ 6.00 - 10.00
Lotion Holster	\$ 14.00
Table Linens (used linens are acceptable)	\$ 20.00 - 40.00
Polo shirt required for clinic and/or class	\$ 20.00
P-Ball is required for MASG 231 and 232.	\$ 6.00

**TUITION PAYMENT METHODS AND TERMS**

Please refer to the appropriate semester in the Course Schedule Book or click on the appropriate subject, in the Semester box you will be attending, at the following website: <http://www.lcc.edu/schedule/>

**Payments and Refunds****Deadlines for Drops, Adds, Refunds and Audits**

Students owing money to the College in respect to such matters as fees, loans, library fines, driving or parking penalties, etc., will be subject to disciplinary action if such accounts are not paid when due. In particular, it should be noted that if any accounts are outstanding at the end of an academic semester, the publication of the student's grade report and/or official transcripts will be delayed, and the student will not be permitted to register for a succeeding semester until such accounts are paid.



3100-Therapeutic Massage Program  
Lansing Community College  
P. O. Box 40010  
Lansing, Michigan 48901-7210  
Phone: (517) 483-1431 Fax: (517) 483-1508  
email: menadiem@lcc.edu

Students will be required to follow the guidelines/curriculum outlined in this Advising Guide in order to complete the requirements for a Certificate of Achievement in Therapeutic Massage.

The information on pages 3 and 4 is provided for planning purposes. Due to seat limitations, enrollment is based on a first-come, first-serve basis and LCC requires a 12 student minimum for a course to meet. PFHW 163 and PFFT 104 **must** be taken concurrently. For a co-requisite override, please call (517) 483-1410 prior to the registration dates of the semester you plan to take these two courses.

Following the standards of the accrediting agency (COMTA) and the State of Michigan, LCC does not currently require a Criminal Background Check. However, it is important for students to be aware that when/if they apply to take the national certification exam, and/or apply for licensure in any other state, there may be criminal background limitations which would preclude certification/licensure.

The faculty and staff look forward to your participation in the program. Please feel free to e-mail or phone me if you have any questions.

Sincerely,

Mabel Menadier-Thomas  
Academic Team Leader



# Therapeutic Massage Program Student Information

Please return this completed form to the Therapeutic Massage Program, Health and Human Services Bldg, Room 108, or mail to Deb Jarous, 3100-Therapeutic Massage Program, PO Box 40010, Lansing, MI 48901-7210.

\_\_\_\_\_ Must be a minimum of 18 years of age. (Attach a [copy of current driver's license, Michigan ID, or birth certificate](#))

## **Personal Information** – Please PRINT

Name: \_\_\_\_\_ BANNER  
Student #: X \_\_\_\_\_  
Last First MI

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Preferred email address: \_\_\_\_\_  
(REQUIRED for program correspondence)

## **Emergency Contact**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Relationship: \_\_\_\_\_