



# UNIVERSITY of WESTERN STATES

## *Massage Therapy Program*

**Total Clock Hours: 768      Total Credits: 47.5**  
**Program can be completed in 12 Months (4 Quarters)**

Course #	Course Name	Lecture Hours	Lab Hours	Contact Hours	Credits
<b>1st Quarter</b>					
MSG 1120	Swedish/Chair Massage	22	22	44	3
BIO 1121	Anatomy & Physiology I	22	0	22	2
BIO 1122	Anatomy & Physiology I Lab	0	22	22	1
BIO 1123	Medical Terminology	11	0	11	1
MSG 1124	Communications & Ethics	33	0	33	3
MSG 1125	Kinesiology I	11	22	33	2
MSG 1110	Clinic I—Intro to Clinic	0	15	15	0.5
<b>2nd Quarter</b>					
MSG2120	Deep Tissue Massage I	11	33	44	2.5
BIO 2121	Anatomy & Physiology II	22	0	22	2
BIO 2122	Anatomy & Physiology II Lab	0	22	22	1
MSG 2123	Kinesiology II	11	22	33	2
BIO 2124	Pathology	33	0	33	3
MSG 2127	Clinic II	0	35	35	2
<b>3rd Quarter</b>					
BIO 3120	Anatomy & Physiology III	22	0	22	2
BIO 3121	Anatomy & Physiology III Lab	0	22	22	1
MSG 3122	Deep Tissue Massage II	11	33	44	2.5
MSG 3123	Ortho/Sports/Rehab Massage	11	33	44	2.5
MSG 3125	Clinic III	0	55	55	2.5
MSG 3105	Massage for Cancer Patients	20	0	20	2
<b>4th Quarter</b>					
MSG 4125	Clinic IV	0	55	55	2.5
MSG 4121	Survey of Modalities	22	22	44	3
MSG 4122	Medical Massage	22	11	33	2.5
MSG 4123	Business Management	44	0	44	4
MSG 4105	Professional Development	16	0	16	1

## Course Descriptions

**BIO 1121 - Anatomy & Physiology I Lecture**                      Quarter 1                      Credits: 2  
Course materials: Mosby's Fundamentals of Therapeutic Massage and Essential Sciences for  
Therapeutic Massage (Fritz);  
Clock Hours: 22                      Lecture Hours: 22                      Lab Hours: 0  
Prerequisites:                      None

This is the first of a three-part sequence to cover the basic structure and function of the human body. Particular attention will be paid to body organization, cell structure and function, tissues and membranes, and the skeletal and muscular systems.

**BIO 1122 - Anatomy & Physiology I Lab**                      Quarter 1                      Credits: 1  
Clock Hours: 22                      Lecture Hours: 0                      Lab Hours: 22  
Prerequisites:                      None

Lab time for Anatomy and Physiology I will include palpation, use of model skeletons and clay for building muscles as well as observation of prosected human cadavers with a focus on tissues, membranes, and the skeletal and muscular systems.

**BIO 2121 - Anatomy & Physiology II Lecture**                      Quarter 2                      Credits: 2  
Course materials: Mosby's Fundamentals of Therapeutic Massage and Essential Sciences for  
Therapeutic Massage;  
Clock Hours: 22                      Lecture Hours: 22                      Lab Hours: 0  
Prerequisites:                      A&P I Lecture A&P I Lab

This is the second part of a three-part course covering the structure and function of the human body and covers the integumentary, nervous, cardiovascular, respiratory, lymphatic and immune systems as well as discussion of HIV/AIDS. Lab time will include palpation, use of model skeletons and clay for building muscles as well as observation of prosected human cadavers.

**BIO 2122 - Anatomy & Physiology II Lab**                      Quarter 2                      Credits: 1  
Clock Hours: 22                      Lecture Hours: 0                      Lab Hours: 22  
Prerequisites:                      A&P I Lecture A&P I Lab

Lab time for Anatomy and Physiology II will include palpation, use of model skeletons and clay for building muscles as well as observation of prosected human cadavers with a focus on integumentary, nervous, cardiovascular, respiratory, lymphatic and immune systems.

