

School of Health Science

Associate in Occupational Studies (AOS) in Massage Therapy (AOSMT)

This program will provide training for a student to become an advance massage therapist. The program will provide in-depth training in the human body system, physiology, pathology as well as various advance massage therapy techniques in both western and non-western massage therapy applications. Students will be exposed to extensive clinical studies of individual cases and be able to explain the theories of massage therapy and develop therapy plans tailoring to individual client's needs upon professional assessment of the clients.

The AOS Massage Therapy program will provide students with 77 quarter units or 910 hours of massage therapy skill training and require students to complete a minimum of 9 semester units or 13.5 quarter units of General Education course credits prior to graduation at a local community college or a school accredited by an accrediting body recognized by the US Department of Education. Students will be qualified to sit for massage therapy certification tests such as Massage and Bodywork Licensure Exam (MBLEx) and the Board Certification Exam for Therapeutic Massage and Bodywork administered by National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Students may complete the program in seven quarters on a full-time study basis.

Upon completion of the courses, a student will be prepared to enter the massage therapist job market in the fields of, but not limited to, the following areas: chiropractic, physical therapy, orthopedic rehabilitation clinics, health spas, hotels, beauty salons, medical, private practice/free lancing, sports medicine, or education and ready for advance studies in massage therapy or other healthcare programs. Students may also qualify for state licensure or certification as defined by local state regulations.

Admission Requirements:

Students desiring admission to the AOS degree in Massage Therapy option must meet the following requirements:

1. Completed their high school education or G.E.D. with a minimum G.P.A. of 2.0 or better.
2. Completed a minimum of 13.5 quarter units or 9 semester units of General Education at a local community college or a school accredited by an accrediting boy recognized by the U.S. Department of Education or concurrently completing the required General Education courses while enrolling in the AOSMT program at Kingston University. The G.E. courses should cover at least one course in the following categories, English and Communication, Humanities and Social Science and completed with a minimum grade of C each.
3. Proof of at least 18 years old

International Student Admission Requirements:

Unless a graduate from a US high school or foreign equivalent where English was the language of instruction evidenced by an official transcript, or a student having taken at least 1 years of postsecondary education where English was the language of instruction evidenced by an official transcript, an applicant whose native language is not English must satisfy English proficiency requirement for admission to the AOSMT program by scoring a TOEFL test with at least 380 PBT, 83 CBT or 26 iBT; a TOEIC of at least 360 or a IELTS of 2 – 2.5.



Graduation Requirements:

To receive the Associate in Occupational Studies degree with Massage Therapy option, students must meet the following academic requirements:

- completed a minimum of 13.5 quarter units or 9 semester units of General Education at a local community college or a school accredited by an accrediting body recognized by the U.S. Department of Education.
- completed 77 quarter units in AOS Massage Therapy courses and pass performance evaluations
- submit a valid CPR and First Aid certificate issued by the American Heart Association or American Red Cross.
- maintained a minimum G.P.A. of 2.0 or better

AOSMT Curriculum

The AOSMT curriculum includes 77 quarter units in Massage Therapy concentration courses as listed below.

| Course No | Course Title | Contact Clock Hour | | | Quarter Unit |
|--------------|---|--------------------|---------------|------------|--------------|
| | | Lecture | Lab/Practical | Total | |
| BS1111 | Human Biology | 30 | 0 | 30 | 3.0 |
| BS1171 | Topographic Anatomy | 20 | 0 | 20 | 2.0 |
| BS2181 | Anatomy and Physiology I | 30 | 0 | 30 | 3.0 |
| BS3182 | Anatomy and Physiology II | 30 | 0 | 30 | 3.0 |
| BS4183 | Anatomy and Physiology III | 30 | 0 | 30 | 3.0 |
| CS1511 | Western Medical Terminology | 20 | 0 | 20 | 2.0 |
| MT1000 | Introduction to Massage Therapy | 25 | 5 | 30 | 2.0 |
| MT1300 | Massage Profession and Ethics | 20 | 0 | 20 | 2.0 |
| MT2010 | Pathology | 40 | 0 | 40 | 4.0 |
| MT2020 | Assessment for Bodywork | 10 | 10 | 20 | 1.5 |
| MT2030 | Myology and Kinesiology for Healthcare Professionals | 40 | 0 | 40 | 4.0 |
| MT2110 | Swedish Massage | 20 | 50 | 70 | 6.0 |
| MT2120 | Chair Massage | 2 | 18 | 20 | 1.5 |
| MT2130 | Sports Massage | 20 | 50 | 70 | 6.0 |
| MT2140 | Reflexology | 5 | 15 | 20 | 1.5 |
| MT2150 | Deep Tissue Massage and Applications | 20 | 50 | 70 | 5.5 |
| MT2160 | Lymph Drainage | 10 | 30 | 40 | 3.0 |
| MT2300 | Business Management for Massage Therapy Professionals | 30 | 0 | 30 | 3.0 |
| MT3120 | Aromatherapy and Application | 10 | 5 | 15 | 1.0 |
| MT3130 | Massage for Sports Injury and Therapeutic Stretching | 10 | 30 | 40 | 3.5 |
| MT3150 | Pre-Natal Massage and Baby Massage | 10 | 30 | 40 | 3.0 |
| MT3220 | Energy Work for Massage Therapist | 5 | 20 | 25 | 2.0 |
| MT3250 | Chakra and Hot Stone Massage | 10 | 20 | 30 | 2.0 |
| MT3500 | Integrated Therapeutic Massage and Self-Care | 10 | 60 | 70 | 4.5 |
| AC1211 | Acupuncture Meridian Theories | 20 | 0 | 20 | 2.0 |
| AC1241 | Acupressure and Tuina Therapy | 10 | 30 | 40 | 3.0 |
| TOTAL | | 487 | 423 | 910 | 77.0 |