

# MASSAGE THERAPY (MT)

## MT-1242 Somatic Studies I 3 Credits

Study of human anatomy and physiology for students of massotherapy. Specific emphasis on fundamental concepts of human body, chemical level, cellular level, tissue, integumentary system, skeletal system and articulations.

*Lecture: 2 hours. Laboratory: 3 hours*

*Prerequisite(s): MATH-0910 Basic Arithmetic and Pre-Algebra, or qualified Math placement; and ENG-0985 Introduction to College Literacies, or appropriate English placement score; or departmental approval. Note: ENG-0980 Language Fundamentals I taken prior to Fall 2021 will also meet prerequisite requirements.*

## MT-1272 Somatic Studies II 3 Credits

Study of human anatomy and physiology for students of massage therapy. Specific emphasis on fundamental concepts of muscular system, nervous system, spinal cord, nerve plexus, brain, sensory and motor pathways, special senses, autonomic nervous system, endocrine, cardiovascular.

*Lecture: 2 hours. Laboratory: 3 hours*

*Prerequisite(s): MT-1242 Fundamentals of Somatic Studies I, or departmental approval.*

## MT-1280 Somatic Studies III 2 Credits

Study of human anatomy and physiology for students of massage therapy. Specific emphasis on fundamental concepts of circulatory system, lymphatic system, respiratory system, digestive system, metabolism, urinary system, acid-base balance and reproductive system.

*Lecture: 1 hour. Laboratory: 3 hours*

*Prerequisite(s): MT-1272 Fundamentals of Somatic Studies II, or departmental approval.*

## MT-1302 Massage Therapy I 2 Credits

History of massage with emphasis on modern massage methodologies. Examines theories and principles of massage, basic physiological effects, and indications and contraindications for massage. Scope of practice, code of ethics, boundary issues, credentialing and licensing, massage law and legislation discussed. Study and practice of Beck techniques for manipulations of massage. Basic full-body massage, proper hygiene and sanitation practices, position and draping client, and proper body mechanics. Introduction to SOAP documentation.

*Lecture: 1 hour. Laboratory: 3 hours*

*Prerequisite(s): ENG-0995 Applied College Literacies, or appropriate score on English placement test; and MATH-0910 Basic Arithmetic and Pre-Algebra, or qualified Math placement and departmental approval: admission to Massage Therapy program. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

## MT-1312 Applied Musculo-Skeletal Anatomy 3 Credits

Extensive practice in learning to palpate all bony landmarks of trunk and extremities; muscle, ligament, and tendon palpation. Introduction to postural analysis with practice in taking and interpreting postural measurements.

*Lecture: 2 hours. Laboratory: 3 hours*

*Prerequisite(s): MATH-0910 Basic Arithmetic and Pre-Algebra, or qualified Math placement; and ENG-0985 Introduction to College Literacies, or appropriate placement score; or departmental approval. Note: ENG-0980 Language Fundamentals I taken prior to Fall 2021 will also meet prerequisite requirements.*

## MT-1321 Functional Assessment in Massage Therapy 2 Credits

Recognizing and assessing common structural and postural deviations and common soft tissue injury to muscle, tendon, joint capsule, ligament, bursa, fascia and nerve in order to determine appropriateness of massage therapy.

*Lecture: 1 hour. Laboratory: 3 hours*

*Prerequisite(s): MT-1302 Massage Therapy I, and MT-1312 Applied Musculo-Skeletal Anatomy, or departmental approval.*

## MT-1331 Massage Therapy II 3 Credits

Demonstrate massage procedures with patient in seated, side lying, prone and supine positions. Study of dysfunction resulting from poor body mechanics utilizing, tissue, posture, and gait assessments . Introduction to theory and practice of Myofascial Release Therapy, Trigger Point Therapy, Positional Release Therapy, Muscle Energy Techniques, Chair Massage, Abdominal Massage, Hydrotherapy, and Joint Movements. Documentation for massage therapy sessions through SOAP charting; interviewing and observational skills; in-depth study of the physiological effects and therapeutic applications for each of the massage procedures and its respective subdivisions for further understanding of massage customization.

