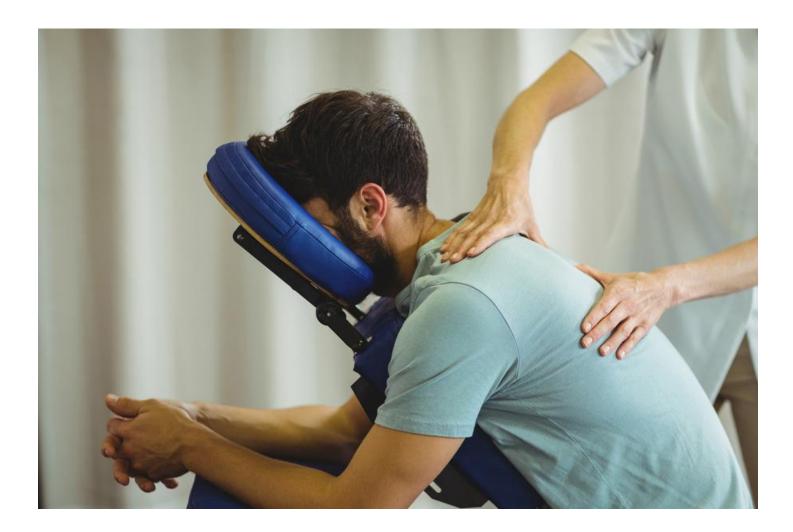
# Massage Therapy Program Packet



Department: Health, Phys. Ed. & Dance Department Office: RFK Gym, Rm G-216 Department Phone Number: (718) 631-6322 Massage Therapy Program Director: Dr. Isabella Lizzul, LMT, ATC, DPT Program Director Email: ILizzul@qcc.cuny.edu

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## Welcome Letter

Dear Massage Therapy Students,

Welcome to the Massage Therapy program at Queensborough Community College! The faculty in our program and I look forward to meeting each of you in person and working with you to help you develop your skills and complete your Associate of Applied Science degree. The mission of our program is to educate you in the science and art of massage therapy, in order to prepare you for the New York State Massage Therapy Examination (<u>http://www.op.nysed.gov/prof/mt/mtlic.htm</u>). Upon completing this program and passing your examination, you will become a licensed massage therapist in the state of New York.

Our program has consistently had a very high pass rate on the state licensing examination, especially for the past two years, despite the challenges faced by the pandemic. This in large part is due to our austere attendance and grade requirements for our students, as well as the breadth of the courses you will be required to take that provide you with the knowledge and practice necessary to be successful. Our program offers a wide scope of knowledge incorporating scientific, theoretical, practical, and ethical fundamentals of Western and Eastern healthcare, a thorough understanding of human anatomy and physiology, myology, kinesiology, and neurophysiology, in addition to professional issues, pathology, and practicum courses. As such, students are permitted no more than *two* absences per semester and will have to make arrangements to make up the time with their professor or their Student Success Advocate within the same week that you are absent. In addition, students must attain a grade of **C or better** for all Biology and Healing Arts classes, students who do not attain a grade of C or better will need to repeat the course and will not be permitted to continue with other courses in the program without expressed permission granted by the Massage Therapy Director.

Since our students will be performing hands-on massage techniques throughout the duration of the time that they are studying with us, all students must attain the following: First Aid and CPR certification for Health Care Providers, Health Clearances, and malpractice (liability) insurance, along with other items that are necessary to perform massage. This packet outlines the details of each, including what will be accepted and how to attain them.

Our goal is to cultivate massage therapy practitioners who will serve their communities, advance the profession of massage therapy, and become lifelong learners able to work in a diverse number of therapeutic settings. Most of our students either begin to practice massage therapy upon attaining their license or go on to further their education in the field (including Physical Therapy, Occupational Therapy, Nurse Practitioner, Speech Pathology & Medical School). Should you have any questions, please don't hesitate to contact me at ILizzul@qcc.cuny.edu.

