

MASSAGE THERAPY PROGRAM TRAINING OPTIONS

Option One: Massage Practitioner Certificate

Up to 338 Hours / 10-12 Units / 4-12 Months

1. **Therapeutic Massage I** (PFIT 82), a 4-unit, 128-hour, semester-length course;
2. **Therapeutic Massage II** (PFIT 83), a 4-unit, 128-hour, semester-length course;
3. **Fitness Anatomy and Kinesiology** (PFIT 63, or equivalent), a 2-unit, 32-hour, 8-week course;
4. **50 hours of massage practicum** that you must complete within 12 months of your initial enrollment in PFIT 82. Please note that the 50 hours of practicum is required *only* for the Massage Practitioner certificate.¹
You can complete the massage practicum in one of the following ways:
 - a. **Massage Therapy Skills Lab** (PFIT 180), a ½-unit (24 hours) or 1-unit (48 hours) semester-length course where you complete your massage practicum under the supervision of a lab technician;
 - b. **Unsupervised practicum**, totaling 50 hours, that you complete on your own, outside of MPC;
 - c. **A combination**, totaling 50 hours, of Massage Therapy Skills Lab practicum and unsupervised practicum;
5. **Pass a massage examination, which consists of giving a massage to one or more instructors.**
6. **Every course must be completed with at least a grade of “Pass” or “C.”**

Massage Practicum Requirements

Students attempting to earn a certificate as a Massage Practitioner must perform the 50 hours of massage practicum within one year of beginning Therapeutic Massage I. You may complete the practicum outside of class, in PFIT 180 (Massage Therapy Skills Lab), or by combining Lab hours and out-of-class hours. If you are performing massage as an employee, for example, of a physical therapist or chiropractor, you may use your massage work experience as a substitute for the practicum (you will need a signed letter from your employer stating the number of hours of massage you want to apply to the practicum).

The practicum is required *only* for the Massage Practitioner certificate, not the Massage Therapist certificate.

You must document the 50 hours of massage practicum as follows:

1. Each different person to whom you give a massage must complete a Confidential Health Information (CHI) form, which includes the client's health history and associated information. The CHI form must be filled out before the person receives the massage.
2. You may give no more than five massages to any one person.
3. You will not receive any credit for the amount of time that any massage exceeds 2 hours.
4. Every person to whom you give a massage must fill out a Student Evaluation form on which he or she evaluates your massage. You should require that people fill out the Student Evaluation form immediately following the massage, or within twenty-four hours. Student Evaluations filled out in the Lab require a Massage Therapy Skills Lab Student Evaluation form.
5. For every massage you give, you must complete a SOAP chart. Complete each SOAP chart immediately following (or at least on the same day as) each massage you give. SOAP charts completed in the Lab require a Massage Therapy Skills Lab SOAP form.
6. You are required to use the Massage Practicum Log to keep track of your practicum hours. The log is designed so you can keep track of both supervised lab hours and unsupervised hours. You must fill out the Log completely before handing in your practicum paperwork.
7. You can use work experience—massage you perform as an aide in a chiropractic or physical therapy office, for example—in lieu of the practicum if you give us a signed letter from your employer stating that you have performed 50 hours of massage.
8. Massages must be in 15-minute increments. When you turn in your practicum paperwork, we will round your massages up or down to the nearest quarter hour if necessary.

¹ If you want to earn the Massage Therapist certificate (described below), you must complete 2 units of PFIT 180. If you want to earn the Massage Practitioner certificate first and then work towards the Massage Therapist certificate, consider completing some or all of the massage practicum hours in PFIT 180 since these hours will also count towards fulfilling the 2 units of PFIT 180 required for the Massage Therapist certificate.

In order to satisfy the practicum requirements, you must perform some massages that are 15 to 30 minutes, some that are 45 to 60 minutes, and some that are 75 to 120 minutes. We established this requirement because we want to prepare you for different working situations. This requirement is not an option. If you do not conform to the requirement, you will not receive your certificate.

