



Massage Therapist, Diploma – 36 credits

Program Area: Health (Fall 2024)

*****REMEMBER TO REGISTER EARLY*****

Program Description

The Massage Therapist Program prepares the graduate for a career in massage. The graduate therapist is able to conduct a thorough assessment of clients, create a treatment plan, implement the treatment plan, and observe the client's response to the treatment. Therapeutic massage, as well as many specialty techniques are used. Documentation is done to record session information, and treatment's effects on the body. Career development, including the creation of a business plan, is taught. Therapists may find opportunities to work in a variety of settings, from running their own business, to working in wellness/fitness centers, clinical environments, and spas.

Program Outcomes

- Knowledge and ability to observe and assess the client's musculoskeletal, connective tissue and lymphatic systems
- Propose and implement a treatment plan based on the client's goals
- Observe and document the client's response to the treatment
- Produce a comprehensive personalized business plan for starting, managing and promoting a massage practice
- Demonstrate comfort with ethical issues of running a business and massage as a touch-based profession
- Demonstrate the ability to adapt massage techniques to pregnant, infant, athletic, and medically fragile populations
- Apply hot stone, lymphatic facilitation, neuromuscular retraining, and Reflexology techniques
- Demonstrate self-awareness and the theoretical understanding of how to prevent therapist injury and burnout
- Recognize massage contraindications and cautions
- Complete 776 hours of instruction, 125 of which are Supervised Clinical Instruction

Required Courses

Course	Course Title	Credits	Term
ALTH 1430	First Aid and CPR/AED for Health Care Professionals	1	
MTP 1004	Massage Therapy Pathology	3	
MTP 1026	Basic Therapeutic Massage	4	
MTP 1028	Massage Therapy Clinical Preparation	1.5	
MTP 1030	Massage Therapy Anatomy I, Physiology and Kinesiology	4	
MTP 1035	Ethics, Communication and Professionalism in Massage Therapy	1.5	
MTP 1037	Adjunctive Therapies of the Massage Profession	2	
MTP 1039	Massage Therapy Awareness and Injury Prevention I	1	
MTP 1044	Massage Therapy Anatomy II	3	
MTP 1045	Advanced Therapeutic Massage	4	
MTP 1051	Specialty Sessions in Massage Therapy	4	
MTP 1053	Massage Therapy Student Clinic	2	
MTP 1054	Eastern Healing and Modality Overview	1	
MTP 1059	Massage Therapy Awareness and Injury Prevention II	1	
MTP 1060	Successful Career Development for Massage Practitioners	3	

Total Credits

36

Courses may require a prerequisite. Refer to the course outline or check with an advisor.



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Qualified applicants should be aware that program class sizes are limited, which may delay acceptance into the program.

You may be required to complete additional (or less) coursework, dependent upon the results of your Computerized Placement Test (CPT) and/or previous coursework completed or certifications awarded.

All courses on the planner need to be completed with a grade of “C” or better to progress into the next semester.

Pre-program Requirements

Successful entry into this program requires a specific level of skill in the areas of English, mathematics, and reading. Program entry will depend, in part, on meeting the prerequisites listed below:

English/Reading:

- Eligible for ENGL 1106 - College Composition I, or
- Completion of ENGL/READ 0950/0955 (or equivalent or higher). ENGL/READ 0950/0955 may **not** be taken concurrently with Semester I coursework.

There are other ways to qualify. Visit [Course Placement](https://lsc.edu/course-placement) (lsc.edu/course-placement) to find out more.

NOTE: You will need to submit all required health information, including current immunizations and a current negative Tuberculosis (TB) screening. Current certification in American Heart Association: BLS Healthcare Provider or American Red Cross: BLS/CPR for Healthcare Providers is required for all clinical courses. ALTH1430 will satisfy this requirement. Background Study approval is required from the State of Minnesota.

Program Approval

The Massage Therapy Program at Lake Superior College is approved by the Minnesota State College and University System.

Program Articulation: For additional information on the [current list of LSC program articulations](#).

For more information about the Massage Therapy program, including course descriptions, course prerequisites, the program report, and potential career opportunities, see the [program website](https://degrees.lsc.edu/massage-therapy/) (https://degrees.lsc.edu/massage-therapy/) or contact the [professional advising team](mailto:advising@lsc.edu) (advising@lsc.edu) at 218-733-7601.



CIP Code: 51.3501
Minnesota State Program ID: 3564
LSC Major ID: 5221

Created: 3/1/05
AASC Approval: 11/8/23
Updated: 2/1/24

All courses in diploma and/or certificate programs are acceptable for credit toward Lake Superior College degree programs as indicated on individual program planners. This is not a contract; Lake Superior College reserves the right to change the planner as necessary. This document is available in alternative formats upon request, by contacting [Disability Services](#) or (218) 733-7650 or MRS/TTY (800) 627-3529.