

Massage Therapy Program
Monterey Peninsula College
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<http://www.mpc.edu/academics/academic-divisions/physical-education/massage-therapy>

Massage Therapy Program Catalog

Revised July 2019

All hands-on massage courses are listed in the Schedule of Classes under "Physical Fitness - Massage."

Welcome to the Massage Therapy Program, which began in February of 1994. Whether you are pursuing career options or personal enrichment, our goal is to introduce you to massage and to the understanding that massage is about connection with oneself and with others, connection that is safe, ethical, nurturing, compassionate, and mutually rewarding. For those who want to explore massage as a career, we want to train entry-level massage therapy practitioners who will be touchstones verifying the many benefits quality massage therapy can provide. These benefits include self-awareness, pain relief, relaxation, enhanced fitness, and normalization of the physiologic functions impaired by the physical and emotional stresses of daily life.

Massage is an ancient healing art that has awakened many of us to the intimate connection between the body, mind and spirit. Massage also helps us remember our interconnection with all human beings, and with the world around us. Massage allows us to connect with one another at the deepest level of our being, encouraging interpersonal trust, respect and reverence. Massage can act as a bond that ties us together into one human family, and it can serve as a salve that heals the emotional wounds we suffer in life, wounds that can fill us with fear, hate, intolerance and despair. Without these connections, peace, health, and happiness are elusive states in a world that is often stressful and fragmented.

Massage goes hand in hand with health and well-being, the desire to serve humanity, the need we have to touch and be touched, and our wish to live in harmony with each other and the environments that support us all. Massage is a wonderful luxury many enjoy only on special occasions, but more and more people receive regular massages as an integral part of a wellness-oriented approach to healthcare. Unfortunately, massage therapy is vastly under-utilized in our society, but it has vast potential for helping to make us all healthier and happier. It is recognition of and respect for the potential of massage for connecting and healing us that we hope to inspire in you and in those you have the privilege to touch.

In recognizing and celebrating the connections that massage can establish or reaffirm in and between each of us, we welcome a commitment--to ourselves and to all those with whom we share the awesome power of touch--to make this world a better place for us all.

Admission

Anyone who satisfies the admission requirements of Monterey Peninsula College is eligible to enroll in the Massage Therapy Program courses and is welcome regardless of sex, race, religion, or national origin.

English Language Proficiency

All courses are taught in English. MASS 82 (Therapeutic Massage I) is our initial massage course and has a Basic Skills Advisory: Eligibility for ENGL 1A. Proficiency in reading and writing English is necessary for success in the program.

Students who need help with English skills are encouraged to visit to the English & Study Skills Center (ESSC) for assistance. ESSC has over one hundred Windows-based PCs available for MPC student use. The Microsoft Office suite of programs is installed on all computers. All computers have assistive software from Kurzweil Educational Systems to help with reading, writing, and study skills.

Physical Requirements

You must be physically capable of giving and receiving massage as taught in the hands-on massage courses. Learning massage can be physically demanding and may be difficult if, for example, you still suffer the effects of old injuries or surgeries, or have a musculoskeletal disorder such as carpal tunnel syndrome.

Certificates and Degree

The Massage Therapy Program includes several certificates and an Associate degree. Note that Certificates of Training, the Certificate of Achievement, and the Associate degree do not state the number of hours of training you complete.

1. **Certificate of Training (COT).** Students must file an application for a Certificate of Training through the Physical Fitness Department in the Physical Education Division.
 - a. Massage Practitioner
 - b. Massage Therapist Option 1
 - c. Massage Therapist Option 2

2. **Certificate of Achievement (COA) in Massage Therapy** - please see an MPC counselor if you want to pursue this option.
3. **Associate in Science (AS) degree in Massage Therapy** - please see an MPC counselor if you want to pursue this option.
4. **Supplemental certificates.** Because the COT, COA, and AS do not show how many hours of training you complete, the Massage Therapy Program issues supplemental certificates that do state these hours. To request a supplemental certificate, please contact the Massage Therapy Program.
 - a. Massage Practitioner - available if you complete the Massage Practitioner Certificate of Training.
 - b. Massage Therapist - available if you complete the Massage Therapist Option 1 or Option 2 Certificate of Training.
 - c. Massage Therapist-Advanced - available if you complete the Certificate of Achievement or Associate degree.

