



## Certificate MASSAGE THERAPY

This program provides the 650+ hours of Massage Therapy training designed to meet the requirements to sit for the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) and apply for state licensure which is required for entry-level employment in Massage Therapy in New Mexico. A formal application to and acceptance into the program is necessary before you may enroll in any MAS-prefixed courses. Acceptance is granted for the Fall semester of each year. To be accepted into the program, you must have already completed ENG 109 (Basic English II), and MATH 100N (Fundamentals of Mathematics). The massage courses have been developed to coincide with the general education courses, so the sequence as listed must be followed once you have entered the Massage Therapy Program.

<b>GENERAL EDUCATION REQUIREMENTS (6-9 crs)</b>	<b>Completed</b>	<b>Planned Timeline (By Semester)</b>
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**Communications (3 crs)**

ENG 109 Basic English II (3)

*Pre-requisite: ENG 108 or adequate score on the Course Placement Evaluation*

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**Math/Computers/Laboratory Sciences (3-4 crs)**

MATH 100N Fundamentals of Math (4) or a higher-level Math course (3)

*Pre-requisite: Adequate score on the Course Placement Evaluation*

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**PROGRAM REQUIREMENTS (36.5-38.5 crs)**

MAS 124 Business for Massage Professionals (2)

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

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HSCI 110 Anatomy & Physiology for Massage Therapists I (3)(Fall)

*Pre-requisite: ENG 109 and MATH 100N or adequate score on the Course Placement Evaluation*

HSCI 111 Anatomy & Physiology for Massage Therapists (3)(Spring)

*Pre-requisite: HSCI 110*

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**HSCI 110 and 111 can be taken out of order**

**or**

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

*Pre-requisite: CHEM 110 and 110L*

*Co-requisite: BIOL 237L*

BIOL 237L Human Anatomy and Physiology I Lab (1)

*Co-requisite: BIOL 237*

BIOL 238 Human Anatomy and Physiology II (3)

*Pre-requisite: BIOL 237/237L or permission of instructor*

*Co-requisite: BIOL 238L*

BIOL 238L Human Anatomy and Physiology II Lab (1)

*BIOL 238*

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HSCI 109 CPR/First Aid (.5)

HSCI 112 Pathology for Massage Therapists (3)

*Co/Pre-requisite: HSCI 110 or 111*

HSCI 114 Kinesiology for Massage Therapists (2)

*Co/Pre-requisite: HSCI 110 or 111*

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

MAS 101L Massage Therapy I (4)

*Co-requisite: HSCI 110 or HSCI 111 or BIOL 237L and BIOL 238L*

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: MAS 101L*

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Electives: Choose **8** crs from the following:


HSCI 125 Medical Terminology (2)  
*Pre-requisite: ENG 109 or adequate score on Course Placement Evaluation*

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)  
*Pre-requisite: IHS 120*

IHS 123 Intro to Acupressure (1)

HIS 124 Ayurveda & Energy Healing III (1)  
*Pre-requisite: IHS 122*

IHS 208 Introduction to Holistic Nutrition (3)

HIS 222 Introduction to Five Elements & Twelve Channels (2)

IHS 255 Introduction to Herbal Medicine (2)  
*Co-requisite: IHS 257*

IHS 257 Herbal Pharmacy (2)  
*Co-requisite: IHS 255*

IHS 264 Therapeutic Touch Techniques (3)

MAS 110 Improving Your Body Mechanics (1)  
*Prefer massage student or LMT*

MAS 111 Applied Kinesiology (1)

MAS 113 Introduction to Foot Reflexology (2)

MAS 115 Introduction to Cranial Sacral Techniques I (1)

MAS 116 Cranial Sacral Techniques II (2)  
*Pre-requisite: MAS 115*

MAS 117 Intro to Thai Massage (1)

MAS 120 Thai Massage II (1)  
*Pre-requisite: MAS 117.*

MAS 215 Cranial Techniques III (1)  
*Pre-requisite: MAS 115 and MAS 116*

## TOTAL CREDIT HOURS 42.5

### Pre-requisites:

ENG 109N Basic English II (3) **or** adequate score on the Course Placement Evaluation  
 MATH 100N (6) **or** higher level math course (3)

### **Fall Semester (17)**

HSCI 110(3) or BIO 237/L (4)  
 MAS 101L (4)  
 MAS 108L (2)  
 HSCI 114 (2)  
 HSCI 152 (2)  
 Electives (4)

### **Spring Semester (19)**

HSCI 111 (3) or BIOL 238/L (4)  
 MAS 103L (4)  
 MAS 104L (3)  
 BA 124 (2)  
 HSCI 112 (3)  
 Electives (4)

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

# 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>