

Massage Therapy

MT 110 Introduction to Massage Therapy (3 credit, 3 lecture, 0 lab)

Provides the student with an introduction to the basic principles of massage therapy. Studies the history and current trends of the profession, as well as professional ethics. Provides knowledge of basic medical terminology and its appropriate use. Provides client consultation and assessment skills. **Pre-Requisite:** Concurrent enrollment in MT 111, MT 112, MT 113, and MT 114.

MT 111 Massage Therapy Anatomy (3 credit, 2 lecture, 2 lab)

Provides the student with a study of the structural and functional relationships and homeostasis of the human body's systems. Incorporates the systems approach and integration of the body's systems into one functioning unit. Includes laboratory procedures, basic chemistry, the cell, cell division, and development. **Pre-Requisite:** Concurrent enrollment in MT 111, MT 112, MT 113, and MT 114.

MT 112 Massage Therapy Ethics & Laws (2 credit, 2 lecture, 0 lab)

Provides the student with a study of ethical issues and laws that impact the massage therapist. Explores Illinois law, as well as laws of neighboring states. Provides an overview of professional and continuing education requirements. Discusses ethical practices for massage therapists, including the client/therapist relationship. Covers related topics of hepatitis, HIV, and hygiene. **Pre-Requisite:** Concurrent enrollment in MT 110, MT 111, MT 113, and MT 114.

MT 113 Ancillary Modalities (3 credit, 3 lecture, 0 lab)

Explores a variety of topics and related methodologies related to the practice of massage therapy. Includes exploration of hydrotherapy, metabolism and nutrition, aromatherapy, stress reduction, time management, and others. **Pre-Requisite:** Concurrent enrollment in MT 110, MT 111, MT 112, and MT 114.

MT 114 Massage Therapy Techniques I (4 credit, 2 lecture, 4 lab)

Provides the initial training in therapeutic massage. Covers self-care techniques, benefits of massage, pathologies, pressure sensitivity, draping techniques, supplies and equipment, and communication skills. Swedish massage techniques and variations will be taught and developed into a sequence for a full body massage. **Pre-Requisite:** Concurrent enrollment in MT 110, MT 112, and MT 113.

MT 210 Advanced Massage Therapy (3 credit, 2 lecture, 2 lab)

Provides instruction in various types of bodywork such as Neuro-muscular therapy, craniosacral therapy, ortho-bionomy, myofascial release, positional release, deep tissue massage, sports massage, and infant and newborn massage. Students will also study kinesiology as it relates to therapeutic massage. **Pre-Requisite:** Successful completion of MT 110, MT 111, MT 112, MT 113, and MT 114. Students must pass with a C average (70%) or better. Concurrent enrollment in the MT 211, MT 212, and MT 213.

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MT 211 Massage Therapy Business Practice (2 credit, 2 lecture, 0 lab)

Provides instruction in various aspects of developing and maintaining a successful therapeutic massage practice. Covers development of business plan, establishment of a bookkeeping system, maintenance of client records, development and implementation of marketing strategies, and insurance and tax information. Additional topics include career options for massage therapists, resume development and interviewing skills. **Pre-Requisite:** Successful completion of MT 110, MT 111, MT 112, MT 113, and MT 114. Students must successfully pass with a C average (70%) or better. Concurrent enrollment in MT 210, MT 212, and MT 213.

MT 213 Massage Therapy Techniques III (4 credit, 1 lecture, 6 lab)

Provides the student the opportunity to apply the principles, techniques, and procedures learned in program coursework. Reviews muscle locations, stresses trigger points, and pain referral patterns. Students are expected to demonstrate proper ethics, communication skills, proper draping techniques, adequate sanitary precautions, perform full body massage based on client needs, and properly document the session in the client's record. **Pre-Requisite:** Successful completion of MT 110, MT 111, MT 112, MT 113, and MT 114. Students must pass with a C average (70%) or better.

MT 290 Selected Topics in Massage Therapy (3 credit, 3 lecture, 0 lab)

An in-depth study of selected problems or topics in massage therapy. The exact content and instructional methodology will vary from semester to semester depending on the subject to be studied. A syllabus or course outline containing additional information will be available with pre-registration materials each time the course is offered. This course may be offered for variable credit and be repeated if different topics are considered, but cannot exceed a total of six (6) credits toward graduation.