The Massage Therapy Program supplemental certificates are the only massage credentials you can earn at Monterey Peninsula College that show the number of hours of training you complete. Having these hours on your certificate may be important because hours of training are usually what government agencies, private massage organizations, and employers use to determine your eligibility for licensing, certification, membership, or employment.

Regarding the number of hours of training you complete in the Massage Therapy Program, the number varies depending on course selection and attendance. Also, hours of training are decreased, for example, when instructors must cancel classes and there is no substitute available, or when classes are cancelled due to a campus closure.

Certificates of Achievement

Massage Practitioner¹

Up to 357 Hours / 11 Units / 9 Months

| <u>Course #</u> | <u>Course Name</u> | <u>Units</u> | <u>Hours</u> |
|-----------------|-------------------------------|--------------|--------------|
| PFIT 63 | Fitness Anatomy & Kinesiology | 2 | 34 |
| MASS 82 | Therapeutic Massage I | 4 | 136 |
| MASS 83 | Therapeutic Massage II | 4 | 136 |
| MASS 180A | Massage Lab I | 1 | 51 |
| Totals | | 11 | 357 |

Massage Therapist

Choose ONE of the following two options

Massage Therapist Option 1 - Up to 527 Hours / 17 Units / 9 Months

| <u>Course #</u> | <u>Course Name</u> | <u>Units</u> | <u>Hours</u> |
|---|-------------------------------|--------------|--------------|
| ANAT 5 | Human Biology | 4 | 102 |
| PFIT 63 | Fitness Anatomy & Kinesiology | 2 | 34 |
| MASS 82 | Therapeutic Massage I | 4 | 136 |
| MASS 83 | Therapeutic Massage II | 4 | 136 |
| MASS 180A | Massage Lab I | 1 | 51 |
| <i>Complete one of the following courses:</i> | | 2 | 68 |
| MASS 84 | Sports Massage (2) (68) | | |
| MASS 85 | Clinical Massage (2) (68) | | |
| Totals | | 17 | 527 |

Massage Therapist Option 2 - Up to 561 Hours / 17 Units / 9 Months

| <u>Course #</u> | <u>Course Name</u> | <u>Units</u> | <u>Hours</u> |
|-----------------|------------------------|--------------|--------------|
| ANAT 5 | Human Biology | 4 | 102 |
| MASS 82 | Therapeutic Massage I | 4 | 136 |
| MASS 83 | Therapeutic Massage II | 4 | 136 |
| MASS 84 | Sports Massage | 2 | 68 |
| MASS 85 | Clinical Massage | 2 | 68 |
| MASS 180A | Massage Lab I | 1 | 51 |
| Totals | | 17 | 561 |

¹ The Massage Practitioner certificate does not meet California Massage Therapy Council Certification requirements

