

Program Overview

The Therapeutic Massage program offers an entry-level training program for students interested in pursuing a professional career in massage therapy or for healthcare providers looking to enhance their range of clinical skills and knowledge. There is a wide range of career opportunities available in this rapidly expanding field. During their training, students gain a comprehensive understanding of the human body and a high degree of technical skills with an emphasis on personal and professional development, increased self-awareness, and sensitivity. Our graduates enjoy the benefits of servicing others and having work that is meaningful.

Upon graduation from the program, students are eligible to apply to write the National Certification Exam for Massage Therapists and Bodyworkers and to apply to the Wisconsin Department of Safety and Professional Services for state licensure.

Campus:



Ashland
New Richmond
Rice Lake

Admission Requirements

Students in this program must:

- Complete application form and submit with fee (fee waiver may apply if previously submitted)
- Complete Accuplacer entrance assessment to determine placement (fee waiver may apply with acceptable alternative test scores and/or postsecondary degree completion)
- Have earned a high school diploma or GED certificate; current high school seniors must provide documentation upon graduation
- Submit signed Caregiver Background Check Statement of Understanding (information from the background check may impact the student's ability to become a licensed massage therapist or bodywork therapist in Wisconsin or to find employment after graduation)
- Complete admissions interview with a WITC counselor (above requirements should be completed prior to interview)

Program-Specific Requirements

Students in this program must:

- Possess current certification in Medic First Aid that includes Adult CPR/AED
- Student liability insurance from a WITC-recognized provider is required prior to clinical coursework

Student Profile

Therapeutic Massage students should:

- Be flexible, empathetic, and nonjudgmental
- Be able to communicate effectively
- Be able to handle emotional situations
- Display a caring attitude

- Be able to handle many hours of physical work
- Be able to organize time and tasks
- Be able to maintain a professional approach during contact with clients

Preparation for Admission

Students should strive to reach a comfort level in the following courses or skills:

- Biology
- Anatomy and Physiology
- Medical Terminology
- Communications
- Human Relations
- Students are strongly encouraged to have a professional massage

Program Outcomes

Employers will expect the Therapeutic Massage graduate to be able to:

- Develop sound work habits and safe practices promoting the health and well-being of clients
- Provide massage therapy to clients as a vehicle to improve the quality of life
- Understand the Massage Therapist scope of practice and develop appropriate referral skills
- Apply knowledge of the structure and function of the human body to therapeutic modalities
- Develop a professional attitude and commitment to ethical practices toward clients

Collegewide outcomes and indicators will also be addressed to develop personal awareness, career effectiveness, and professionalism. See page 5 for a list of collegewide outcomes and indicators.

Career Outlook

After passing the National Certification Exam for Massage Therapists and Bodyworkers and applying to the Wisconsin Department of Safety and Professional Services, graduates may work as Wisconsin Registered Massage Therapists in massage clinics, health clubs, fitness centers, wellness centers, chiropractic offices, hospitals, nursing homes, home health services, pain management centers, dental and specialty practice offices, onsite locations (in offices, airports, hotels, public events) beauty salons, day spas, or in private practice. Job titles include:

- Nationally Certified Massage Therapist
- Licensed Massage Therapist

Curriculum

| Number | Course Title | Credits |
|--------------------------------------|---|---------|
| Occupational Specific Courses | | |
| 30537336 | Musculoskeletal Anatomy | 2 |
| 30537337 | Body Structure and Function ▲ | 2 |
| 30537338 | Kinesiology ▲ | 2 |
| 30537339 | Pathology ▲ | 2 |
| 30537340 | Introduction to Therapeutic Massage 1 ▲ | 4 |
| 30537342 | Introduction to Therapeutic Massage 2 ▲ | 4 |
| 30537344 | Specialized Techniques ▲ | 4 |
| 30537346 | Massage Clinic and Business Practices ▲ | 4 |

PROGRAM REQUIREMENTS **24**

▲ Requires a prerequisite and/or corequisite that must be completed with a grade point of 2.0 or better. Students must earn a grade point of 2.0 or better in all required courses.

Course Descriptions

30537336

Musculoskeletal Anatomy - Credits: 2

This course focuses on the anatomy of the skeletal and muscular systems of the body. The study of the skeletal system will include names of bones, prominent landmarks, joints, actions and types of joints. Students will learn the names, locations, insertion and origin points, as well as the actions of the major muscle groups of the human body. Students will learn palpation techniques and the relationship of the muscles and bones to the other systems of the body.

30537337

Body Structure and Function - Credits: 2

This course covers the chemical composition of the body, structures of the cells, tissue types, and organ systems. The interrelationships of these systems will be examined as they relate to normal body function. This anatomy/physiology course is designed principally for massage and bodywork students. COREQUISITE: 30537336 Musculoskeletal Anatomy.

30537338

Kinesiology - Credits: 2

This course focuses on further study of the musculoskeletal anatomy with an emphasis on muscle groups used to perform specific actions. This course will assist students in making assessments and identifying muscles involved in certain injuries. PREREQUISITES: 30537336 Musculoskeletal Anatomy, 30537337 Body Structure and Function, 30537340 Introduction to Therapeutic Massage 1, and 30537342 Introduction to Therapeutic Massage 2.

30537339

Pathology - Credits: 2

This course covers the types of disorders that may occur in each of the major body systems and more specifically, the signs and symptoms of selected disorders that could endanger the health of either the massage client or the practitioner. Students also gain a basic understanding of pharmacology and the possible interactions between medications and massage. PREREQUISITES: 30537336 Musculoskeletal Anatomy, 30537337 Body Structure and Function and 30537340 Introduction to Therapeutic Massage 1, 30537342 Introduction to Therapeutic Massage 2.

30537340

Introduction to Therapeutic Massage 1 - Credits: 4

This course introduces students to the field of touch therapies, including actually providing basic massage therapy. Topics covered include personal and professional ethics, medical terminology, sanitation and safety, choosing massage equipment and supplies to create the massage environment, interviewing clients, assessments, and keeping client records. COREQUISITE: 30537336 Musculoskeletal Anatomy.

30537342

Introduction to Therapeutic Massage 2 - Credits: 4

This course incorporates the knowledge of anatomy and physiology and basic massage strokes and applies these towards therapeutic massage. Rationale between the structure and function of each body region and how massage of these regions can enhance health and wellness are examined. Therapeutic massage techniques are applied with actual clients including documentation of massage care of the therapeutic massage client. COREQUISITES: 30537336 Musculoskeletal Anatomy, 30537337 Body Structure and Function, 30537340 Introduction to Therapeutic Massage 1.

30537344

Specialized Techniques - Credits: 4

This course addresses specialized massage techniques used with distinct populations to meet their distinct massage needs. The student will learn about specialized massage techniques related to hydro/thermal/cryotherapies, sports massage, massage techniques specialized for the lifespan's developmental stages, and other complimentary bodywork such as lymphatic, myofascial release, neuromuscular, trigger-point, and other complimentary massage techniques as defined by the instructor. Finally, the course concentrates on Asian bodywork and traditional Chinese medicine as it relates to massage techniques, as well as reflexology techniques. PREREQUISITES: 30537336 Musculoskeletal Anatomy, 30537337 Body Structure and Function, 30537340 Introduction to Therapeutic Massage 1, and 30537342 Introduction to Therapeutic Massage 2, and COREQUISITES: 30537338 Kinesiology and 30537339 Pathology.

30537346

Massage Clinic and Business Practices - Credits: 4

This training provides the massage student with an opportunity to practice and refine their massage skills and to deal with clients with varying needs. The student-run clinic affords the student the experience in scheduling appointments, keeping client records, and creating a restful, relaxing atmosphere for clients. In the business portion of the class, students explore career opportunities and compare advantages. Students must be certified in First Aid/CPR before beginning clinic. PREREQUISITES: 30537336 Musculoskeletal Anatomy, 30537337 Body Structure and Function, 30537340 Introduction to Therapeutic Massage 1, and 30537342 Introduction to Therapeutic Massage 2, and COREQUISITES: 30537338 Kinesiology and 30537339 Pathology.

Gainful employment information is available at this link: <http://www.witc.edu/pgmpages/therpmas/career.htm>. This information is provided as a federal requirement in an effort to help students make informed decisions related to the costs and potential employment in a chosen field.

Graduate Employment Information

(WITC Graduate Survey Responses 2009-2010; for most recent data, go to [witc.edu](http://www.witc.edu))*

| | | | | | |
|---------------------------------|----|---------------------------|-----|-----------------------------|-----------|
| Number of graduates | 56 | Number employed | 39 | % employed in WITC district | 70% |
| Number of responses | 49 | Percent employed | 91% | Range of yearly salary | ~* |
| Number available for employment | 43 | Employed in related field | 23 | Average yearly salary | \$31,198* |

*Average yearly salary based on composite of graduates from Wisconsin's 16 technical college districts (including WITC graduates). Range of yearly salary not available.

career vision