Sincerely,

Isabella Lizzul, LMC, ATC, DPT Massage Therapy Program Director

## **Queensborough Community College**

## **Massage Therapy Checklist**

## New Students:

All of the following items <i>must be</i> completed in order to remain a student in the Massage Therapy Program.
I have read and understand the Massage Therapy Program's Handbook and Packet
I have completed my Medical Record & Physical Exam forms and have turned them in to the Health Services Office by July 7, 2025, or ten days after enrolling in Massage Therapy program. Email your records to RPatel@qcc.cuny.edu and IHocevar@qcc.cuny.edu
I have received my Health Clearance Form from the Health Office and turned it in to my instructor in my HA class on the 1st day of class (please note: You will not be permitted to attend class unless the Clearance Form is submitted on the 1st day of classes for the semester) I have obtained liability insurance through my professional association membership with the American Massage
Therapy Association
I have my Land's End white or royal blue Polo shirt with the QCC logo (may be purchased through their website)
I have navy blue pants that provide for ease of movement & are <i>not</i> leggings (must be worn to all HA classes)
I have a set of twin-sized sheets (a fitted sheet, flat sheet, & pillowcase) that I <i>must</i> bring for my Eastern & Western classes
I have attained my First Aid & CPR certifications and have turned in copies to the Health Services Office
Continuing Students (have at least 1 semester of Massage Therapy courses completed):
My GPA is at least a 2.0 and I have a grade of a least a C in all of my Biology and Healing Arts courses
I have completed any expired items on my Medical Record & Physical Exam forms and turned them into
the Health Services Office by <b>July 7, 2025</b> . Emailed to <u>RPatel@qcc.cuny.edu</u> and <u>IHocevar@qcc.cuny.edu</u> I have received my Health Clearance Form from the Health Office and turned it in to my instructor in my HA class on the 1st day of class (please note: You will not be permitted to attend class unless the Clearance Form is submitted on the 1st day of classes for the semester)
My malpractice insurance is current & active
I have my Land's End white or royal blue Polo shirt with the QCC logo (see instructions in packet)
I have navy blue pants that allow ease of movement & are <i>not</i> leggings (must be worn to all HA classes)
My CPR & 1 <sup>st</sup> Aid Certifications are current (not expired)

Massage Therapy Program Coordinator: Dr. Isabella Lizzul, LMT, ATC, DPT

Dr. Lizzul's Contact Information: <u>ILizzul@qcc.cuny.edu</u>

## **Medical Records**

Students enrolled in the Massage Therapy Program must email their medical requirements to Rashmika Patel at <u>RPatel@qcc.cuny.edu</u> and to Isabel Hocevar at <u>IHocevar@qcc.cuny.edu</u> at least 45 days prior to the start of every academic semester that they are enrolled in the program. Please note, that at times, there may be a discrepancy or further evaluation may be needed, therefore, it is advised that students submit their records earlier (see date in the following letters).

## **Required Every Year**

-History and Physical Exam

-Urinalysis

-QuantiFERON-TB Gold

-Influenza Vaccine (every Fall)

#### **Required Every 10 Years**

-Tdap Vaccination

## **Required Only Upon Entering the Program**

#### -Hepatitis B Vaccination Series

- -Complete Blood Count (CBC) with differential
- -MMR Vaccination Series
- -Varicella Vaccination Series

**Please note:** If you do not submit your medical documents and receive Health Clearance prior to the beginning of the semester, you will not be permitted to attend Massage Therapy classes, which could lead to dismissal from the program.

QUEENSBOROUGH COMMUNITY COLLEGE

THE CITY UNIVERSITY OF NEW YORK

Office of Health Services 222-05 56<sup>th</sup> Avenue, Bayside, New York 11364-1497 Room, MC-02 **Tel. 718 631-6375 Fax. 718 631-6330** 

Dear Massage Therapy Student,

Please notify the Office of Health Services via the contact information above if you are a new or continuing student in the Massage Therapy program during the Fall 2025 semester. All students enrolled in courses in the Massage Therapy program must receive a Massage Therapy Medical Clearance prior to Monday, August 11, 2025. If you register for classes after August 11<sup>th</sup>, your packet is due immediately.

All medical forms are to be submitted in original format with at least two copies to be kept for your records.

Students who do not submit their medical forms to Health Services will not receive their medical clearance to submit to their Professor(s) and will not be allowed to attend Massage Therapy classes for the Fall 2025 semester.

If you have any questions, please contact the Office of Health Services.

Respectfully,

Office of Health Services



## Office of Health Services

Medical Arts Building, Room, MC-02 222-05 56th Avenue, Bayside, New York 11364-1497 Telephone (718) 631-6375 • Fax (718) 631-6330

# Medical Requirements for Massage Therapy

Please submit **Two** copies and original of all material to Health Services. Health Services will **Not** make copies for you. Whiteout renders forms null and void.

