Massage Therapy (MSTH)

Courses

**MSTH 0100 Massage Therapy Career Exploration:** 2 semester hours.
Gain knowledge of recognition, education, essential tasks, licensing requirements and self analysis of massage therapy as a career. S, Su

**MSTH 0104 Introduction to Kinesiology:** 3 semester hours.
Fundamental principles of anatomical terminology, osteology, arthrology. Basic observation and palpation skills required. Equivalent to PTA 0104. PREREQ: Admission to the MSTH or PTA program. F

**MSTH 0105 Principles of Therapeutic Massage:** 2 semester hours.
History, requirements to practice, professionalism, ethics, sanitary and safety practices, effects, benefits, indications, contra-indications, equipment and products, policies, procedures, basic intake and consultation. PREREQ: Admission to MSTH program. F

**MSTH 0107 Professional Massage Techniques:** 6 semester hours.
Classification of movements, body mechanics, exercise for the practitioner, draping, basic and professional massage routines, hydrotherapy, Foundations for developing massage practitioner skills. Lab work is included in the course. PREREQ: Admission to MSTH program. F

**MSTH 0121A Massage Therapy Lab I:** 1 semester hour.
Students perform massage in a supervised clinical setting. PREREQ: Admission to MSTH program, MSTH 0100, HO 0111. COREQ: MSTH 0104, MSTH 0105, and MSTH 0107. F

**MSTH 0121B Massage Therapy Lab II:** 3 semester hours.
Students perform massage in a supervised clinical setting. PREREQ: Previous semester course sequence (see Plan of Study). COREQ: MSTH 0140 and MSTH 0160. S

**MSTH 0140 Clinical Techniques and Assessment:** 4 semester hours.
Clinical massage techniques and assessment. Lab work is included in the course. PREREQ: Previous semester course sequence (see Plan of Study). S

**MSTH 0160 Advanced Therapeutic Massage Techniques:** 4 semester hours.
Exploration of various advanced massage techniques. Lab work is included in the course. PREREQ: Previous semester course sequence (see Plan of Study). S

**MSTH 0170 Spa Techniques:** 2 semester hours.
Introduction to spa techniques and the spa environment. Lab work is included in the course. PREREQ: Admission to MSTH program. F

**MSTH 0203 Asian Bodywork Theory and Techniques:** 2 semester hours.
Basic Asian bodywork theory and technique. Lab work is included in the course. PREREQ: Previous semester course sequence (see Plan of Study). S

**MSTH 0205 Case Report Research Project:** 2 semester hours.
Massage therapy treatment implementation utilizing assessment tools, evidence-based treatments, communication skills, and critical thinking skills for a selected client. A research study project associated with the lab work is included in the course. PREREQ: Previous semester course sequence (see Plan of Study). S

**MSTH 0210 Business Skills for Massage Therapy:** 2 semester hours.
Business plans, accounting, record keeping, marketing advertising, office management, customer service, and resumes for the new massage therapist. PREREQ: Previous semester course sequence (see Plan of Study). F

**MSTH 0230 Sports Massage:** 2 semester hours.
Sports massage overview, applications, skills, benefits, rehabilitation, indications, contraindications, sports venues, events, business and ethical aspects. Field work is included. PREREQ: Previous semester course sequence (see Plan of Study). S

**MSTH 0296 Independent Study:** 1-8 semester hours.
Addresses specific learning needs of individuals for the enhancement of knowledge and skills within the program area under the guidance of an instructor. May be repeated. Graded S/U, or may be letter-graded. PREREQ: Permission of the instructor. D

**MSTH 0298 Special Topics:** 1-8 semester hours.
Addresses the specific needs of industry, enabling students to upgrade technical skills that are not included in the current program curriculum. May be repeated. Graded S/U, or may be letter-graded. PREREQ: Permission of instructor. D