*Lecture: 2 hours. Laboratory: 3 hours*

*Prerequisite(s): MT-1302 Massage Therapy I, and MT-1312 Applied Musculo-Skeletal Anatomy, and MA-1010 Introduction to Medical Terminology, and MT-1272 Somatic Studies II or concurrent enrollment; or departmental approval.*

## MT-1820 Independent Study/Research in Massotherapy 1-3 Credits

Directed individual study. Study/research title and specific content arranged between instructor and student. May be repeated for a maximum of six credits of different topics.

*Lecture: 1-3 hours*

*Prerequisite(s): Departmental approval, and instructor approval, and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

**MT-2201 Massage Modalities and Career Paths**

**2 Credits**

Introductory study and overview of theoretical and clinical massage in a medical settings. Experience delivery of touch therapy to the frail and hospitalized patient. Introductory study and overview of massage modalities such as: Hot stone, Lymphatic Drainage, Aromatherapy, Cranial Sacral, Energy concepts, Animal massage.

*Lecture: 1.5 hour. Laboratory: 1.5 hour*

*Prerequisite(s): MT-1331 Massage Therapy II, and MT-2301 Pathology for Massage Therapists, and MT-2350 Massage Therapy Clinic I, and MT-2360 Massage Therapy Clinic II or concurrent enrollment; and concurrent enrollment in MT-1280 Somatic Studies III.*

**MT-2301 Pathology for Massage Therapists**

**3 Credits**

Introduction to disease and basic mechanisms of disease for massage therapists. Diseases of skin, musculoskeletal system, nervous and endocrine systems. Other diseases to include cardiovascular, lymphatic, respiratory, digestive, urinary, reproductive, and immune systems. Role of stress in disease, mental, emotional and genetic.

*Lecture: 3 hours*

*Prerequisite(s): Concurrent enrollment in MT-1242 Fundamentals of Somatic Studies for Massage Therapists I and departmental approval: admission to Massage Therapy program.*

**MT-2311 Advanced Massage Therapy**

**3 Credits**

Assessment and treatment of musculoskeletal dysfunction based on trigger point therapy, myofascial release, and muscle energy techniques with an orthopedic approach. Identifying multiple conditions within each area of the body and demonstrating a 12-step pain free approach. Documentation of patient session and patient education. Qualifies for Ohio State Medical Board CMTE's.

*Lecture: 2 hours. Laboratory: 3 hours*

*Prerequisite(s): MT-1280 Somatic Studies III, and MT-1321 Functional Assessment in Massage Therapy, and MT-2853 Massage Therapy Practicum II, and MT-2200 Medical Massage, and MT-2701 Comprehensive Somatic Studies for Massage Therapists, and MT-2991 Comprehensive Massage Therapy, or departmental approval.*

**MT-2350 Massage Therapy Clinic I**

**3 Credits**

Student clinical experience. Full-Body relaxation massage of clients, under supervision of an LMT Instructor, integrating interviewing, observational, and massage therapy skills. Completion of SOAP notes on each client. Discussion and study of clinical ethics, boundaries, and chemical dependency issues that arise in massage therapy. Pharmacology for massage therapists. Hygiene and sanitation. Basic business communication and massage office policies, procedures, and practices. Patient education.

*Lecture: 1 hour*

*Other Required Hours: Clinical Lab Hours: 6 hours per week in the Massage Therapy Clinic.*

*Prerequisite(s): MT-1302 Massage Therapy I, and MT-1312 Applied Musculo-Skeletal Anatomy, and MT-1242 Somatic Studies I, and MT-1272 Somatic Studies II, or concurrent enrollment; or departmental approval.*

**MT-235A Massage Therapy Clinic I - A**

**2 Credits**

Student clinical experience. Massage of patients, under supervision, integrating interviewing, observational and massage therapy skills. Completion of SOAP notes on each patient. Discussion and study of clinical ethics, boundaries, and chemical dependency issues that arise in massage therapy. Pharmacology for massage therapists. Hygiene and sanitation. Basic business communication and massage office policies, procedures and practices. Patient education. Important: MT-235A and MT-235B together meet the requirement for completion of MT-2350 Massage Therapy Clinic I.

