

## Massage Therapy

Course #	Course Name	Course Description
MST1-0100	Massage I	This course focuses on Swedish Massage theory, techniques and protocols; body mechanics, equipment and safety & sanitation. Students will develop skill in an individualized approach to full-body and chair massages.
MST1-0200	Anatomy & Physiology I	This course focuses on the anatomy and physiology of the musculoskeletal system (bones, bony landmarks, joints, muscles), levels of organization, and mechanisms of health and disease.
MST1-0300	Med Term	This course focuses on the language of science and medicine, as well as planes, movements and directional terms.
MST1-0400	Ethics & Communication	This course focuses on the knowledge and skills necessary for the professional health care practitioner. HIPAA, Code of Ethics, drugs & alcohol, appropriate use of technology, managing boundaries, and dual relationships will be covered.
MST1-0500	Professional Development	This course provides an opportunity for the student to pursue professional options and gain experience in their desired career path. Working individually and in groups, students will discuss and implement research, as well as provide community education. Additional opportunities include brief internships with employers, independent contractors and/or sole proprietors in wellness, medical and athletic environments.
MST2-0100	Massage II	This course focuses on Swedish Massage and clinical implementation, including consultation, documentation and evaluation. Sports Massage, Hydrotherapy and spa treatments will be introduced, as well as massage for special populations.
MST2-0200	Anatomy & Physiology II	This course focuses on the functions, biomechanics and movement of the body, including discussion of muscle tissue and mechanical advantage.
MST3-0100	Massage III	This course focuses on Deep Massage, clinical implementation, and therapeutic procedure. Additional techniques introduced will include: neuromuscular therapy, myofascial release and craniosacral therapy.

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MST3-0200	Anatomy & Physiology III	This course focuses on the systems and tissues of the body, including: integumentary, nervous, endocrine, somatic and special senses.
MST3-0300	Business & Law	This course focuses on knowledge and skills necessary to be a successful professional in massage therapy, including resume writing, interview skills, legal requirements, and marketing of self or business.
MST4-0100	MST4-0100 Massage IV	This course focuses on Deep Massage and practical application, including assessment, clinical reasoning and treatment goals. Additional modalities will be introduced as scheduling allows.
MST4-0200	MST4-0200 Anatomy & Physiology IV	This course focuses on systems and tissues of the body, including: cardiovascular, lymphatic, respiratory, reproductive, urinary, and digestive.
MST4-0300	MST4-0300 Pathology & Pharmacology	This course focuses on diseases, disorders and medications as they relate to massage therapy.