

Associate in Applied Science Massage Therapy

MAS.AAS

FIRST SEMESTER

Course #	Course Name	Credits	Notes
ENG-101	English Composition I	3	Must test into ENG-101 or complete all appropriate prerequisites
MAS-200	Therapeutic Massage	6	
MAS-205	Environmental Management	1	
BIO-117	Basic Anatomy & Physiology I	4	
MTH....	Mathematics General Education Elective	3	Must test into College level Math or take all appropriate prerequisites

FIRST YEAR/SECOND SEMESTER

ENG-102	English Composition II	3	Prerequisite: ENG-101
FNS-105	Introduction to Nutrition	3	
MAS-209	Structures & Functions for the Bodyworker I	4	
MAS-211	Structures & Functions for the Bodyworker II	2	Prerequisite: MAS-209
MAS-240	Specialized Massage Techniques	3	Prerequisite: MAS-200; Co-requisite: MAS-209 and MAS-260
MAS-260	Palpation and Kinesiology for Massage Therapy	3	Prerequisite: MAS-200

SUMMER SEMESTER

MAS-201	Student Massage Clinic	1	Prerequisite: MAS-200
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SECOND YEAR/FIRST SEMESTER

PSY-101	Basic Psychology	3	
MAS-261	Pathology for Massage Therapy	4	Prerequisite: MAS-200 and MAS-209
HPE-106	Stress Management	3	
HPE-170	First Aid, Safety & Prevention of Injuries	3	
HPE...	Health and Exercise Science Elective	1	

SECOND YEAR/SECOND SEMESTER

MAS-241	Business Management for Massage Professionals	2	
MAS-243	Integrated Myofascial Structural Techniques	2	Prerequisite: MAS-209 and MAS-240
MAS-255	Massage Therapy Integration/Application	3	Prerequisite: MAS-211, MAS-260, MAS-261 Co-requisite: MAS-243
SPE-102	Public Speaking	3	
HPE-145	Wellspring Fitness Lab I	1	
ELECTIVE	Diversity – Humanities General Education Elective	3	

****CHOICE OF COURSES TO EQUAL 2 CREDIT HOURS FROM BELOW****

MAS-215	Therapeutic Sensory Applications I	1	
MAS-220	Eastern Therapeutic Concepts	1	
MAS-225	Therapeutic Sensory Applications II	2	
MAS-230	Therapeutic Herbal Applications	2	

TOTAL CREDITS 66

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 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 of 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

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.

CONTACT PERSONS

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