You Must Complete the 50 Hours of Massage Practicum as Follows:

<u>Length of Massage</u>	<u>Required Hours</u>	<u>% of 50 Hours</u>
15 to 30 minutes	5 hours	10%
45 to 60 minutes	25 to 35 hours	50 to 70 %
75 to 120 minutes	<u>10 to 20 hours</u>	<u>20 to 40 %</u>
TOTAL	= 50 HOURS	100%

Following is an example of one way to satisfy the practicum requirement:

15 to 30 minute massages

8 massages times ¼ hour	=	2 hours	4%
<u>6 massages</u> times ½ hour	=	<u>3 hours</u>	<u>6%</u>
14 massages		5 hours	10%

45 to 60 minute massages

8 massages times ¾ hour	=	6 hours	12%
<u>20 massages</u> times 1 hour	=	<u>20 hours</u>	<u>40%</u>
28 massages		26 hours	52%

75 to 120 minute massages

4 massages times 1¼ hour	=	5 hours	10%
4 massages times 1½ hour	=	6 hours	12%
<u>4 massages</u> times 2 hours	=	<u>8 hours</u>	<u>16%</u>
12 massages		19 hours	38%

TOTALS: 54 MESSAGES 50 HOURS 100%

In the above example, there were 54 massages requiring 54 Student Evaluations and 54 SOAP charts. The number of CHI forms required in the example would depend on the number of different people massaged. For example, if every one of the massages were given to a different person, 54 CHIs would be required; if all of the eight ¼-hour massages in the example were given to one person and all the other massages were given to different individuals, 46 CHIs would be required.

Massage Practicum Paperwork Requirements:

1. Provide the following information on the Massage Practicum Log: 1) your name as you would like it to appear on your certificate; 2) the address where you want us to mail your certificate; 3) your phone number should we need to reach you; and 4) your student ID number should we need to look up your records.
2. List your practicum massages in chronological order on the Massage Practicum Log.
3. Remember to fill out the bottom part of the second page of the Log where you are required to record the total number massages and total number of hours of massage completed.
4. Organize your paperwork before it is mailed or handed in or we will return it to you to organize.
5. When organizing the practicum paperwork, attach each CHI form to the corresponding Student Evaluation(s) and SOAP Chart(s). One way to organize the paperwork is to use a 3-hole punch on all your documents and place them in a 3-ring binder.
6. Organize the CHI forms, Student Evaluation(s) and SOAP Chart(s) in chronological order.
7. All paperwork must be in English. If a client does not speak or write English, you must translate and record on the appropriate form the information he or she provides.
8. If a client is physically unable to fill out any paperwork, you must do it for him or her. If the client is too young to read or write, record their answers if they are old enough to talk.
9. We keep your paperwork, so if you want copies of it, copy it before mailing or handing it in.
10. You should hand in the paperwork for the first five or ten massages that you complete so we can determine if your paperwork is deficient or incomplete and, if so, we will tell you how to correct any problems so you will be able to fill out all the additional paperwork correctly. If you hand in your paperwork all at once and it is determined that it is deficient or incomplete (you did not fill out your SOAP charts correctly, for example), you will be asked to complete or correct it and you may have to complete additional SOAP charts.
11. You can place your paperwork in Paul David Tuff's mailbox in either the Physical Education division office or the Administration building.
12. You can mail your material to: Massage Therapy Program, Monterey Peninsula College, 980 Fremont Street, Monterey, CA 93940

