



## Associate of Applied Science MASSAGE THERAPY

This degree is for students who have completed the certificate of Massage Therapy and wish to continue their studies and receive an Associates Degree. This degree will broaden the student's knowledge base in the Massage Therapy field. Employment opportunities include working with an existing Spa, Chiropractors, Alternative Healing Centers, Health Care Clinics, or self-employment.

### GENERAL EDUCATION REQUIREMENTS (27)

### Completed

### Planned Timeline (By Semester)

#### Communications (6)

ENG 111 Basic Composition I (3)

*Pre-requisite: ENG 109N or adequate score on the Course Placement Evaluation*

#### **Choose one of the following four courses**

ENG 112 English Composition II (3)

*Pre-requisite: ENG 111 or adequate score on the Course Placement Evaluation*

ENG 116 Technical Writing (3)

*Pre-requisite: ENG 111 or adequate score on the Course Placement Evaluation*

SPAN 230 Spanish for Health Professions (3)

SPCH 130 Public Speaking (3)

*Pre-requisite: ENG 109N or adequate score on the Course Placement Evaluation*

#### Math/Computers/Laboratory Sciences (11)

BIOL 237/L Human Anatomy and Physiology I (3)

*Pre-requisite: CHEM 110/L*

BIOL 238/L Human Anatomy and Physiology II (3)

*Pre-requisite: BIOL 237/L*

CS 102 Computer Literacy (3)

#### Social/ Behavioral Sciences (6)

*Pre-requisite: ENG 109N or adequate score on the Course Placement Evaluation*

PSY Elective (3) \_\_\_\_\_

SOC Elective (3) \_\_\_\_\_

#### Humanities (3)

Elective (3) \_\_\_\_\_

*Pre-requisite: ENG 109N or adequate score on the Course Placement Evaluation*

### HEALTH, PHYSICAL EDUCATION, and RECREATION (1)

Elective (1) \_\_\_\_\_

### PROGRAM REQUIREMENTS (38)

BA 124 Introduction to Business for Massage Therapists (2)

*Pre-requisite: ENG 109 or adequate score on the Course Placement Evaluation*

HSCI 112 Pathology for Massage Therapists (3)

*Pre-requisite: MAS 101L*

HSCI 114 Kinesiology for Massage Therapists (2)

*Pre-requisite: MAS 101L*

HSCI 125 Medical Terminology (2)

*Pre-requisite: ENG 109 or adequate score on Course Placement Evaluation*

HSCI 152 Legal and Ethical Issues in Massage Therapy (2)

MAS 101L Massage Therapy I (4)

*Co-requisite: HSCI 110 or BIOL 237L and BIOL 238/L*

MAS 103L Massage Therapy II (4)

*Prerequisite: MAS 101L*

MAS 104L Massage Therapy Internship (3)

*Co-requisite: MAS 103L*

MAS 108L Massage Therapy Practice Lab (2)

*Co-requisite: HSCI 110 or BIOL 237/L and MAS 101L*

**Electives: Choose 14 hrs from the following:**

HSCI 204	Nutrition (3)	_____	_____
<i>Pre-requisite: CHEM 110/L or BIOL 110/L</i>			
IHS 102	Intro to Homeopathy (3)	_____	_____
IHS 103	Meditation and Breath: Mind-body healing (2)	_____	_____
IHS 115	Introduction to Traditional Chinese Medicine (3)	_____	_____
IHS 116	Intro to Aromatherapy (3)	_____	_____
IHS 118	Introduction to Integrative Healing (3)	_____	_____
IHS 120	Ayurveda & Energy Healing I (1)	_____	_____
IHS 122	Ayurveda & Energy Healing II (1)	_____	_____
<i>Pre-requisite: IHS 120</i>			
IHS 123	Intro to Acupressure (1)	_____	_____
IHS 166	Aztec Mexican Healing (1)	_____	_____
IHS 167	Aztec Mexican Healing II (1)	_____	_____
<i>Pre-requisite: IHS 166</i>			
IHS 208	Introduction to Holistic Nutrition (3)	_____	_____
IHS 255	Introduction to Herbal Medicine (2)	_____	_____
<i>Co-requisite: IHS 257</i>			
IHS 257	Herbal Pharmacy (2)	_____	_____
<i>Co-requisite: IHS 255</i>			
IHS 264	Therapeutic Touch Techniques (3)	_____	_____
IHS 431	Integumentary Applications of Essential Oils (1)	_____	_____
<i>Pre-requisite: IHS 330</i>			
MAS 110	Improving Your Body Mechanics (1)	_____	_____
MAS 113	Introduction to Foot Reflexology (2) (spring)	_____	_____
<i>Pre- or Co-requisite: MAS 101L</i>			
MAS 115	Cranial Techniques I (1) (spring)	_____	_____
<i>Pre- or Co-requisite: MAS 101L or department permission</i>			
MAS 116	Cranial Techniques II (2)	_____	_____
<i>Pre-requisite: MAS 115</i>			
MAS 117	Intro to Thai Massage (1)	_____	_____
<i>Pre-requisite: MAS student or Licensed Massage Therapist, and HSCI 110</i>			
MAS 119	Traditional Thai Massage I (1)	_____	_____
<i>Pre-requisite: IHS 110 and be a licensed Massage Therapist</i>			
MAS 120	Traditional Thai Massage II (2)	_____	_____
<i>Pre-requisite: IHS 119</i>			
MAS 215	Cranial Techniques III (1)	_____	_____
<i>Pre-requisite: IHS 116</i>			

**\* Other electives may be added for credit by permission of the Chairperson**

**TOTAL CREDIT HOURS 65**

# Educational Planning Form (Semester)

Name \_\_\_\_\_ Date \_\_\_\_\_  
Major \_\_\_\_\_ Student ID \_\_\_\_\_

<b>Fall Semester</b>	<b>Spring Semester</b>	<b>Summer</b>
<b>Total Units</b>	<b>Total Units</b>	<b>Total Units</b>
<b>Fall Semester</b>	<b>Spring Semester</b>	<b>Summer</b>
<b>Total Units</b>	<b>Total Units</b>	<b>Total Units</b>
<b>Fall Semester</b>	<b>Spring Semester</b>	<b>Summer</b>
<b>Total Units</b>	<b>Total Units</b>	<b>Total Units</b>

**Advisor's Signature** \_\_\_\_\_

**Student Signature** \_\_\_\_\_