# 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