

Clinical Sports Massage CERTIFICATE

Program Overview

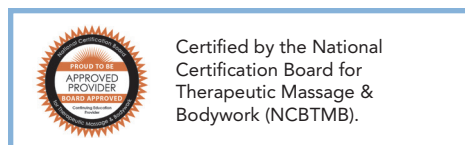
Designed for Massage Therapists who have graduated from a 600 hour or more program, the Clinical Sports Massage Advanced Certificate builds on basic foundational massage therapy skills. Graduates of the Clinical Sports Massage Advanced Certificate perform thorough patient assessments and develop care plans based on assessments. Students implement care plans utilizing carefully selected techniques for the given disorders, including recommended exercises for the client. Clinical Sports Massage techniques include, but are not limited to, friction therapy, trigger point therapy, active and passive engagement techniques, scraping technique, cupping with drag, fascial release techniques, manual lymphatic drainage and advanced stretching modalities.

Career Opportunities

Huge growth in age group sports such as triathlon, running, skiing, soccer, rugby and hockey, have lead to more people returning to a sporting lifestyle than ever before. The direct correlation is an increase in injuries and/or need for prevention of injury. With increased proven results utilizing various soft tissue manual therapies, more people are relying on well trained Clinical Sports Massage Therapists to alleviate and/or prevent injury. There is a large demand for Clinical Sports Massage Therapists in rehabilitation facilities, sports chiropractic offices, onsite sports events, health clubs, and with self-employment. The Clinical Sports Massage Certificate qualifies graduates to apply for the National Certification for Advanced Practice (NCAP) exam. All classes within this curriculum qualify as continuing education for massage therapy.

Program Outcomes

1. Graduates will provide application of manual techniques to positively contribute to the well-being of the client in a safe and skillful manner.
2. Graduates will be prepared to take the national certification exam in massage therapy.
3. Graduates will be prepared for employment in an entry-level capacity.
4. Graduates will be prepared to take the Board Certification through the National Certification Board for Therapeutic Massage & Bodywork (NCTMB).
5. Graduates will be prepared for employment in a sports and rehabilitation environment.



Program Faculty

Nick Bohrer
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Day Classes Only

Currently offered as day classes only. Web enhanced does limit seat time.

Textbook and Supply Costs

Students should expect to spend approximately \$1300.00 for books and supplies. (Does not include massage table) This cost is in addition to tuition and fees.

Program Requirements

- Check off when completed
- All technical courses (HLTH, MASS) must be successfully completed with a grade of "C" or better.

| Course | Cr |
|-----------------------------------------------------------------------------------------|-----------|
| <input type="checkbox"/> HLTH 1422 Health and Wellness Coaching | 4 |
| <input type="checkbox"/> HLTH 1485 Therapeutic Exercise | 5 |
| <input type="checkbox"/> HLTH 1900 Pathology for the Somatic Practitioner | 4 |
| <input type="checkbox"/> MASS 1423 Advanced Clinical Sports Massage Techniques. | 5 |
| <input type="checkbox"/> MASS 1490 Internship | 5 |
| Total Program Credits | 23 |

Program Start Dates

Fall, Spring, Summer

Course Sequence

For part-time or customized course sequence contact Jeremy Sartain at 651.846.1619 or email jeremy.sartain@saintpaul.edu. Not all courses are offered each semester; a selection of courses is offered summer term. Students should consult with the Program Faculty each semester.

First Semester

| | |
|------------------------------------------------------------------|-----------|
| HLTH 1485 Therapeutic Exercise | 5 |
| HLTH 1900 Pathology for the Somatic Practitioner | 4 |
| MASS 1423 Advanced Clinical Sports Massage (fall only) | 5 |
| Total Semester Credits. | 14 |

Second Semester

| | |
|-------------------------------------------------|----------|
| HLTH 1422 Health and Wellness Coaching. | 4 |
| MASS 1490 Internship. | 5 |
| Total Semester Credits. | 9 |

Total Program Credits 23

Minimum Program Entry Requirements

Completion of a minimum 600 hour massage therapy program that is recognized by the National Certification Board for Therapeutic Massage and Bodywork (NCTMB). Faculty instructor permission required. Contact Jeremy Sartain at 651.846.1619 or email jeremy.sartain@saintpaul.edu. Note that admitted students do not need to be nationally certified but the program previously completed must qualify for national certification.

Degree option may have a greater requirement than this certificate.

319C

*Information is subject to change.
This Program Requirements Guide is not a contract.*