

# MASSAGE THERAPY - TWO-YEAR CERTIFICATE OF COMPLETION (CC2)

## Description

The Massage Therapy Two-Year Certificate of Completion develops skills that include a variety of massage techniques and modalities, maintaining client and business records, adhering to client/practitioner boundaries and ethics, client communication, and universal sanitation practices. The program integrates sciences related to the human body with massage therapy theory and practice.

The certificate can be completed in four terms. Students have two opportunities to enter the program each year: a Fall term day program and a Spring term evening program. Most students complete the certificate at the end of the same term the following year (i.e., a student starting Fall term 2022 would complete in Fall term 2023). Successful completion of all program courses in a term is required before moving to the next term. Students may take non-program courses before or after program enrollment.

The certificate qualifies students to sit for licensing exams the Oregon Board of Massage Therapists requires.

The program is accredited by the [Commission on Massage Therapy Accreditation](#).

## Program Learning Outcomes

Upon successful completion of the program, students will be able to:

1. Identify the benefits and physiological effects of techniques that manipulate soft tissue
2. Pathology: Recognize and describe medical conditions in which massage therapy is contraindicated and/or hazardous to the client.
3. Kinesiology: Define the bones and muscles of the body, where they are located, and their articulations.
4. Create an accurate treatment plan that incorporates chart notes reflecting client assessment and reassessment.
5. Demonstrate awareness of appropriate ethics, boundaries, laws, and regulations in accordance with national standards.
6. Describe professional business practice standards.

## Entrance Requirements

### Academic Entrance Requirements

Required:

- Completion of MTH 015 Basic Mathematics or higher or minimum placement Math Level 7
- Completion of WR 065 Rhetoric and Critical Thinking II or higher or minimum placement Wr/Comm Level 7

Recommended:

- BI 105 Essentials of Human Biology or BI 231 Human Anatomy and Physiology I

### Other Entrance Requirements

- Must be a minimum of 18 years of age
- High school diploma or GED

## Additional Program Costs (Beyond Standard Tuition/Fees and Textbooks)

### Material Costs

- Massage table: \$300 to \$500

### Enrollment Fees

- \$17 per credit for most first-year LMT courses (goes toward student exam and licensing cost)
- \$25 per credit for all other LMT courses

## Course Requirements

Course	Title	Credits
<b>Core Courses</b>		
Choose one option from the following:		3-12
Option 1:		
BI 105	Essentials of Human Biology	
Option 2:		
BI 231 & BI 232 & BI 233	Human Anatomy and Physiology I and Human Anatomy and Physiology II and Human Anatomy and Physiology III	
LMT 113	Kinesiology for Massage Therapy I	4
LMT 118	Kinesiology for Massage Therapy II	4
LMT 124	Kinesiology for Massage Therapy III	4
LMT 130	Massage Fundamentals	2
LMT 135	Managing a Massage Practice	3
LMT 140	Pathology for Massage Therapy	4
LMT 145	Massage I	5
LMT 150	Massage II	5
LMT 155	Eastern Theory & Practice	2
LMT 160	Hydrotherapy	1
LMT 170	Professional Ethics and Rules	2
LMT 175	Swedish Relaxation Clinic	2
LMT 180	Therapeutic Clinic	3
<b>Other Required Courses</b>		
Choose one course from the following:		3-4
AH 105	Calculations for Allied Health	
BA 104	Business Math	
MTH 102	Applied Technical Mathematics	
MTH 105	Math in Society	
Or one course from the foundational requirements math list		
AH 115	Cultural Responsiveness in Allied Health	3
or BA 178	Customer Service	
or COMM 218	Interpersonal Communication	
BA 214	Business Communications	3-4
or WR 121	Academic Composition	
<b>Total Credits</b>		<b>53-64</b>

## Performance Standards

- Academic Requirements:
  - Students must have a 2.0 cumulative GPA to earn a COCC certificate or degree.
  - All courses in the program must be completed with a grade of C or higher.
- Additional Requirements:
  - Verification of contact hours is required by the Oregon Board of Massage Therapists licensing requirements. Students must meet the Oregon Board of Massage Therapists attendance requirement of 90% contact hour completion for each LMT course contact hours as identified on all LMT course syllabi.
  - Students must adhere to the professional conduct standards outlined within the student handbook.

LMT 180	Therapeutic Clinic	3
<b>Credits</b>		<b>10</b>
<b>Total Credits</b>		<b>53-55</b>

## Sample Plan

### First Year

First Term		Credits
BI 105	Essentials of Human Biology	3
<b>Credits</b>		<b>3</b>

### Second Term

LMT 113	Kinesiology for Massage Therapy I	4
LMT 130	Massage Fundamentals	2
LMT 155	Eastern Theory & Practice	2
LMT 170	Professional Ethics and Rules	2
BA 214 or WR 121	Business Communications or Academic Composition	3-4
<b>Credits</b>		<b>13-14</b>

### Third Term

LMT 118	Kinesiology for Massage Therapy II	4
LMT 145	Massage I	5
Choose one course from the following:		3-4
AH 105	Calculations for Allied Health	
BA 104	Business Math	
MTH 102	Applied Technical Mathematics	
MTH 105	Math in Society	
Or one course from the foundational requirements math list		
<b>Credits</b>		<b>12-13</b>

### Fourth Term

LMT 124	Kinesiology for Massage Therapy III	4
LMT 140	Pathology for Massage Therapy	4
LMT 150	Massage II	5
LMT 175	Swedish Relaxation Clinic	2
<b>Credits</b>		<b>15</b>

### Second Year

#### First Term

LMT 135	Managing a Massage Practice	3
AH 115 or BA 178 or COMM 218	Cultural Responsiveness in Allied Health or Customer Service or Interpersonal Communication	3
LMT 160	Hydrotherapy	1