Certificate of Achievement in Massage Therapy

Up to 1173 Hours / 31-38 Units / 12-24 Months

| Course # | Course Name | Units | Hours |
|--|--|--------------|-----------------|
| Required Core: | | 21 | 544 |
| ANAT 5 | Human Biology | 4 | 102 |
| HLTH 5 | First Aid & CPR | 3 | 68 |
| MEDA 105 | Medical Terminology | 4 | 68 |
| PFIT 63 | Fitness Anatomy & Kinesiology | 2 | 34 |
| MASS 82 | Therapeutic Massage I | 4 | 136 |
| MASS 83 | Therapeutic Massage II | 4 | 136 |
| <i>Select at least two units from the following: (You may take 1 unit of MASS 180A plus 1 unit of MASS 180B, or 2 units of 180A. You may take up to four units if you take a 2-unit section of MASS 180A and then a 2-unit section of MASS 180B)</i> | | 2-4 | 102-204 |
| MASS 180A | Massage Lab I (1-2) [51-102] | | |
| | or MASS 180B Massage Lab II (1-2) [51-102] | | |
| <i>Select one course from the following:</i> | | 3 | 51 |
| PSYC 1 | General Psychology (3) [51] | | |
| PSYC 40 | Human Sexuality (3) [51] | | |
| PSYC 50 | Health Psychology (3) [51] | | |
| <i>Select three units from the following:</i> | | 3 | 51-187 |
| BUSI 44 | Introduction to Business Ownership/Management (3) [51] | | |
| HLTH 4 | Healthy Living (3) [51] | | |
| NUTF 1 | Nutrition (3) [51] | | |
| PFIT 2 | Core Fitness Training (1) [51] | | |
| PFIT 6 | Cross-Training (1) [51] | | |
| PFIT 8 | Aerobic Conditioning (.5-1) [34-51] | | |
| PFIT 9 | Personal Fitness (1) [51] | | |
| PFIT 10A | Beginning Weight Training (.5-1) [25.5-51] | | |
| PFIT 14 | Exercise for Health & Fitness (.5) [25.5] | | |
| PFIT 15A | Core Matwork I (.5-1) [34-51] | | |
| PFIT 16A | Tai Chi I (.5-1) [34-51] | | |
| PFIT 17A | Yoga I (.5-1) [34-51] | | |
| PFIT 18A | Aerobic Fitness I (.5-1) [34-51] | | |
| PFIT 19A | Body Sculpting I (.5) [34] | | |
| PFIT 20 | Circuit Training (1) [51] | | |
| PFIT 21A | Flexibility & Relaxation Techniques I (.5) [34] | | |
| PFIT 22A | Fitness Through Swimming I (1) [68] | | |
| PFIT 30A | Triathlon Training I (1) [68] | | |
| PFIT 50 | Independent Fitness & Testing program (1) [51] | | |
| PFIT 51 | Fitness & Wellness Strategies (2) [34] | | |
| PFIT 60 | Fitness Exercise Physiology (1) [17] | | |
| PFIT 92 | Teaching Aide-Physical Fitness (1) [51] | | |
| Total Core Certificate Units and Hours | | 29-31 | 748-986 |
| <i>Select one of the following options: (only one option is required but you may take both)</i> | | 2-7 | 68-187 |
| Sports Massage Option (both courses are required) | | | + |
| MASS 84 | Sports Massage (2) [68] | | |
| PHED 41 | Prevention & Care of Athletic Injuries (3) [51] | | |
| Clinical Massage Option | | | |
| MASS 85 | Clinical Massage (2) [68] | | |
| Total Certificate Units and Hours | | 31-38 | 816-1173 |

Associate in Science degree in Massage Therapy

Up to 1173 Hours / 31-38 Units / 12-24 Months

To earn the AS degree, complete the COA requirements above, as well as the MPC general education requirements. The hours and units for the COA and AS are the same because general education courses do not count as hours of training.

Course Sequence

- You must take MASS 82 (or have equivalent training) before you can enroll in MASS 83, 84, or 85. MASS 82 is offered during spring and fall semesters, during the day, evening, or both.
- You must take MASS 82 before you can enroll in MASS 180A unless you take both courses concurrently
- You must take MASS 180A (or have equivalent training or experience) before you can take MASS 180B
- You can take a combined 4 units of MASS 180A and MASS 180B if you first complete a two-unit section of MASS 180A and then complete a two-unit section of MASS 180B
- You can take any other course in the program at any time and in any sequence
- If you want to learn about some of the subjects discussed in the massage courses prior to enrolling in them, we recommend taking MEDA 105 (Medical Terminology), PFIT 63 (Fitness Anatomy & Kinesiology), or ANAT 5 (Human Biology).

