

The objectives of the Associate in Applied Science in Massage Therapy program are to provide students with skills and knowledge for entry-level employment as massage therapists; to provide knowledge and skills in advanced massage techniques; and to provide communication, analytical, independent learning skills through liberal arts coursework.

Graduates are eligible to take the NCETM certification exam offered by the National Certification Board of Therapeutic Massage and Bodywork (NCTMB) and/or the MBLEx licensing exam offered by the Federation of States Massage Therapy Board (FSMTB). Students and graduates are eligible for membership in professional associations including the American Massage Therapy Association (AMTA) and the Association of Bodywork and Massage Professionals (ABMP).

The goal of this program is to prepare graduates who are able to:

1. Demonstrate industry appropriate entry-level and advanced massage and body work techniques through hands-on application
2. Identify appropriate client condition for massage or body work
3. Assess client movement and behavior and develop industry appropriate massage and body work treatment plan
4. Exhibit industry specific personal and professional boundaries in the work setting
5. Identify the massage therapy licensing laws, rules and regulations specific to the student's state of residence
6. Explain compliancy rules in regards to health regulatory agencies and universal health precautions
7. Analyze basic anatomy, physiology, pathology and kinesiology concepts in relation to massage and body work
8. Demonstrate appropriate written and verbal communication skills
9. Evaluate the quality of multiple viewpoints, arguments, and evidence and distinguish between fact and opinion
10. Exhibit social responsibility and examine the diverse cultures and value systems of our global community

#### CORE REQUIREMENTS

Class #	Class Name	Credits
BS110	Business Communications	4
HS150	Kinesiology‡	4
HS265	Exercise Physiology	4
MA100	Medical Terminology	4
MA110	Anatomy and Physiology‡	5
MA120	Health Care Law and Ethics	4
MS107	Swedish Massage	2
MS151	Pathology for Massage Therapists**‡	4
MS155	Pregnancy/Special Populations Massage	3
MS156	Myofascial Release	3
MS157	Hot Stone Massage/Spa Techniques	3
MS195	Business of Massage‡	4
MS216	Deep Tissue/Trigger Point Massage	2
MS217	Deep Tissue/Trigger Point Clinic	1
MS245	Anatomy and Physiology for Massage	4
MS258	Introduction to Thai/Energy Work	2
MS262	Sports Massage	2
MS263	Sports Massage Clinic	1
MS271	Massage Clinical Practicum	1
MS301	Craniosacral/Lymphatic Drainage Therapies	3
PD250	Career Development	1

**Total Core Minimum Credit Requirement 61**

Note:

\*\*This course is not available online for Moorhead massage therapy students due to licensing requirements in surrounding states.

‡These courses are not available online for Sioux Falls massage therapy students due to licensing requirements in South Dakota.

#### GENERAL EDUCATION REQUIREMENTS

A student pursuing an associate's degree is required to earn a minimum of 30 credits from the general education courses listed below, demonstrating a solid grounding in the liberal arts. A minimum of three credits must be earned in each of the following disciplines: communications, humanities, natural science and mathematics and social science.

Class#	Class Name	Credits
<b>COMMUNICATIONS</b>		
CM111	Speech Communications	4
CM121	Composition (required)	4
CM200	Intercultural Communications	4
CM210	Creative Writing	4
CM220	Art of Persuasion	4
CM230	Mass Communication	4
CM320	Writing and Research	4
<b>HUMANITIES</b>		
HU100	Introduction to Humanities	4
HU121	Film in Society	4
HU130	Spanish I	4
HU150	Introduction to Literature	4
HU200	Art in the Modern World	4
HU230	Spanish II	4
HU310	The Novel	4
HU315	World Literature	4
<b>NATURAL SCIENCE and MATHEMATICS</b>		
^Students must complete either NS112 or NS116		
NS105	Biology	4
NS111	Environmental Issues	4
NS112	Topics in Mathematical Reasoning (required)^	4
NS116	College Algebra I (required)^	4
NS121	Earth Science	4
NS126	Chemistry Today*	4
NS135	Microbiology	4
NS140	Anatomy and Physiology I (required)◊	4
NS150	Anatomy and Physiology II	4
NS216	College Algebra II	4
NS305	Statistics I	4
NS320	Introduction to Decision Systems	4
NS351	Statistics II	4
<b>SOCIAL SCIENCE</b>		
SS103	Global Citizenship (required)	2
SS116	Introduction to Psychology	4
SS130	Law in Society	4
SS140	Interpersonal Relations (required)	4
SS145	Introduction to Macroeconomics	4
SS200	Introduction to Microeconomics	4
SS205	Sociology	4
SS210	Developmental Psychology	4
SS230	Psychology of Personality	4
SS311	Human Behavior	4
SS331	International Economics	4
SS360	Abnormal Psychology	4

**Total General Education Minimum Credit Requirement 30**

**Total Program Minimum Credit Requirement 91**

Notes:

Students may be required to complete Foundations of Mathematics I and/or II and Foundations of Writing I and/or II based upon competency exam scores.

◊ The residential course section of NS140 Anatomy and Physiology I is a required general education course for massage students planning to apply for licensure in North Dakota and is highly recommended for all other massage students.

\* Offered only at the Richfield, MN campus.