**BIO 3120- Anatomy & Physiology III Lecture**                      Quarter 3                      Credits: 2  
Course materials: Mosby's Fundamentals of Therapeutic Massage and Essential Sciences for  
Therapeutic Massage  
Clock Hours: 22                      Lecture Hours: 22                      Lab Hours: 0  
Prerequisites:                      A&P I and II

This is the third part of a three-part sequence covering the structure and function of the human body which covers the digestive, endocrine, genitourinary, and fascial systems.



**MSG 1124 - Communication & Ethics** Quarter 1 Credits: 3  
 Course materials: Mosby's Fundamentals of Therapeutic Massage and The Ethics of Touch (Sohnen-Moe)  
 Clock Hours: 33 Lecture Hours: 33 Lab Hours: 0  
 Prerequisites: None

This course emphasizes written, verbal, and non-verbal communication skills and involves issues around massage therapist-client interaction as well as interprofessional communication (e.g. doctors, chiropractors, physical therapists, etc). Ethical topics include boundaries, HIPAA regulations, special needs clients, sexual harassment, and licensing guidelines/responsibilities.

**MSG 1120 - Massage I: Chair/Swedish** Quarter 1 Credits: 3  
 Course Materials: Mosby's Fundamentals of Therapeutic Massage  
 Clock Hours: 44 Lecture Hours: 22 Lab Hours: 22  
 Prerequisites: None

Students learn manual massage techniques focusing on relaxation and stress reduction by relieving tension with the use of Swedish massage and chair massage. In addition to the practical applications, students learn the history and theory behind massage techniques and the physiological and psychological effects of touch. Students work on interviewing skills, note-taking for client charts, keeping good records, and planning single and multiple sessions. Proper draping, lubrication, turning procedures, universal precautions, sanitation, and practitioner self-care are also of major importance.

**MSG 2120 - Deep Tissue Massage 1** Quarter: 2 Credits: 2.5  
 Course Materials: Mosby's Fundamentals of Therapeutic Massage  
 The Balanced Body: A Guide to Deep Tissue & Neuromuscular Therapy  
 Clock Hours: 44 Lecture Hours: 11 Lab Hours: 33  
 Prerequisites: Massage I

The Deep Tissue Massage 1 course focuses on introducing deep tissue massage techniques such as trigger point/neuromuscular therapy, myofascial release, and pin and stretch. Students learn basic postural assessment and appropriate treatment to restore soft tissue balance.

**MSG 3122 Deep Tissue Massage 2** Quarter: 3 Credits: 2.5  
 Course Materials: Mosby's Fundamentals of Therapeutic Massage  
 The Balanced Body: A Guide to Deep Tissue & Neuromuscular Therapy  
 Clock Hours: 44 Lecture Hours: 11 Lab Hours: 33  
 Prerequisites: Deep Tissue Massage 1

Students will focus on integrating Deep Tissue, Myofascial and Trigger Point techniques into massage practice and continue to discuss and demonstrate the role that these deeper, specific modalities have in addressing muscular pain and dysfunction. The course will build upon Deep Tissue Massage 1 to increase the student's ability to use posture and gait assessment as a visual tool in determining dysfunction and appropriate massage intervention. The skills learned in Massage I and Deep Tissue Massage 1 will be reinforced while working in the Outpatient Clinic under the supervision of a Licensed Massage Supervisor.

**MSG 3123 - Massage III: Ortho/Sports/Rehab**                      Quarter 3                      Credits: 2.5  
Course Materials: Orthopedic Massage: Theory and Technique (Whitney Lowe) and/or Massage for Orthopedic Conditions (Hendrickson)

Clock Hours: 44                      Lecture Hours: 11                      Lab Hours: 33  
Prerequisites:                      Massage I, Deep Tissue Massage 1

Students will learn massage techniques used for orthopedic, sports and rehabilitation and the special conditions surrounding these types of massages. Topics include injury assessment, basic concepts of strength training, rehabilitation exercise and stretching to improve physical conditions following accidents, injuries, disease. Students learn postural assessment and gait analysis. Conditions such as bursitis, tendonitis, and rheumatoid arthritis are also discussed.

