



Therapeutic Massage

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Visit the program website at <http://www.wallacestate.edu/Programs/Health-Division/Massage-Therapy>

Short Certificate (2 semesters)

At a Glance

Therapeutic massage is an ancient healing art, recognized as an important modality in the holistic treatment of the body. As a growing profession, therapeutic massage provides ongoing wellness and stress reduction for healthy individuals and enhances the healing of individuals with neuromuscular dysfunction. Massage therapists employ more than 80 different types of massage, including Swedish, deep tissue, neuromuscular, sports massage, reflexology, acupressure, and myofascial. This hands-on manipulation of the soft tissues of the body is enhanced through the use of aromatherapy, heat and cold therapies, stretching, stones, and other modalities.

Massage therapists are usually self-employed, providing relaxation services to local salons, spas, hotels, fitness centers, or therapeutic massage intervention in physical therapy, chiropractic or medical offices and clinics. Massage therapists also provide appointment-based services to a private client base through their own clinic or in the client's home or business. Due to the physical demands of the job, most massage therapists work part-time. Full time employment for a massage therapist is most often found in large metropolitan areas or vacation / resort areas. Outside of those venues, fulltime employment can be limited, particularly in rural areas.

However, Licensure as a massage therapist is extremely appealing to health care providers such as physical therapist assistants, occupational therapy assistants, nurses or others who are currently employed in the health care arena and seeking to expand their skill set. Data available through the Associated Bodywork and Massage Professionals indicates that 51% of massage therapists are employed at least 25 hours per week in another job with medical professions listed as one of the top 5 other employment areas.

Program Description

The Therapeutic Massage Program is a short-term certificate program, although the program can be part of Long-Term Certificate or the Associate in Applied Science degree in Salon and Spa Management. Two consecutive semesters are usually required to complete the program, which begins in the fall semester each year. The program combines classroom theory and labs with hands-on clinical massage experiences in our campus facilities.

The Therapeutic Massage Program is a licensed school approved by the Alabama Board of Massage Therapy. Upon completion of the program, graduates will be eligible to apply to sit for the state licensure exam, administered by the Federation of State Boards of Massage Therapy. After successful completion of this exam, the individual can be licensed as a massage therapist in Alabama. Licensure is required to practice within the State of Alabama. In accordance with state regulatory guidelines, this program provides for training in therapeutic massage rather than employment. No guarantee of employment or future success as a massage therapist is given or implied.

Admission Requirements

The Therapeutic Massage Program accepts a class each fall semester. Enrollment is limited; all eligible applicants are considered for admission. No application will be received or considered after the start of the fall semester. The following information details the admission criteria for the Certificate

Therapeutic Massage Program: To Apply

1. Unconditional admission to the college – College application must be submitted by the program application deadline.
2. Student must be in good standing with the college.
3. Receipt of complete program applications accepted between March 1 and June 1 for Fall entry. Applications received after the deadline will be considered on a space available basis.
4. The online application is located at www.wallacestate.edu Online application instructions are under the Application to Program tab. Upon completion of the online application, all applicants are required to submit a Verification Sheet with all necessary documentation attached. The Verification Sheet, along with full instructions, can be found on Page 3 of the Online Application Instructions.
5. Official transcripts from each college attended must be provided to the Admissions Office and all unofficial transcripts must be attached to the program application Verification Sheet.
6. Student must meet the essential functions and technical standards required for the program as documented on the required WSCC physical form at

www.wallacestate.edu-see Physical Form Essential Functions.

7. Meet all the general admission requirements of WSCC.
8. Be 18 years of age by August 1.
9. Possess a minimum GPA of 2.0 on a 4.0 scale.
10. Documentation of having received two full body massages. One must be from a licensed massage therapist and the other can be a massage from the WSCC Student Massage Clinic.
11. ACCUPLACER Reading Examination score of 80 or higher, taken within the last 3 years. (If a student has taken the ACT within the past 3 years, an ACT Reading sub-score of 17 can be substituted). Alternately, students with a degree from a regionally accredited institution and a minimum cumulative GPA of 2.5 are exempt from this requirement.
12. Copy of active/current CPR BLS Healthcare Provider certification. Certification must be valid for at least 1 year after acceptance. BLS for Healthcare Providers certification must include a "hands-on" component. EMS 100, The American Heart Association BLS for Healthcare Providers and the American Red Cross BLS for Healthcare Providers are the only card providers that will be accepted. Online CPR classes will not be accepted.

All information must be included for the application to be complete. Any missing information will result in the applicant not being considered for admission. Retain copies of every item submitted, as submitted information will not be released from accepted application packets.

Selection and Notification

1. Program applications will be reviewed by the Program Director and selected on their completion of admission requirements and program application date. All other factors being equal, GPA will be the deciding factor for admission. All qualified applicants are admitted until the program is filled. Applications delivered in person will be considered over those received by mail.
2. Deficits may be corrected and the application resubmitted but a place in the program will not be held while those deficits are corrected.
3. Students selected will be notified in writing by mail and must respond, confirming their intent to enroll within ten (10) days of the date of the acceptance letter. A student who fails to respond will forfeit their position in the class.
4. Students who are accepted into the program and are not eligible to register for classes by the day of program orientation due to failing to meet the financial aid deadline must make alternate payment arrangements or forfeit their place in the class. The WSCC financial aid deadline for fall is usually June 1 each year - refer to the financial aid website for details. This deadline includes the FAFSA and all required paperwork.

