

# NORTHERN



## Associate of Applied Science

### MASSAGE THERAPY/2014-2016

This degree is for students who have completed the certificate of Massage Therapy and wish to continue their studies and receive an Associate's 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 (27 CR)

##### Area I. Communications (6 cr)

ENG 111 English Composition I (3)

*Choose one of the following courses:*

ENG 112 English Composition II (3)

ENG 116 Technical Writing (3)

SPAN 230 Spanish for Health Professions (3)

SPCH 130 Public Speaking (3)

##### Area II and III. Math/Computers/Lab Sciences (11 cr)

BIOL 237/L Human Anatomy and Physiology I with Lab (4)

BIOL 238/L Human Anatomy and Physiology II with Lab (4)

BCIS 102 Computer Literacy (3)

##### Area IV. Social/Behavioral Sciences (6 cr)

PSY Elective (3)

SOC Elective (3)

##### Area V. Humanities (3 cr)

HUM 100 FYE: History and Culture of Northern New Mexico (3)

##### Area VI. Library Technology (1 cr)

LT 101 Library research Skills (1)

#### PROGRAM REQUIREMENTS (39 CR)

MAS 110 Improving Your Body Mechanics (1)

MAS 124 Business for Massage Professionals (2)

HSCI 112 Pathology for Massage Therapists (3)

HSCI 114 Kinesiology for Massage Therapists (2)

HSCI 125 Medical Terminology (2)

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

MAS 101L Massage Therapy I (4)

MAS 103L Massage Therapy II (4)

MAS 104L Massage Therapy Internship (3)

MAS 108L Massage Therapy Practice Lab (2)

*Choose 14 credits from the following electives:*

HSCI 204 Nutrition (3)

IHS 102 Intro to Homeopathy (3)

IHS 103 Meditation and Breath: Mind Body Healing (2)

IHS 115 Intro to Traditional Chinese Medicine (3)

IHS 116 Intro to Aromatherapy (3)

IHS 118 Intro to Integrative Healing (3)

IHS 121 Intro to Ayurveda: Ancient Science of Living (3)

IHS 123 Intro to Acupressure (1)

IHS	162	Nutrition for Diabetes (1)
IHS	208	Holistic Nutrition (3)
IHS	222	Intro to Five Elements & Twelve Channels (2)
IHS	255	Intro to Herbal Medicine (2)
IHS	257	Herbal Pharmacy (2)
IHS	264	Therapeutic Touch Techniques (3)
MAS	111	Applied Kinesiology (1)
MAS	113	Intro to Foot Reflexology (2)
MAS	115	Intro to Cranial Sacral Techniques I (1)
MAS	116	Cranial Sacral Techniques II (2)
MAS	117	Intro to Thai Massage (1)
MAS	120	Thai Massage II (1)
MAS	121	Usui Reiki Level I (1)
MAS	122	Hot Stones and Basic Hydrotherapy (1)
MAS	123	Chair Massage (1)
MAS	215	Cranial Sacral III (1)

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

**TOTAL CREDITS: 66**