#### - To be completed by Student -

Stı	ıdent Information (P	lease print):					
CU	NYFIRST ID No.:				Last four digits	of S.S. No.:	
Ger	nder: Male	Female	Trans. (specif	у)	Other (	(specify)	
Las	st Name:		First Name	5:		Birth Date: /	/
Ado	dress:			City		State Zip	
E-n	nail:						
Но	me Phone No.:		Cell N	0.:		-	
		– Below to I	be completed by H	lealth Practition	er (MD, DO, NP, o	r PA) –	
1.	History and physical	examination					
2.	Urinalysis						
	• Routine and micro	scopy (lab repo	ort required) or che	emical dipstick (He	ealth Practitioner r	note required)	
3.	QuantiFERON-TB Go	ld (lab report r	equired)				
	Chest x-ray report	required only	for <b>positive</b> Quant	iFERON-TB Gold			
4.	Tdap (tetanus, dipth	eria, acellular p	pertussis) vaccinati	on: Date /	/		
5.	Influenza vaccinatior	ı (for current se	ason) Date: /	/ Lo	ot #:	_ Exp. Date: /	/
6.	Hepatitus B vaccinat	on Date 1 :	_// [	Date 2 : /	/ Date 3	://	_
7.	Hepatitus B surface	antibody (HBsA	(b) titer (lab report	required)			
8.	Hepatitus B surface	antigen (HBsAç	J) titer (lab report r	required)			
9.	Complete blood cour	t (CBC) with di	fferential (lab repo	rt required)			
10.	MMR (measles, mum	ps, rubella) vacc	:ine Date 1 : /_	/ Dat	te 2 : / ,	/	
11.	Rubeola (measles) Ig	G titer (lab rep	ort required)				
12.	Mumps lgG titer (lab	report require	d)				
13.	Rubella (German mea	asles) IgG titer (	lab report required	d)			
14.	Varicella lgG titer (la	b report requir	ed)				
15.	Varicella vaccine Dat	e1:/	_/ Date 2 :	//		Health Practitioner S (MD, DO, NP,	
Hea	alth Practitioner Sign	ature					
						05/2018	
						18-676	
						ADA	



Office of Health Services

Medical Arts Building, Room, MC-02 222-05 56th Avenue, Bayside, New York 11364-1497 Telephone (718) 631-6375 • Fax (718) 631-6330

# **Tuberculosis Screening for Massage Therapy**

Please submit **Two** copies and original of all material to Health Services. Health Services will **Not** make copies for you. Whiteout renders forms null and void.

- To be completed by Health Practitioner (MD, DO, NP, or PA) -

Student Informati	on (Please print):					
CUNYFIRST ID No.	:		La	ast four digits of S.S. No.:		
Last Name:		First Name:		Birth Date:	/	/
Gender: Male	Female	Trans. (specify)		Other (specify)		
QuantiFERON-TB (	Gold (lab report requi	red)				
• Chest x-ray r	eport required only f	or <b>positive</b> QuantiFERO	N-TB Gold			
vaccination, are ro converted to posit to receive treatme Reason:	equired to submit a dive TST or positive Q nt. Student refusal of	chest x-ray (CXR) repor FTB-Gold should be offe f prophylactic treatment	rt to the Office red prophylactic t for LTBI must		ts who ree contrainc	cently
Latent Tuberculosis	s Infection (LTBI) Trea	tment Start Date:	.//	End Date: / /		
Health Practitione	- Name:		Title:	License N	lo.:	
Address:		City		State 2	Zip	
Office Phone No.: _		Fax No.:				
Examination Date:	//	_				
Health Practitioner	r Signature					

Health Practitioner Stamp Re (MD, DO, NP, or PA)	quired
05/2018	18-676 ADA



#### Office of Health Services

Medical Arts Building, Room, MC-02 222-05 56th Avenue, Bayside, New York 11364-1497 Telephone (718) 631-6375 • Fax (718) 631-6330

# Medical Record for Massage Therapy

Please submit **Two** copies and original of all material to Health Services. Health Services will **Not** make copies for you. Whiteout renders forms null and void.

#### - To be completed by Student -

Student Information (Please print):		
CUNYFIRST ID No.:		Last four digits of S.S. No.:
Gender: Male Female	Trans. (specify)	Other (specify)
Last Name:	First Name:	Birth Date: / /
Address:	City	State Zip
E-mail:		
Home Phone No.:		
Emergency Contact Information:		
Last Name:	First Name:	Relationship:
Home Phone No.:	Cell No.:	