OPTION TWO: MASSAGE THERAPIST CERTIFICATE

UP TO 752-912 HOURS / 29.5-60 UNITS / 12-24 MONTHS

<u>Certificate of Achievement in Massage Therapy</u>		<u>Units</u>	<u>Hours</u>
*ANAT 5	Basic Human Anatomy and Physiology	4	96
HLTH 5	Advanced First Aid and Emergency Care	2	64
PFIT 63	Fitness Anatomy & Kinesiology	2	32
PFIT 82	Therapeutic Massage I	4	128
PFIT 83	Therapeutic Massage II	4	128
PFIT 180	Massage Therapy Skills Lab	2	96
<i>Select one course from the following:</i>		2	64
PFIT 84	Sports Massage		
PFIT 85	Clinical Massage		
<i>Select one course from the following:</i>		3-4	48-64
HLTH 4	Healthy Living (3) [48]		
MEDA 105	Medical Terminology (4) [64]		
NUTF 1	Nutrition (3) [48]		
<i>Select one course from the following:</i>		3	48
PSYC 1	General Psychology (3) [48]		
PSYC 40	Human Sexuality (3) [48]		
PSYC 50	Health Psychology (3) [48]		
<i>Select 3 units from the following:</i>		.5-3	48-192
PHED 41	Prevention & Care of Athletic Injuries (3) [48]		
PHED 42	Athletic Training Field Experience (2) [96]		
PFIT 8	Aerobic Conditioning (1-1.5 [48-72]		
PFIT 9	Personal Fitness (1) [48]		
PFIT 10	Weight Training (.5-1) [24-48]		
PFIT 13	Stability Ball Training (.5) [32]		
PFIT 14	Exercise for Health and Fitness (.5) [24]		
PFIT 15	Core Matwork (.5-1) [24-48]		
PFIT 16	T'ai Chi (.5-1) [24-48]		
PFIT 17	Yoga (.5-1) [24-48]		
PFIT 18A	Aerobic Fitness I (.5) [32]		
PFIT 18B	Aerobic Fitness II (1) [64]		
PFIT 19	Body Sculpting (.5) [32]		
PFIT 20	Circuit Training (1) [48]		
PFIT 21	Flexibility & Relaxation Techniques (.5) [32]		
PFIT 22A	Fitness Through Swimming I (1) [64]		
PFIT 22B	Fitness Through Swimming II (.5) [32]		
PFIT 30	Introduction to Triathlon Training (2) [64]		
PFIT 50	Independent Fitness & Testing Program (1) [48]		
PFIT 51	Fitness & Wellness Strategies (2) [32]		
PFIT 60	Fitness Exercise Physiology (1) [16]		
PFIT 92	Teaching Aide (1) [48]		
TOTAL Certificate of Achievement units and hours		29-30	752-912
<u>Associate in Science Degree in Massage Therapy</u>			
Certificate of Achievement Requirements from above		29-30	
*MPC General Education Requirements		17	
Electives		13-14	
TOTAL Associate in Science Degree units and hours		60	752-912

If you complete the requirements for the Certificate of Achievement in Massage Therapy or the Associate in Science degree in Massage Therapy, you automatically qualify for the Massage Therapist certificate. The Massage Therapist certificate—unlike the Certificate of Achievement or the Associate degree—shows the number of hours of training you completed in the Massage Therapy Program. Having the number of hours of training on the Massage Therapist certificate is important since hours of training is usually what government agencies, private massage organizations and employers use to determine your eligibility for licensing, membership or employment.

The Associate degree requirements consist of the Certificate of Achievement requirements plus general education requirements and electives. The number of hours of training in massage and related subjects (752-912 hours) is the same for both the Certificate of Achievement and the Associate in Science degree because the general education hours included in the Associate degree do not count as hours of training.

Every course taken to meet the requirements for the Massage Therapist certificate must be completed with at least a grade of “Pass” or “C.”

If you want to earn the Massage Therapist certificate, you can earn the Massage Practitioner Certificate first. The Massage Practitioner Certificate allows you to get a business license in some cities, so you could explore employment options while you are completing additional training.

When you complete the requirements for either Option One or Option Two, contact the Massage Therapy Program and request either the Massage Practitioner certificate or Massage Therapist certificate.

Upon successful completion of the Massage Practitioner certificate, students will be able to:

- ✎ Apply knowledge and skills in the theory and practice of therapeutic massage in order to perform safely, ethically, and effectively, a variety of techniques in order to produce a variety of physiological results in various populations.
- ✎ Communicate with clientele in a professional manner.
- ✎ Describe strategies for launching, building and managing a massage business.
- ✎ Identify various employment opportunities in the massage profession.
- ✎ Recognize the importance of continuing education as an integral component of professional growth.
- ✎ Apply self-care techniques to prevent burnout and injury.
- ✎ Apply for a business license in most California municipalities.
- ✎ Apply for Massage Practitioner certification through the California Massage Therapy Council.
- ✎ Apply for membership in professional massage organizations.

Upon successful completion of the Massage Therapist certificate, students also will be able to:

- ✎ Apply for Massage Therapist certification through the California Massage Therapy Council
- ✎ Apply to take the Massage and Bodywork Licensing Examination