

School of Health Science

Associate in Health Science, Massage Therapy Option (AHSMT)

The Associate in Health Science degree program with Massage Therapy option provides students an opportunity to earn an academic degree at the Associate degree level while preparing to enter the massage therapy profession. Students will engage in 725 hours of Massage Therapy skill training modules and become qualified to sit for massage therapy certification tests such as the Board Certification Examination administered by the National Certification Board for Therapeutic Massage Therapy (NCBTMB) and the Bodywork Licensure Exam (MBLEx). The Associate in Health Science program in Massage Therapy awards students with prior general education credits up to 30 quarter units or the equivalent to fulfill the general education course requirement for graduation.

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

Program Objectives

Upon completion of the program, the student should be able to:

1. Describe theories, concepts and knowledge of human body, biomechanics and massage therapy
2. Design therapeutic massage programs based on proper assessment and mastery of indications and contraindications of massage modalities
3. Perform therapeutic massage for therapeutic benefits ethically and within the professional and legal boundary.
4. Communicate with clients and other healthcare professionals by utilizing professional terminology and language
5. Recognize and promote the practice of massage therapy for the wellbeing of the community
6. Plan career pathway and business options with ethical practice
7. Integrate proper self-care practice in professional career development
8. Sit for standardized certification or licensure examinations which cover contents similar to the training program completed.

Admission Requirements:

Students desiring admission to the Associate in Health Science, Massage Therapy Option program 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 or be enrolled concurrently in General Education courses not less than 30 quarter units or the equivalent covering various academic disciplines which must include one course each in English writing and communication, mathematics, Natural and Physical Sciences, Social and Behavioral Science, and Humanities and Fine Arts. General Education courses students are concurrently enrolled in must be completed prior to the completion of the AHS program. The minimum G.P.A. attained must be of 2.0 or better. GE courses are offered at community/city colleges.



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 education in a college program 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 AHSMT program by scoring a TOEFL test with at least 450 PBT, 133 CBT or 45 iBT; a TOEIC of at least 480 or a IELTS of 4.

Graduation Requirements:

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

- completed 30 quarter units or the equivalent in General Education Courses
- completed 60 quarter units in Massage Therapy concentration 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

AHSMT Curriculum

The AHSMT curriculum includes 30 quarter units in General Education Courses, and 63 quarter units in Massage Therapy concentration courses as listed below.

Course No.	Course Title	Contact Clock Hours			Quarter Unit
		Lecture	Lab/ Practical	Total	
BS1111	Human Biology	30	0	30	3.0
BS1171	Topographic Anatomy	20	0	20	2.0
BS2180	Anatomy and Physiology Lab	0	20	20	1.0
BS2181	Anatomy and Physiology I	30	0	30	3.0
BS2182	Anatomy and Physiology II	30	0	30	3.0
BS2283	Anatomy and Physiology III	30	0	30	3.0
CS1511	Western Medical Terminology	20	0	20	2.0
MT1000	Introduction to Massage Therapy	30	0	30	3.0
MT1300	Massage Profession and Ethics	20	0	20	2.0
MT2030	Myology and Kinesiology for Healthcare Professionals	30	10	40	3.5
MT2010	Pathology	40	0	40	4.0
MT2020	Assessment for Bodywork	20	0	20	2.0
MT1110	Swedish Massage	25	45	70	5.0
MT1150	Chair Massage and Reflexology	5	35	40	2.5
MT1180	Aromatherapy and Application	15	0	15	1.5
MT2130	Sports Massage	25	35	60	4.5
MT2150	Deep Tissue Massage and Applications	25	45	70	5.0
MT2160	Lymph Drainage	10	20	30	2.0
MT2500	Massage Practicum	0	60	60	3.5
AC1211	Acupuncture Meridian Theories	20	0	20	2.0
MT1241	Acupressure and Tuina Therapy	20	10	30	2.5
Total		445	280	725	60.0