#### Check any conditions that apply and if medications are taken for that condition.

Condition	Yes	Meds.	No	Condition	Yes	Meds.	No
Allergies				Heart			
Asthma				Injuries			
Cancer				Kidney			
Seizures				Musculoskeletal			
Diabetes				Psychological			
Drug/ Alcohol Abuse				High Blood Pressure			
Ears/Nose/Throat				STDs/STIs			
Neurologic				Thyroid			
Fainting				Tuberculosis			
Gastro-intestinal				Other			
Briefly describe any condition checked	l "yes"	above an	d list s	subsequent medications:			
List any surgeries or conditions not m	ention	ed above a	and lis	t subsequent medications:			
Check any physical handicap and/or Wheelchair bound Use of crut	ches o	r braces		Neurologic impairment	Speech Impedim	nent 🗖	
Blind or Partially Sighted 📙 Dea	t or Ha	rd of Hea	ring I				

Briefly describe any physical handicaps:

# **Physical Examination**

Please submit **Two** copies and original of all material to Health Services. Health Services will **Not** make copies for you. Whiteout renders forms null and void.

- To be completed by Health Practitioner (MD, DO, NP, or PA) -

Student Information (Pleas	se print):				
Last Name:		First N	lame:		Birth Date: / /
Last four digits of S.S. No.: _					
Blood Pressure:		Heart Rate: _		Height:	Weight:
Vision OU:	Vision OD	:	Vision OS:		
Influenza Vaccination Date:	/	/ L	_ot #:	Expire	ation Date:
System	Normal	Abnormal	Remarks (describ	be abnormalitie	?S)
Head/Neck					
Eyes/Ears					
Integumentary					
Skeletal					
Muscular					
Digestive/ Abdomen					
Lymphatic					
Respiratory					
Endocrine					
Neurologic					
Circulatory/Cardiac					
Genitourinary					
Psychological/Emotional					
Is student able to perform m If no, please describe why: _					
Is there any psychological o	r emotional	condition(s) f	or which student is	being treated?	Yes No
If yes, please describe:					
Health Practitioner Name: _			Title	e:	License No.:
Address:			City		State Zip
Office Phone No.:		Fa	ax No.:		Health Practitioner Stamp Required (MD, DO, NP, or PA)
Examination Date:/_	/	_			
Health Practitioner Signatur	·е				05/2018 18-676 ADA

## **Obtaining Malpractice Insurance**

In order for Massage Therapy students to participate in the hands-on Massage Therapy courses in which they learn the proper techniques, they must obtain liability insurance. Students may obtain liability insurance for free by joining the American Massage Therapy Association (AMTA).

## American Massage Therapy Association

- Step 1: Go to: https://www.amtamassage.org/join/
- Step 2: Click on "Join as a Student" (Free)
- Step 3: Create your account

Step 4: Complete the information to join, please note that you will be required to show that you are registered at Queensborough Community College

You must submit proof of your liability insurance to your Massage Therapy professors during the first week of the semester, please bring proof with you to each class.

## **Ordering Your Uniform from Land's End**

- 1. Go to www.landsend.com
- 2. Click on "School"
- 3. Click on "Find Your School"
- 4. Enter the School Number: 900132283
- 5. Ensure that the school name & program displayed to the right reads: "Queensborough CC Massage Therapy Program"
- 6. Enter the information as prompted underneath the school and program's information (grade status: Uniform)
- 7. Sign in and create your personal account
- 8. Click on "Shop for this School"
- 9. Choose a white or royal blue polo shirt from the options listed (you may choose an adult size on the next page)
- 10. Click on "Adult"
- 11. Click on your gender
- 12. Select your size
- 13. Click on "Add to Bag"
- 14. At checkout ensure that highlighted message is displayed:

## Example: Women's Short Sleeve Rapid Dry Polo Shirt

Item #486427-BP2

Size: Extra Large Color: Cobalt

\$5.95/QTY 1

Preferred School Program Queensborough C C Massage Therapy Program Logo: School Name With Program Designation School Code: 900132283

## **First Aid and CPR Certification**

Students are required to attain certification in First Aid and CPR *prior to* the start of their first semester in the Massage Therapy Program. Students may attain these certifications through one of the following:

- 1. Take HE 106 and HE 110 at Queensborough Community College
- 2. Take the Basic Cardiac Life Support (BCLS) course offered through Queensborough Community College's Continuing Education Department
- 3. Take the Basic Cardiac Life Support for Health Professionals course through the American Heart Association

Once you have obtained your First Aid and CPR certifications, send a copy to Rashmika Patel at <u>RPatel@qcc.cuny.edu</u> and Isabel Hocevar at <u>IHocevar@qcc.cuny.edu</u>. Please include your Full Name, EMPLID, and that you are an incoming Massage Therapy student on your email to them.

You must submit proof of your First Aid and CPR certification to your Massage Therapy professors during the first week of the semester, please bring proof with you to each class.

