

PROFESSIONAL CLINICAL MASSAGE THERAPY

Certificate

Description

The Professional Clinical Massage Therapy program provides instruction in therapeutic massage with advanced training in the treatment of soft tissue ailments, postural distortions, and degenerative process of the body. The program prepares students for employment in medical based facilities such as physician's offices, and rehabilitation centers, while also training students in the arts associated with a spa setting. Students receive training in massage law, basic massage theory techniques, allied modalities, and neuromuscular clinical massage theory techniques. The program includes 40 hours of practical clinical experience. Upon successful completion of this program, the student will receive a Certificate in Professional Clinical Massage Therapy.

Students who have successfully met all educational *and* institutional requirements for a Certificate in Professional Clinical Massage Therapy from Southeastern Institute are eligible to have their names submitted to the FSMTB to be eligible to sit for the Massage and Bodywork Licensing Examination (MBLEx). Upon passing, the student may apply to The North Carolina Board of Massage and Bodywork Therapy which is the state agency authorized to determine if the applicant qualifies to become a Licensed Massage and Bodywork Therapist (LMBT) in North Carolina. Pursuant to N.C.G.S. 90-629.1, the North Carolina Board of Massage and Bodywork Therapy may deny a license to practice massage and bodywork therapy if an applicant has a criminal record or there is other evidence that indicates the applicant lacks good moral character.

Objectives

The curriculum is designed to prepare the graduate to enter the community with the skills needed to work in a medical setting, as well as the basic skills necessary to perform as an entry-level massage therapist. Upon graduation, students of the Southeastern Institute will have a strong understanding of human anatomy and physiology, proper client communication skills, clinical evaluation and treatment skills, and the proper use and application of various therapeutic massage techniques.

Prerequisites

Have a high school diploma or GED
Pass the entrance examination
Background Check and Drug Screening where applicable

Course Outline

To receive a Certificate in Professional Clinical Massage Therapy, students must complete 37.5 Quarter Credit Hours (ACCSC)/13.333 Quarter Credit Hours (T-IV) for a total of 500 Clock Hours. This certificate program can be completed in 6 months.

Professional Clinical Massage Therapy Program

		Clock Hours	Credit Hours	Federal Student Aid
MSS 150	Anatomy & Physiology I	115	11.5	3.067
MSS 160	Anatomy & Physiology II (Functional Anatomy)	115	9.0	3.067
MSS 200	Allied Modalities/Swedish	110	8.0	2.933
MSS 268	Clinical Neuromuscular	120	8.0	3.200
MSS 268	Clinical Practicum	40	1.0	1.067
Total Quarter Credits/Hours		500	37.5	13.333

PROFESSIONAL CLINICAL MASSAGE THERAPY PROGRAM

MSS 150 Anatomy and Physiology I: 11.5 quarter credit hours

The goal of this course is to introduce the student to the body’s major systems, its structure (anatomy) and function (physiology), as well as associated pathology. The student will learn how each system functions individually, with special emphasis on its relevance to the practice of massage therapy. Attention is given to common pathology of each system and its impact on appropriate massage protocol as well as contraindications to massage. In addition, Indications and Contraindications, Hygiene and Control of Disease, and Somatic Psychology will be discussed.

MSS 160 Anatomy and Physiology II- Functional Anatomy: 9.0 quarter credit hours

In this course covers an in-depth study of Anatomy & Physiology provides the student with thorough, hands-on knowledge of the body planes, bony landmarks and the muscular and skeletal systems. The student will also learn the joint classifications and proper movements of those joints (Kinesiology), musculoskeletal, gross palpatory anatomy, and arthrology/biomechanics. This course covers an extensive study of movement.

MSS 200 Allied Modalities/Swedish: 8.0 quarter credit hours

The study of Swedish Massage Introduces and familiarizes the students with the history and theory of massage. Through extensive discussion and hand-on table work, the student will learn how massage is important and effective. The student will learn to employ all of the basic strokes of massage and develop a one hour classical Swedish Massage. A thorough understanding of the theory of touch and its impact on the body’s systems will be expected. Eastern Modalities will also be discussed. In addition, Body Mechanics, Draping procedures, professional ethics, North Carolina laws and rules, business practices for Massage and Bodywork, and the theory and practice of Hydrotherapy will also be discussed.

MSS 258 Clinical Neuromuscular Massage: 8.0 quarter credit hours

This course merges the information learned in Anatomy and Physiology II (Functional Anatomy), and teaches the student to apply techniques and methods that can be used to effectively treat the many symptoms of myofascial dysfunction and chronic pain from injury and conditions. Clinical Neuromuscular Massage will equip the students with the ability to identify and treat muscular imbalances and postural distortions that result in restricted and faulty movement patterns, eventually leading to debilitating pain cycles and degenerative pathologies. This is a hands-on class that will provide the student with invaluable skills needed to address the ever-growing demand for pain intervention. This course will also cover Client Assessment Skills, Body Mechanics, Draping Procedures, Professional Ethics, and Business Practices for Massage and Bodywork as it pertains to the material covered in this course.

MSS 268 Clinical Practicum: 1.0 quarter credit hours

The student clinic portion will start after approximately midway through training and will require that the student perform a minimum of 40 hours prior to graduation. Student clinics will be held on Fridays/Saturdays. This is a requirement for graduation. It will be the responsibility of the students to sign up for these clinical appointments. Students will not be compensated for services to clients.