



**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.

<b>GENERAL EDUCATION REQUIREMENTS (27)</b>	<b>Completed</b>	<b>Planned Timeline (By Semester)</b>
<b><u>Communications (6)</u></b>		
ENG 111 Basic Composition I (3) <i>Pre-requisite: ENG 109N or adequate score on the Course Placement Evaluation</i>	_____	_____
<b>Choose one of the following four courses</b>		
ENG 112 English Composition II (3) <i>Pre-requisite: ENG 111 or adequate score on the Course Placement Evaluation</i>	_____	_____
ENG 116 Technical Writing (3) <i>Pre-requisite: ENG 111 or adequate score on the Course Placement Evaluation</i>	_____	_____
SPAN 230 Spanish for Health Professions (3)	_____	_____
SPCH 130 Public Speaking (3) <i>Pre-requisite: ENG 109N or adequate score on the Course Placement Evaluation</i>	_____	_____
<b><u>Math/Computers/Laboratory Sciences (11)</u></b>		
BIOL 237/L Human Anatomy and Physiology I (3) <i>Pre-requisite: CHEM 110/L</i>	_____	_____
BIOL 238/L Human Anatomy and Physiology II (3) <i>Pre-requisite: BIOL 237/L</i>	_____	_____
CS 102 Computer Literacy (3)	_____	_____
<b><u>Social/ Behavioral Sciences (6)</u></b>		
<i>Pre-requisite: ENG 109N or adequate score on the Course Placement Evaluation</i>		
PSY Elective (3) _____	_____	_____
SOC Elective (3) _____	_____	_____
<b><u>Humanities (3)</u></b>		
Elective (3) _____	_____	_____
Choose from the following discipline areas: Art (theory only), History, Humanities, Literature, Music (theory only), Philosophy, or Theatre (theory only)		
<i>Pre-requisite: ENG 109N or adequate score on the Course Placement Evaluation</i>		
<b>HEALTH, PHYSICAL EDUCATION, and RECREATION (1)</b>		
Elective (1) _____	_____	_____
<b><u>PROGRAM REQUIREMENTS (38)</u></b>		
MAS 124 Business for Massage Professionals (2) <i>Pre-requisite: ENG 109 or adequate score on the Course Placement Evaluation</i>	_____	_____
HSCI 112 Pathology for Massage Therapists (3)	_____	_____
HSCI 114 Kinesiology for Massage Therapists (2)	_____	_____
HSCI 125 Medical Terminology (2) <i>Pre-requisite: ENG 109 or adequate score on Course Placement Evaluation</i>	_____	_____
HSCI 152 Legal and Ethical Issues in Massage Therapy (2)	_____	_____
MAS 101L Massage Therapy I (4) <i>Co-requisite: HSCI 110 or BIOL 237L and BIOL 238/L</i>	_____	_____
MAS 103L Massage Therapy II (4) <i>Prerequisite: MAS 101/L</i>	_____	_____
MAS 104L Massage Therapy Internship (3) <i>Co-requisite: MAS 103L</i>	_____	_____
MAS 108L Massage Therapy Practice Lab (2) <i>Co-requisite: HSCI 110 or BIOL 237/L and MAS 101L</i>	_____	_____

**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)	_____	_____
HIS 121	Introduction to Ayurveda: Ancient Science of Living (3)	_____	_____
IHS 122	Ayurveda & Energy Healing II (1)	_____	_____
<i>Pre-requisite: IHS 120</i>			
IHS 123	Intro to Acupressure (1)	_____	_____
HIS 124	Ayurveda & Energy Healing III (1)	_____	_____
<i>Pre-requisite: IHS 122</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)	_____	_____
MAS 110	Improving Your Body Mechanics (1)	_____	_____
MAS 113	Introduction to Foot Reflexology (2)	_____	_____
MAS 115	Introduction to Cranial Sacral Techniques I (1)	_____	_____
MAS 116	Cranial Sacral Techniques II (2)	_____	_____
<i>Pre-requisite: MAS 115</i>			
MAS 117	Intro to Thai Massage (1)	_____	_____
MAS 120	Thai Massage II (1)	_____	_____
<i>Pre-requisite: MAS student or Licensed Massage Therapist.</i>			
MAS 215	Cranial Techniques III (1)	_____	_____
<i>Pre-requisite: MAS 115 and MAS 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** \_\_\_\_\_