# **Courses for the Major-Associate in Applied Science Degree (AAS)**

	Co	ommon Core Requirements	
Common Core Category	Courses	Pre-Requisites	Credits
Required Core 1A.	ENGL-101: English Composition	Students must complete any developmental requirements in English (see Proficiency in Math and English) prior to taking this course or enroll in BE-102 at the same time as this course.	3
Required Core 1A.	ENGL-102: English Composition II	ENGL-101	3
Required Core 1B.	MA-321: Mathematics in Contemporary Society	Students must complete any developmental requirements in Mathematics (see Proficiency in Math and English) prior to taking this course or enroll in MA-321 ALP while taking this course	3
Required Core 1C.	BI-301: Anatomy & Physiology I	Students must complete any developmental requirements in English (see Proficiency in Math and English) prior to taking this course.	4
Required Core 2E.	PSYC-101: Psychology	Students must complete any developmental requirements in English (see Proficiency in Math and English) prior to taking this course or enroll in ENGL-101 and BE-102 at the same time as this course.	3
Required Core 2E.	BI-302: Anatomy & Physiology II	BI-301	4
Required Core 2A., 2B., 2D. or 2E.	Social Science or History Elective (1 course)	Please see the pre-requisites listed for the course you choose to take	3
	, ,	Subtotal	23

	Major Requirements		
Courses	Pre or Co-Requisites	Offered	Credits
HA-100: Foundations of	Students must complete any developmental requirements in English (see	Fall;	3
Therapeutic Massage	<i>Proficiency in Math and English) prior to taking this course.</i>	Spring	
BI-330: Myology	<i>Pre-requisites:</i> Students must complete any developmental requirements	Fall	3
	in English (see Proficiency in Math and English) prior to taking this course.		
	Co-requisites: BI-301; Students must obtain liability insurance.		
	**Offered in Fall Only**		
BI-331: Kinesiology	Pre-requisites:BI-302, BI-330	Spring	3
	**Offered in Spring Only**		
BI-325: Neurophysiology	Pre-requisites: BI-301 and BI-302, or BI-235 & BI-421	Fall	3
	**Offered in Fall Only**		
HA-101: Eastern Massage	Co-requisites: BI-301	Spring	2
Therapy I	**Offered in Spring Only**		
HA-103: Eastern Massage	Pre-requisites: HA-100, HA-101, and BI-301 All prerequisites must be	Fall	2
Therapy II	completed with a grade of C or better		
	**Offered in Fall Only**		
HA-102: Western Massage	Co-requisites: BI-301	Fall	2
Therapy I	**Offered in Fall Only**		
HA-104: Western Massage	<b>Pre-requisites:</b> HA-102; All prerequisites must be completed with a grade	Spring	2
Therapy II	of C or better		
	Co-requisites: BI-331		

	<b>**Offered in Spring Only**</b>		
HA-202: Western Massage Therapy III	<i>Pre-requisites:</i> HA-104 (completed with a grade of C or better) <i>Co-requisites:</i> HA-203	Fall	2
	**Offered in Fall Only**		
HA-203: Massage Practicum I	<b>Pre-requisites:</b> BI-331; All prerequisites must be completed with a grade of C or better	Fall	2
	Co-requisites: HA-220 and 202.		
	**Offered in Fall Only**		
HA-204: Massage Practicum II	<i>Pre-requisites:</i> HA-203; All prerequisites must be completed with a grade of C or better.	Spring	3
	Co-requisites: HA-221		
	<b>**Offered in Spring Only**</b>		
HA-220: Pathology for Massage Therapy I	<b>Pre-requisites:</b> BI-302, HA-104; All prerequisites must be completed with a grade of C or better	Fall	3
	Co-requisites: BI-325		
	**Offered in Fall Only**		
HA-221: Pathology for	<b>Pre-requisites:</b> HA-220 (completed with a grade of C or better)	Spring	3
Massage Therapy II	**Offered in Spring Only**		
HA-205:Professional Issues in	Co-requisites: HA-204	Spring	2
Massage Therapy	<b>**Offered in Spring Only**</b>		

Electives						
Courses	Pre or Co-Requisites	Offered	Credits			
HA-206: Pregnancy Massage; HA-	Pre-requisites: CPR and First Aid Certification, BI-	Contact	2			
207: Hospital-Based Massage; HA-	302, BI-331, HA-101, HA-104; or permission of	department for				
208: Sports Massage; OR HA-209:	instructor	offerings				
Thai Massage						
HA 201: Eastern Massage Therapy III	Pre-requisites: HA 101 and HA 103	**Offered in	2			
		Spring Only**				