

MASSAGE THERAPY, Certificate – Noncredit

Workforce Development/Healthcare Education

Massage Therapy is a healing art as well as a science. It requires a balance of academic and technical knowledge, clinical skills, manual dexterity, sensitivity, and awareness. Massage Therapy is a manual therapy delivered to clients who are typically undressed and draped by a sheet throughout the treatment. One body region is undraped and massaged at a time. Students in training are required to act as the client 50% of the time. During the other 50% they act as the massage therapist. It requires a sincere desire to help others, along with a commitment to the time, energy, and focus necessary for the training process in order to become a solid practitioner. Working alone, or in consultation with other healthcare professionals (physical therapists, physicians, chiropractors), Massage Therapists perform assessments and manipulation of soft tissues of the body to effect a therapeutic response in the treatment and prevention of physical dysfunction. The result can be preventative or restorative, helping to maintain, rehabilitate, augment physical function and/or relieve pain. The following requirements must be completed (at the student's expense) after acceptance in the program and before the start of class: a 2-Step PPD, PA State Police Criminal Background Check and an FBI Check if the student has not resided in Pennsylvania for the past two consecutive years. Students should consider these factors prior to enrolling. Any questions regarding this information may be directed to the Massage Therapy Program Coordinator at (717) 221-1386. The complete program is 900-hours and is presented in a web-enhanced format (classroom meetings plus required online work). It is available at the Harrisburg Campus. Certificates are awarded upon successful completion of the program.

Career Opportunities

Graduates of this program are prepared to enter the healthcare profession as Massage Therapists in settings that include private or group massage practices, health clubs or fitness centers, chiropractic or medical offices, nursing homes, health spas and resorts, cruise ships, sports medicine facilities, and physical therapy centers. Some Massage Therapists have portable equipment and work at their clients' offices or homes. (**SOC Code: 31-9011 Massage Therapists**)

Competency Profile

This curriculum is designed to prepare students to:

- Have a working knowledge of the structure and function of the human body and how it is affected by massage
- Take a client health history and determine an appropriate course of massage therapy treatment
- Perform relaxation massage
- Perform therapeutic massage
- Communicate effectively with clients and other healthcare providers
- Behave in an ethical manner
- Take the State Licensing Exam for Therapeutic Massage

*Completion of this 900-hour certificate program, state licensing exam and employment in the massage therapy field may allow articulation of up to 30-credits towards an Associate Degree in HACC's Health Science AAS program.

PROGRAM REQUIREMENTS

Anatomy/Physiology/Kinesiology/Pathology
Swedish Massage
Chair Massage
Connective Tissue Therapy
Neuromuscular Therapy
Sports Massage
Eastern Concepts

Awareness/Communication/Ethics
Business Practices
Special Populations
Spa/Aromatherapy
Student Studio

RECOMMENDED SEQUENCE FOR STUDENTS

This program must be completed in sequence as part of a full –time day or part-time evening program.