

ASSOCIATE IN APPLIED SCIENCE

Massage Therapy

MAS.AAS

CODE	COURSE	CREDITS	CODE	COURSE	CREDITS
First Year/First Semester			Second Year/First Semester		
ENG-101	English Composition I	3	PSY-101	Basic Psychology	3
MAS-200	Therapeutic Massage ¹	6	MAS-261	Pathology for Massage Therapy ¹	4
MAS-205	Environmental Management	1	HPE-106	Stress Management	3
BIO-117	Basic Anatomy & Physiology	4	HPE-170	First Aid, Safety & Prevention of Injuries	3
MTH....	Mathematics General Education Elective	3	HPE.....	Health & Exercise Science Elective	1
		17			14
Second Semester			Second Semester		
ENG-102	English Composition II	3	MAS-241	Business Management for Massage Professionals	2
FNS-105	Introduction to Nutrition	3	MAS-243	Integrated Myofascial Structural Techniques ¹	2
MAS-209	Structures & Functions for the Bodyworker I	4	MAS-255	Massage Therapy Integration/Application ¹	3
MAS-211	Structures & Functions for the Bodyworker II	2	SPE-102	Public Speaking	3
MAS-240	Specialized Massage Techniques ¹	3	HPE-145	Wellspring Fitness Lab I	1
MAS-260	Palpation and Kinesiology for Massage Therapy	3	Diversity - Humanities General Education Elective	3
		18			14
First Year/Summer Session			Choice of courses to equal 2 credit hours from below:		
MAS-201	Student Massage Clinic	1	MAS-215	Therapeutic Sensory Applications I (1 credit)	
		1	MAS-220	Eastern Therapeutic Concepts (1 credit)	
			MAS-225	Therapeutic Sensory Applications II (2 credits)	
			MAS-230	Therapeutic Herbal Applications (2 credits)	
					2
					66

¹ These courses only are restricted to students formally admitted into the Massage Therapy program. All other courses may be taken without formal acceptance into the Massage Therapy Program. MAS-200, MAS-240, MAS-243, MAS-260 and MAS-261 require additional materials including oils/lotions/massage table, face cradle and bolster.

NOTICE: Clinical placements are a required part of the curriculum and a requirement for graduation. Clinical placements may require a criminal background check, health clearance and/or drug testing before participation is allowed. Clinical sites may deny a student's participation in the event of a positive finding. Individuals who have been convicted of a felony or misdemeanor may be denied certification or licensure as a health professional. Information regarding eligibility may be obtained from the appropriate credentialing body.

PROGRAM DESCRIPTION

Massage therapy is a profession in which the practitioner applies manual techniques with the intention of positively affecting the health and well-being of the client. An increasing body of research shows massage therapy reduces heart rate and can help lower blood pressure. The most common types of massage are Swedish massage, deep-tissue massage, Shiatsu-acupressure, neuromuscular, trigger point and sports massage.

PROGRAM GOALS

- To provide students with the skills and knowledge required for eligibility to take the National Certification Board for Therapeutic Massage and Bodywork certification exam.
- To provide students with the basic bodywork techniques and skills needed to be employed as a massage therapist.
- To provide students with a foundation in general education.
- To prepare students to be employable in the massage therapy field.

PROGRAM STUDENT LEARNING OUTCOMES

At the end of the program, the graduate will be able to:

1. Create a safe massage environment.
2. Explain and apply knowledge of basic human anatomy as it relates to massage therapy.
3. Integrate various massage skills to provide effective massage therapy techniques in a clinical setting.
4. Obtain information from online and written sources.

SPECIAL ADMISSION REQUIREMENT

An interview with the director is required. Please call the Lourdes Institute for Wholistic Studies, (856) 869-3134 to schedule an appointment.

SPECIAL PROGRAM REQUIREMENTS

- Special lab fees for all Massage Therapy (MAS) program courses.
- Special equipment and materials for all MAS courses.

ACCREDITATION

This program meets all standards and requirements of the 504 minimum hours of massage education which will allow the student to become certified and/or licensed by the state of New Jersey, as described by the New Jersey Board of Massage and Somatic Therapies.

EMPLOYMENT OPPORTUNITIES

- Hospitals
- Chiropractor and physician offices
- Fitness centers
- Health clubs and spas
- Sports medicine centers

CONTACT PERSONS

Professor Betty Joynes, Allied Health Coordinator
(856) 227-7200, ext. 4324
email: bjoynes@camdenc.edu

Lourdes Institute of Wholistic Health contact
Dr. Frank Pilleggi, Program Director
(856) 580-6444
email: pileggi@lourdesnet.org

Highlights

This program is a joint venture between Camden County College and Lourdes Institute of Wholistic Studies in Camden. Visit www.lourdeswellnesscenter.org/wholistic-studies/ for more information.