

MASSAGE THERAPY – A.A.S. Degree Program

The Massage Therapy program, the only A.A.S. degree program available at a higher educational setting within the greater New York metropolitan area, was developed to meet the growing interest and ever-increasing demand for licensed professional therapists.

Massage therapy is one of the oldest known therapeutic treatments and has gained increased acceptance and respect as a licensed therapeutic modality. The National Institutes of Health recognizes it as an important non-invasive form of treatment. Research to study more of its therapeutic effects in a variety of populations and health care settings is ongoing.

This program gives students an opportunity to participate in inclusive health care education that incorporates the diversity of health perceptions in our ever-changing society and provides them with opportunities for jobs in a variety of settings. Today, massage therapists work in medical offices, wellness centers, hospitals and other health care facilities, sports and health clubs, alternative/complementary health centers, retirement communities, corporate and business offices, as well as in private practice.

The curriculum offers a strong foundation in the biological sciences, together with a broad base of general education in the liberal arts and sciences. The program offers comprehensive theoretical knowledge and practical application of both Eastern and Western massage therapy techniques. Students learn through lecture, laboratory demonstrations, supervised practice and evaluation of skills. Opportunities are provided to work with clients in a variety of settings under the supervision of a qualified licensed faculty member. The program is based on a holistic health framework; students are

introduced to therapeutic modalities that are complementary to the practice.

The program meets New York State Department of Education's requirements for massage therapy programs. Students will be prepared to sit for the New York State licensing examination upon graduation.

MASSAGE THERAPY PROGRAM OBJECTIVES:

- Demonstrate a strong foundation in the biological sciences, together with a broad based general education in the liberal arts.
- Demonstrate knowledge of and proficiency in the art and science of massage therapy, within a holistic health framework.
- Comprehend theoretical knowledge of and apply Eastern and Western massage therapy techniques.
- Work with clients in a variety of settings, under the direct supervision of a licensed faculty member.
- Demonstrate understanding of professional issues, including legal and ethical concerns, business practices and the importance of continuing their education throughout their career.
- Prepare for application for licensure in New York State.

In addition to tuition and fees, students should expect to spend approximately \$1500 for books, massage table, supplies and uniforms.

As of Fall 2006, students must achieve a grade of C or better in all Biology (BI) and Healing Arts (HA) courses in order to progress to the next level course in the program and to graduate with an A.A.S. in Massage Therapy.

REQUIREMENTS FOR THE A.A.S. DEGREE

GENERAL EDUCATION CORE REQUIREMENTS

		Credits
EN-101	English Composition I	3
EN-102	English Composition II: Intro. to Literature	3
SS-510§	Psychology.....	3
MA-321§	Mathematics in Contemporary Society.....	3
BI-301	Anatomy and Physiology I.....	4
BI-302	Anatomy and Physiology II.....	4
—	Social Sciences or History elective	3
		<i>Sub-total</i> 23

REQUIREMENTS FOR THE MAJOR

HA-100 §	Foundations of Therapeutic Massage.....	3
BI-330	Myology	3
BI-331	Kinesiology	3
BI-325	Neurophysiology.....	3
HA-101	Eastern Massage Therapy I.....	2
HA-103	Eastern Massage Therapy II	2
HA-201	Eastern Massage Therapy III	2
HA-102	Western Massage Therapy I.....	2
HA-104	Western Massage Therapy II.....	2
HA-202	Western Massage Therapy III	2
HA-203	Massage Practicum I	2
HA-204	Massage Practicum II	3
HA-220	Pathology for Massage Therapy I	3
HA-221	Pathology for Massage Therapy II	3
HA-205§	Professional Issues in Massage Therapy.....	2
		<i>Sub-total</i> 37

Total Credits Required60

§ Sections of this course denoted as "WT" may be taken to partially satisfy the Writing Intensive Requirement.

Two (2) Writing Intensive classes are required for the Associate degree. See page 69.

NOTE: Course descriptions for HA (Healing Arts) courses are in the Health, Physical Education and Dance Department.

SUGGESTED SEQUENCE OF COURSE

Fall Semester	Credits
EN-101 English Composition I	3
BI-301 Anatomy and Physiology I.....	4
BI-330 Myology	3
HA-100 Foundations of Therapeutic Massage.....	3
HA-101 Eastern Massage Therapy I.....	2
HA-102 Western Massage Therapy I.....	2
<i>Sub-total</i> 17	

Spring Semester

EN-102 English Composition II: Intro to Literature.....	3
BI-302 Anatomy and Physiology II.....	4
BI-331 Kinesiology.....	3
HA-103 Eastern Massage Therapy II	2
HA-104 Western Massage Therapy II.....	2
<i>Sub-total</i> 14	

Fall Semester

BI-325 Neurophysiology	3
HA-220 Pathology for Massage Therapy I	3
HA-201 Eastern Massage Therapy III	2
HA-202 Western Massage Therapy III	2
HA-203 Massage Practicum I	2
SS-510 Psychology.....	3
<i>Sub-total</i> 15	

Spring Semester

MA-321 Mathematics in Contemporary Society.....	3
HA-221 Pathology for Massage Therapy II	3
HA-204 Massage Practicum II	3
HA-205 Professional Issues in Massage Therapy.....	2
History or Social Science Elective	3
<i>Sub-total</i> 14	

Total Credits Required60