Program Expectations

Students admitted into the Therapeutic Massage program are expected to comply with the Health Science Program Regulations and Expectations as published in the Programs of Study section of the Wallace State Community College Catalog and available on the college website.

Required Competencies

1. Clinical Competencies (client care/ coordination/ interaction, fundamental massage therapy procedures, therapeutic intervention techniques)
2. General Competencies (professional communication, legal and ethical concepts, client instruction)

Upon Admission

Following official acceptance into the program and prior to the first day of class, accepted students will be required to submit a physical examination form (current within one year), which includes documentation of immunizations along with evidence of having begun the Hepatitis B vaccinations. Students will also be required to complete the second shot in the Hepatitis B series prior to the second Monday in September. If students fail to meet these deadlines, they will forfeit their place in the class.

Additionally, students must be able to meet all Performance Standards/Essential Functions as published on the program website. Students will also be required to successfully complete a background check and drug screening. Therapeutic Massage students must carry liability insurance and accident insurance, which are available through the College, as well as personal health insurance. Do not complete any of these (physical, background check or drug screening) until instructed to do so by the program director.

Progression

Students selected for admission to the Therapeutic Massage Program must maintain a minimum grade of 70% or higher in all required courses. Failure to do so, or withdrawal from any MSG course, will result in dismissal from the program. Additionally, this program is closely regulated by the State of Alabama, requiring a minimum number of hours for successful completion. As a result the Therapeutic Massage program has very strict attendance guidelines and permits only a limited number of excused absences. Excessive absences will result in program dismissal regardless of grades achieved. See the MSG Program Student Handbook for further information.

Readmission to Program

Applicants who have been previously dismissed or have withdrawn from the program may be readmitted one time only.

A new application must be submitted to be considered for the next class. No preferential consideration is given to prior students for readmission.

Career Path

Therapeutic massage is open to individuals directly out of high school provided that they will be 18 years of age by August 1.

Individuals should possess strong communication skills, be self-motivated, and have a strong sense of empathy. Building trust in professional relationships is essential for maintaining and expanding one's client base. Therapeutic massage is also ideally suited to individuals currently employed in health care who are seeking to add another skill set. Upon completion of the Therapeutic Massage Program, graduates are eligible to sit for the state licensure examination, achieving Licensure through the State of Alabama. Due to the diversity of massage techniques employed, massage therapists can advance their skills through professional continuing education workshops. The US Department of Labor Occupational Outlook Handbook anticipates that massage therapy positions will increase much faster than average, growing by 22% in 2014-2024 and that the long-term demand will continue to rise, particularly among those seeking part-time employment. According to data available through the Associated Bodywork and Massage Professionals website, Alabama ranks last in concentration of massage therapists with only 1 massage therapist for every 3,876 residents. Median hourly earnings of massage therapists were \$38,040 in May 2015, and the highest 10 percent earned more than \$70,140. Generally some portion of their income is earned as gratuities, although tipping is not common in the hospital or clinical setting. (Source: U.S. Department of Labor Bureau of Labor Statistics)

NOTE: The Guided Pathways Curricular Maps below contain all the elements required for degree/certificate completion. However, courses may be offered or taken in other semesters so long as prerequisites are met. Additional options for elective courses are available. Please see Degreeworks for allowable substitutions. Courses may be available days, nights, hybrid, and online. Sample maps for part-time attendance may also be available. Please see an advisor.

SHORT-TERM CERTIFICATE: THERAPEUTIC MASSAGE SHORT CERTIFICATE – Guided

Pathway/Map

1st Semester

ORI 110* Freshman Seminar	1
MSG 102 Therapeutic Massage Lab I	3
MSG 103** Anatomy and Physiology	3
MSG 104*** Musculoskeletal and Kinesiology I	3
MSG 105 Therapeutic Massage Supervised Clinical I	2
MSG 108 Foundations of Therapeutic Massage	2
Total Semester Credit Hours	14

2nd Semester

MSG 200 Business and Marketing Plans	1
MSG 201 Therapeutic Massage for Special Populations	2
MSG 202 Therapeutic Massage Lab II	3
MSG 203*** Pathology	3
MSG 204*** Musculoskeletal and Kinesiology II	3
MSG 205 Therapeutic Massage Supervised Clinical II	2
MSG 206 Licensure Exam Review	1
Total Semester Credit Hours	15
TOTAL CREDIT HOURS	29

NOTE: All courses with the MSG prefix must be completed at WSCC.

**ORI 110 - Freshman Seminar is a college requirement, not a requirement of the program.*

***BIO 201/202 Human Anatomy & Physiology I & II may be substituted for this class.*

****Health care professionals interested in course substitutions should contact the program director for further information.*

For more information visit the program website at <http://www.wallacestate.edu/Programs/Health-Division/Massage-Therapy/index>