

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

Program Description

The Massage Therapist Program prepares the graduate for the operation of his or her own massage therapy clinic or employment in another health care related setting. The graduate therapist is able to observe and assess the client's musculoskeletal system, propose a treatment plan, implement the treatment plan and observe the client's response to the treatment. Stress reduction, Deep Tissue, Neuromuscular, Lymphatic, Somatic, Sports, Swedish, Geriatric and other manual soft tissue techniques are used. Documentation is done to record muscular pain and restrictions, postural distortions, fascial adhesions and the effects of stress on the body. Small business start-up and management provide a foundation for entrepreneurs. Therapists may find opportunities to work in a variety of settings. Most opportunities are in private practice.

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 working hands-on in an intimate manner
- Demonstrate the ability to adapt massage techniques to pregnant, geriatric, infant and athletic populations
- Demonstrate self-awareness and the theoretical understanding of how to prevent therapist injury and burnout
- Demonstrate a professional level of understanding of human pathology to recognize massage contraindication and cautions

REQUIRED COURSES

Course	Course title	Credits	Term
MTP 1004	Massage Therapy Pathology	2	
MTP 1030	Massage Therapy Anatomy I, Physiology and Kinesiology	3	
MTP 1032	Introduction to Massage and Swedish Massage	1	
MTP 1034	Massage Therapy Business Start-up, Management and Ethics I	1	
MTP 1036	Massage Therapy Hydrotherapy and Adjunct Therapies	1	
MTP 1056	Massage Therapy Awareness and Injury Prevention I	1	
MTP 1038	Massage Therapy Deep Tissue I	1	
MTP 1040	Full Body and Chair Massage	4	
MTP 1042	Massage Therapy Somatic Muscle Release and Postural Normalization	1	
MTP 1044	Massage Therapy Anatomy II	1	
MTP 1046	Massage Therapy Deep Tissue II and Neuromuscular Therapy	4	
MTP 1048	Pregnancy and Infant Massage	1	
MTP 1050	Lymphatic and Senior Massage	2	
MTP 1052	Sports and Stone Massage	2	
MTP 1054	Massage Therapy Eastern Healing and Modality Overview	1	
MTP 1058	Massage Therapy Awareness and Injury Prevention II	1	
MTP 1060	Massage Therapy Business Start-up, Management and Ethics II	3	
ALTH 1430	ARC: First Aid and CPR/AED for the Professional Rescuer	1	

Total Credits

31

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:

- A score of 78 or higher on the reading comprehension portion of the CPT,
- OR completion of ENGL0950 or READ0950, which may **not** be taken concurrently with Semester I coursework,
- OR ENGL0955 or READ0955, which may **not** be taken concurrently with Semester I coursework,
- OR equivalent transfer course or higher

NOTE: You will need a recent physical examination 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](#).

National University

For more information about the Massage Therapy – Diploma Program - including course descriptions, course prerequisites, the gainful employment disclosure, and potential career opportunities see the [program website](#) OR contact advising at 218-733-7601 or the [professional advising team](#). The Director of Massage Therapy, [Dave Burson](#) can be contacted at 218-733-5921.



MINNESOTA STATE

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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.