**MSG 4122 - Medical Massage**                      Quarter 4                      Credits: 2.5  
Course materials: Outcome-Based Massage (Andrade & Clifford)  
Clock Hours: 33                      Lecture Hours: 22                      Lab Hours: 11  
Prerequisites:                      Pathology, Massage I

Students will learn methods for working with specific medical conditions such as lymphedema, chronic pain, pre and post-surgery, and scar tissue. Students will also learn indications/contraindications related to herbs and medications, discuss working in a hospital or medical setting and develop strategies for working with elderly clients.

**MSG 4121 Survey of Modalities**                      Quarter 4                      Credits: 3  
Course materials: handouts  
Clock Hours: 44                      Lecture Hours: 22                      Lab Hours: 22  
Prerequisites: Pathology, Massage I

This is an overview and introduction to a number of different massage modalities including Tuina, Shiatsu, craniosacral, and other theories.

**MSG 3105 - Massage for Cancer Patients**                      Quarter 3                      Credits: 2  
Course Materials: Medicine Hands: Massage Therapy for People with Cancer (MacDonald)  
Clock Hours: 20                      Lecture Hours: 20  
Prerequisites: Pathology, Massage I

The use of complementary medicine in conjunction with allopathic treatments for cancer patients is on the rise. This course prepares the student for integrative medicine programs where they can use massage on patients in hospitals or hospice who are experiencing chronic pain, side effects caused by chemotherapy and radiation, and chronic diseases that get poor results with standard medicine. Massage students discuss the emotional and psychological aspects of cancer as well, including practitioner self-care.

**MSG 4123 - Business Management**                      Quarter 4                      Credits: 4  
Course materials: Business Mastery (Sohnen-Moe) and Mosby's Fundamentals of Therapeutic Massage  
Clock Hours: 44                      Lecture Hours: 44                      Lab Hours: 0

Students learn basic business and accounting practices, insurance billing, bookkeeping, income reporting, obtaining liability insurance, credentialing requirements, and other topics that are important in establishing and operating a massage therapy practice, or forming a partnership or contract with a corporation. Students will make a business plan including the legal requirements and tax structure of owning a small business.

**MSG 4105 - Professional Development Seminar**      Quarter 4      Credits: 1  
Course materials: Business Mastery  
Clock Hours: 16      Lecture Hours: 16      lab Hours: 0

In addition to business operations, massage therapy students will learn how to build a resume, market themselves, and manage their time. Other topics include the role of professional associations for massage therapists; skill development through continuing education and advanced training programs.

### CLINICAL TRAINING

**MSG 1110 - Clinical -Intro to Clinic**  
**MSG 2127 - Clinical 2**  
**MSG 3125- Clinical 3**  
**MSG 4125- Clinical 4**

Quarter 1,2,3,4  
Credits: 4.5

Clock Hours: 165 (Q1=15 hrs, Q2=40 hrs, Q3=55 hrs, Q4=55 hrs)

In the first quarter of the program, students integrate and further refine skills acquired in Term 1 classes and prepare for Term 2 clinic in which therapeutic Swedish Massage treatments are available to the general public. Students become familiar with aspects necessary in the giving of a safe, effective and relaxing Swedish Massage, all aspects of the therapeutic session, and clinic operations. In the second through fourth quarters, students perform massages on members of the general public in our outpatient clinic. They use the skills they have learned in class such as interviewing clients, taking chart notes, performing physical assessments and forming treatment plans. All clinic time is supervised by a Licensed Massage Therapist (clinic supervisor) and students are evaluated by the clinic supervisor as well as through client feedback.