*Lecture: 1 hour*

*Other Hours Detail: Clinical Lab Hours:3 hours per week in the Massage Therapy Clinic.*

*Prerequisite(s): MT-1302 Massage Therapy I, and MT-1312 Applied Musculo-Skeletal Anatomy, and MT-1242 Somatic Studies I, and MT-1272 Somatic Studies II, or concurrent enrollment; or departmental approval.*

**MT-235B Massage Therapy Clinic I-B**

**1 Credit**

Continuation of clinical experience begun in MT-235A. Students will continue the massage of patients, under supervision, integrating interviewing, observational, and massage therapy skills. Completion of SOAP notes on each patient. Discussion and study of clinical ethics, boundaries, and chemical dependency issues that arise in massage therapy. Pharmacology for massage therapists. Hygiene and sanitation. Basic business communication and massage office policies, procedures and practices. Patient education. Important: MT-235A and MT-235B together meet the requirement for completion of MT-2350 Massage Therapy Clinic I.

*Laboratory: 3 hours*

*Other Required Hours: Clinical Lab Hours: 3 hours per week in the Massage Therapy Clinic.*

*Prerequisite(s): MT-1302 Massage Therapy I, and MT-1312 Applied Musculo-Skeletal Anatomy, and MT-1242 Somatic Studies I, and MT-1272 Somatic Studies II or concurrent enrollment; and MT-235A Massage Therapy Clinic I-A.*

**MT-2360 Massage Therapy Clinic II**

**3 Credits**

Continuation of student clinical experience. Massage of patients, under supervision of an LMT instructor, integrating interviewing, observational and massage therapy skills. Includes demonstration of knowledge of physiological effects and therapeutic applications of massage procedures and appropriate assessment of anatomical structures utilizing specific massage procedures and/or palpation skills to customize each clients massage. Demonstrate knowledge of pharmacology for massage therapists. Use of hydrotherapy with therapeutic techniques such as, myofascial release, trigger point release, positional release, and Muscle Energy Technique (MET). In-depth study of massage business and law, including scope of practice, business communication and massage office policies, procedures and practices.

*Lecture: 1 hour*

*Other Required Hours: Clinical Lab Hours: 6 hours per week in Massage Therapy Clinic.*

*Prerequisite(s): MT-1331 Massage Therapy II, and MT-2301 Pathology for Massage Therapists, and MT-2350 Massage Therapy Clinic I, and MT-1272 Somatic Studies II, and MT-1280 Somatic Studies III or concurrent enrollment; or departmental approval.*

**MT-236A Massage Therapy Clinic II-A**

**2 Credits**

Continuation of student clinical experience. Massage of patients, under supervision, integrating interviewing, observational, and massage therapy skills. Massage sequence will include demonstration of knowledge of physiological effects and therapeutic applications of massage procedures and appropriate assessment of anatomical structures utilizing specific massage procedures and palpation skills. Pharmacology for massage therapists. Study of hydrotherapy. In-depth study of massage business and law, including scope of practice, business communication and massage office policies, procedures and practices. Important: MT-236A and MT-236B together meet the requirement for completion of MT-2360 Massage Therapy Clinic II.

*Lecture: 1 hour*

*Other Required Hours: Clinical Lab Hours: 3 Hours per week in Massage Therapy Clinic.*

*Prerequisite(s): MT-1272 Somatic Studies II, and MT-1280 Somatic Studies III or concurrent enrollment; and MT-1331 Massage Therapy II, and MT-2301 Pathology for Massage Therapists, and MT-2350 Massage Therapy Clinic I; or MT-235A Massage Therapy Clinic I-A and MT-235B Massage Therapy Clinic I-B; or departmental approval.*

**MT-236B Massage Therapy Clinic II-B**

**1 Credit**

Continuation of student clinical experience begun in MT-236A. Students will continue the massage of patients, under supervision, integrating interviewing, observational and massage therapy skills. Massage sequence will include demonstration of knowledge of physiological effects and therapeutic applications of massage procedures and appropriate assessment of anatomical structures utilizing specific massage procedures and/or palpation skills. Pharmacology for massage therapists. Study of hydrotherapy. In-depth study of massage business and law, including scope of practice, business communication and massage office policies, procedures and practices. Important: MT-236A and MT-236B together meet the requirement for completion of MT-2360 Massage Therapy Clinic II.

*Other Required Hours: Clinical Lab Hours: 3 hours per week in Massage Therapy Clinic.*

*Prerequisite(s): MT-1272 Somatic Studies II, and MT-1280 Somatic Studies II or concurrent enrollment; and MT-1331 Massage Therapy II, and MT-2301 Pathology for Massage Therapists, and MT-2350 Massage Therapy Clinic I; or MT-235A Massage Therapy Clinic I-A and MT-235B Massage Therapy Clinic I-B; and MT-236A Massage Therapy Clinic II-A.*

**MT-2370 Supplemental Massage Therapy Clinic**

**1 Credit**

Supplemental clinical experience begun in MT-2350, MT-2360, MT-235A, MT-235B, MT-236A, and MT-236B. Massage of patients, under supervision, integrating interviewing, observational, and massage therapy skills. Massage sequence will include demonstration of knowledge of physiological effects and therapeutic applications of massage procedures and appropriate assessment of anatomical structures utilizing specific massage procedures and palpation skills. Demonstrate knowledge of pharmacology for massage therapists. Study of hydrotherapy. In-depth study of massage business and law, including scope of practice, business communication and massage office policies, procedures and practices.

*Laboratory: 3 hours*

*Prerequisite(s): MT-1331 Massage Therapy II, and MT-2301 Pathology for Massage Therapists, and MT-2350 Massage Therapy Clinic I, and MT-1272 Somatic Studies II, and MT-1280 Somatic Studies II, or departmental approval.*

**MT-2380 Advanced Massage Therapy Clinic**

**3 Credits**

Review and demonstrate competency in SOAP charting. Assessment and treatment of patients in the clinic. Treatment modalities include trigger point therapy, myofascial release, and muscle energy approaches. Review of complementary modalities including hot stone massage, aromatherapy and reflexology. Advancing skills in business communication and office management in a clinical setting. Qualifies for Ohio State Medical Board CMTE's.

*Laboratory: 9 hours*

*Prerequisite(s): MT-1321 Functional Assessment in Massage Therapy and MT-2200 Medical Massage and MT-2311 Advanced Massage Therapy, or concurrent enrollment; or departmental approval.*

**MT-2701 Comprehensive Somatic Studies for Massage Therapists**

**1 Credit**

Quizzes and mock exam are given to prepare for State Medical Board of Ohio licensure exam. Comprehensive exam given at the end of course must be passed to be recommended for State Medical Board of Ohio licensure exam. Comprehensive study to summarize human anatomy and physiology for students of massotherapy. Special emphasis on review of key concepts of human body - its introduction, six levels of organization and eleven systems of the body. Students develop in-depth knowledge of anatomy and physiology of human body.

*Lecture: 1 hours*

*Prerequisite(s): Departmental approval: completion of all course work necessary to sit for the State Medical Board of Ohio licensure exam with a grade of "C" or higher, and recommendation of Massage Therapy Program Manager*

**MT-2991 Comprehensive Massage Therapy**

**1 Credit**

Capstone course in Massage Therapy. Comprehensive review of massage techniques and theory with major focus on writings of Beck. Includes series of intensive training sessions to prepare students for the Ohio State Medical Board Exam for licensure (Mblex). Review of topics necessary to ensure success as professional L.M.T.'s. Student must pass comprehensive exam given at the end of course in order to be recommended to sit for the Mblex, and demonstrate minimally accepted competency in performance of a therapeutic massage on a licensed massage therapist.

*Lecture: 1 hours*

*Prerequisite(s): Departmental approval: completion of all course work necessary to sit for Mblex Exam, and recommendation of Massage Therapy Program Manager.*