Massage Course Descriptions and Schedule

Our training is based primarily on Swedish massage and covers subjects such as massage techniques, body mechanics, hygiene, draping, anatomy, physiology, kinesiology, pathology, ethics, business practices, and professional standards. We emphasize the humanitarianism inherent in the massage therapy profession and an appreciation of massage as an ancient healing art that, for thousands of years and throughout the world, has helped promote health and wellbeing and the healing of the physical and psychological injuries suffered by so many. The instructors strive to maintain an open, safe, friendly, professional, nurturing, and compassionate learning environment.

Therapeutic Massage I - Focuses primarily on the theory and practice of Swedish massage, including the five Swedish massage strokes: effleurage, petrissage, friction, vibration and tapotement. Includes coverage of: sports massage, chair massage, and trigger point massage; ethics and professionalism; mobilization of joints; body mechanics; hygiene; draping; accurate recording of each massage therapy session in the SOAP format; and anatomy and physiology. This course includes written and practical examinations that evaluate each student's level of proficiency in the course objectives. Please note that students are required to exchange massages (giving *and* receiving) with all other class members.

Therapeutic Massage II - Continues the exploration of the theory and practice of massage therapy. The course covers business practices, anatomy, physiology, kinesiology, pathology, and additional massage techniques such as deep tissue, acupressure, and strain-counterstrain. Students must complete MASS 82 or an equivalent course before enrolling.

Sports Massage - Learn to provide appropriate care tailored to the unique biomechanical and psychological needs of athletes and active people. Course covers the three applications of sports massage: event massage, maintenance massage, and rehabilitative massage. Includes: taking a history; evaluation, planning, and follow-up; common athletic injuries; injury pathology and the healing process of soft tissue; massage, stretching, and cramp relief techniques; and hydrotherapy.

Clinical Massage - Learn various massage techniques designed to help people who suffer from myofascial pain and dysfunction.

Massage Lab I/II - Students provide massages to each other and to paying "clients" in a supervised setting. Students run the lab as a virtual business, scheduling appointments, performing massage, collecting fees, and filling out and keeping track of various forms. Please note that California Massage Therapy Council allows only 75 hours of MASS 180A and MASS 180B to count toward certification.

Please see the MPC Catalog for descriptions of the non-massage courses in the program.

Complete the schedule below and fulfill CAMTC Certification requirements in two semesters:

| <u>Course Schedule – Fall Semester 2019</u> | <u>Course Schedule – Spring Semester 2020</u> |
|--|---|
| ANAT 5 - Human Biology Various days and times | MASS 83 - Therapeutic Massage II T & Th 9:30 AM – 1:20 PM |
| MASS 82 - Therapeutic Massage I T & Th 9:30 AM - 1:20 PM | MASS 84 - Sports Massage (1 st half of semester) T & Th 6:00 PM - 10:00 PM for eight weeks |
| MASS 180A - Massage Lab I Days & times to be determined during first week of class | MASS 85 - Clinical Massage (2 nd half of semester) T & Th 6:00 PM - 10:00 PM for eight weeks |
| | MASS 180B – Massage Lab II Days & times to be determined during first week of class |

Dress Code

1. Wear comfortable clothing allowing free movement. You may warm up while giving massage, so wear layers if necessary.
2. Do not wear clothing so loose that it drags over your partner/client.
3. If you sweat a lot, use a sweatband.
4. If you have long hair, keep it up and out of the way.
5. You must wear a shirt or blouse, pants or shorts, and footwear at all times.

Draping

A drape is what covers a person receiving a massage. A drape is usually a towel or sheet. In our program, we use a sheet as the drape. Since a sheet is large enough to cover people of any size, it is easy to drape them as they prefer.

We use three general levels of draping: minimal, moderate, and maximal. Minimal draping exposes more of the person receiving the massage, and maximal exposes less. People who have never received a massage or have never been asked about their preferred level of draping may not know how to respond when asked about how they want to be draped. