

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 being of service to 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 Regulation and Licensing for state registration.

Offered at:



**Ashland
New Richmond
Rice Lake
Superior**

Program-Specific Requirements

Students in the Therapeutic Massage program must:

- Complete Adult CPR and standard first aid coursework as required by the Wisconsin Department of Regulation and Licensing
- Have an acceptable Wisconsin Caregiver Background Check

Student liability insurance from a WITC-recognized provider may be required prior to clinical coursework.

Student Profile

As a Therapeutic Massage student, you should be able to:

- Be flexible, empathic, and nonjudgmental
- Communicate effectively
- Handle emotional situations
- Display a caring attitude
- Handle many hours of physical work
- Organize your time and tasks
- Maintain a professional approach during contact with clients

Preparation for Admission

The following experiences will help you prepare for this program:

- Biology
- Anatomy and Physiology
- Medical Terminology
- Communications

- Human Relations
- Students are strongly encouraged to have a professional massage

Program Outcomes

Employers will expect you, as a 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.

Career Outlook

After passing the National Certification Exam for Massage Therapists and Bodyworkers and applying to the Wisconsin Department of Regulation and Licensing, graduates may work as Wisconsin Registered Massage Therapists in massage clinics, health clubs and fitness centers, wellness centers, chiropractic offices, hospitals,

nursing homes and 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
- Registered Massage Therapist

Curriculum

Number	Course Title	Credits
Occupational Specific Courses		
30537336	Musculoskeletal Anatomy	1
30537337	Body Structure and Function [▲]	2
30537338	Kinesiology [▲]	1
30537339	Pathology [▲]	1
30537340	Introduction to Therapeutic Massage 1 [▲]	3
30537342	Introduction to Therapeutic Massage 2 [▲]	3
30537344	Specialized Techniques [▲]	3
30537346	Massage Clinic and Business Practices [▲]	3
PROGRAM REQUIREMENTS		17

Students must earn a grade of "C" (80 percent) or higher in all required courses.

[▲] This course requires a prerequisite and/or corequisite, and must be completed with a grade of "C" or better.

Course Descriptions

30537336

Musculoskeletal Anatomy - Credits: 1

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. PREREQUISITE: 30537336 Musculoskeletal Anatomy.

30537338

Kinesiology - Credits: 1

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. PREREQUISITE: 30537337 Body Structure and Function.

30537339

Pathology - Credits: 1

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. PREREQUISITE: 30537337 Body Structure and Function.

30537340

Introduction to Therapeutic Massage 1 - Credits: 3

This course introduces students to the field of touch therapies. Topics covered include the history of massage; educational and legal requirements; effects, benefits, and contraindications of massage; basic massage techniques; proper draping techniques; body mechanics; chair massage; and selecting a massage table. Many learning activities help students in developing increased body awareness and relaxation skills. COREQUISITE: 30537336 Musculoskeletal Anatomy.

30537342

Introduction to Therapeutic Massage 2 - Credits: 3

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. Students are instructed in making positive choices for a healthy lifestyle. Massage techniques include learning a full body massage routine. PREREQUISITE: 30537340 Introduction to Therapeutic Massage 1 and COREQUISITE: 30537337 Body Structure and Function.

30537344

Specialized Techniques - Credits: 3

Students learn to work with clients with special needs such as pregnant clients, the elderly, and individuals with particular health challenges. Remedial techniques taught include trigger point therapy, cross-fiber friction, sports massage, reflexology, and other therapeutic techniques. Related and complimentary fields are explored. PREREQUISITE: 30537342 Introduction to Therapeutic Massage 2 and COREQUISITES: 30537338 Kinesiology and 30537339 Pathology.

30537346

Massage Clinic and Business Practices - Credits: 3

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: 42531457 Medic First Aid, or 47531421 First Aid Heartsaver - AHA, or Adult CPR/First Aid (8 hrs), and 30537344 Specialized Techniques.

Graduate Employment Information

(WITC Graduate Survey Responses 2005-2006)

Number of graduates	37	Number employed	29	% employed in WITC district	75%
Number of responses	34	Percent employed	91%	Range of yearly salary	-
Number available for employment	32	Employed in related field	17	Average yearly salary	\$27,298

career vision