

*****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 |
|-----------|---|---------|------|
| ALTH 1430 | ARC: First Aid and CPR/AED for the Professional Rescuer | 1 | |
| 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 | |

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 250 or higher on the reading portion of the computerized placement test,
- 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

There are other ways to qualify. Visit [LSC Accuplacer](http://lsc.edu/Accuplacer) (lsc.edu/Accuplacer) to find out more.

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](#).

For more information about the Massage Therapy – Diploma 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 advising at 218-733-7601 or the [professional advising team](mailto:pat@lsc.edu) (pat@lsc.edu).



MINNESOTA STATE

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