

Wellness and Therapeutic Massage (65 Hrs)

Program

Health and Wellness

Degree Type

Associate in Applied Science (AAS)

The **Wellness and Therapeutic Massage Degree (65 hrs)** is for the student wishing to complete a two-year degree, and become a certified personal trainer and a certified massage therapist.

Note:

Must apply to the Therapeutic Massage Program to pursue this degree.

Classes may be taken in any semester if prerequisites are met. All courses for this degree must be completed with a grade of C or higher.

First Term

*Students that have completed BIO201 and BIO 202 with a grade of C or higher are not required to take BIO111.

Item #	Title	Credits
MSG 101	INTRODUCTION TO THERAPEUTIC MASSAGE	3
MSG 102	THERAPEUTIC MASSAGE LAB I	3
MSG 104	MUSCULOSKELETAL AND KINESIOLOGY I	3
BIO 111	SURVEY OF HUMAN BIOLOGY	4
ENG 101	ENGLISH COMPOSITION I	3

Second Term

*Any approved Fine Arts or Humanities Elective will be accepted. IDS 102 preferred.

Item #	Title	Credits
MSG 105	THERAPEUTIC MASSAGE SUPERVISED CLINICAL I	2
MSG 202	THERAPEUTIC MASSAGE LAB II	3
MSG 204	MUSCULOSKELETAL AND KINESIOLOGY II	3
ENG 102	ENGLISH COMPOSITION II	3
	Humanities Or Fine Arts Elective	3
HED 226	WELLNESS	3

Third Term

Item #	Title	Credits
MSG 201	THERAPEUTIC MASSAGE FOR SPECIAL POPULATIONS	2
MSG 203	PATHOLOGY	3
MSG 205	THERAPEUTIC MASSAGE SUPERVISED CLINICAL II	2
MSG 206	NATIONAL CERTIFICATION EXAM REVIEW	1
PSY 200	GENERAL PSYCHOLOGY	3
HED 221	PERSONAL HEALTH	3
HPS 116	OVERVIEW OF COMPLEMENTARY AND ALTERNATIVE THERAPIES	3

*MTH 100 or higher will be accepted.

Item #	Title	Credits
	MTH 100 or Higher-Level Math	3
	HEC 140 or PED 224	3
HED 231	FIRST AID	3
PED 100	FUNDAMENTALS OF FITNESS	3
PED 223	METHODS OF INSTRUCTION	3
	Total Credits	65