

# Massage Therapy CERTIFICATE

## Program Overview

The Massage Therapy Certificate program meets requirements for National Certification as well as professional membership in American Massage Therapy Association and Associated Bodywork and Massage Professionals.

Massage Therapists manipulate soft tissue structures of the body to prevent and alleviate pain, using techniques such as Swedish Massage, Reflexology, Sports Massage, Neuromuscular Therapy, Myofascial Release, Lymphatic Drainage, Proprioceptive Neuromuscular Facilitation (PNF) and Active Isolated Stretching (AIS) techniques, and Travel Trigger Point Therapy. Graduates of the certificate program integrate manual massage techniques to positively contribute to the well-being of the client in a safe and skillful manner.

## Career Opportunities

The employment outlook for massage therapists is projected to be better than average in the upcoming years. The increasing population, increasing personal incomes, longer life spans, and an increasing recognition that massage is beneficial to reduce stress, relieve pain, and improve overall health all contribute to an increased demand for these workers. Factors affecting long term growth include economic well-being and the degree to which insurance companies and HMOs will reimburse for this service. Graduates perform massage therapy in health spas, resorts, health clubs, retirement residences, country clubs, hospitals, chiropractic offices, long-term care facilities, and clinics, or may be self-employed.

Licensing or certification exams are independent of graduation requirements.

## Program Outcomes

1. Plan and organize an effective massage and bodywork session.
2. Perform massage therapy and bodywork for therapeutic benefit.
3. Develop and implement a self-care strategy
4. Develop successful and ethical therapeutic relationships with clients.
5. Develop a strategy for a successful practice, business, or employment situation.
6. Identify strategies for professional development.

## Program Faculty

Nick Bohrer  
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Jeremy Sartain  
jeremy.sartain@saintpaul.edu

## Day and Evening Classes

Day and evening options are available to complete the program.

## Textbook and Supply Costs

Students should expect to spend approximately \$900.00 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 1418 Somatic Practitioner: Business & Ethics . . . . .	2
<input type="checkbox"/> HLTH 1421 Anatomy and Physiology for Somatic Practitioners . . . . .	4
<input type="checkbox"/> HLTH 1425 Clinical Applications in Kinesiology . . . . .	3
<input type="checkbox"/> HLTH 1465 Functional Holistic Nutrition . . . . .	4
<input type="checkbox"/> MASS 1400 Introduction to Therapeutic Massage . . . . .	4
<input type="checkbox"/> MASS 1421 Massage Spa Techniques . . . . .	2
<input type="checkbox"/> MASS 1422 Massage Clinical Techniques . . . . .	4
<input type="checkbox"/> A CPR course/certificate must be completed prior to taking MASS 1480 Massage Therapy Practicum	
<input type="checkbox"/> MASS 1480 Massage Therapy Practicum . . . . .	4
<b>Subtotal . . . . .</b>	<b>27</b>
<input type="checkbox"/> <b>General Education Requirement . . . . .</b>	<b>3</b>
Goals 1-10: Minnesota Transfer Curriculum PSYC 1750 Introduction to Health Psychology (recommended)	
<b>Total Program Credits . . . . .</b>	<b>30</b>

## 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 1418 Somatic Practitioner: Business & Ethics . . . . .	2
HLTH 1421 Anatomy and Physiology for Somatic Practitioners . . . . .	4
MASS 1400 Introduction to Therapeutic Massage . . . . .	4
MASS 1421 Massage Spa Techniques . . . . .	2
MASS 1422 Massage Clinical Techniques . . . . .	4
<b>Total Semester Credits . . . . .</b>	<b>16</b>

### Second Semester

HLTH 1425 Clinical Applications in Kinesiology . . . . .	3
HLTH 1465 Functional Holistic Nutrition . . . . .	4
<b>A CPR course/certificate must be completed prior to taking MASS 1480 Massage Therapy Practicum</b>	
MASS 1480 Massage Therapy Practicum . . . . .	4
Goal 5: PSYC 1750 Introduction to Health Psychology (recommended) . . . . .	3
<b>Total Semester Credits . . . . .</b>	<b>14</b>

**Total Program Credits . . . . . 30**

### Minimum Program Entry Requirements

Students entering this program must meet the following minimum program entry requirements:

**Reading:** Score of 250+ or grade of "C" or better in READ 0722 or READ 0724 or EAPP 0900

**Arithmetic:** Score of 200+

### Assessment Results and Prerequisites:

Students admitted into Saint Paul College programs may need to complete additional courses based on assessment results and course prerequisite requirements. Certain MATH, READ, and ENGL courses have additional prerequisites.

*Degree option may have a greater requirement than this certificate.*

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

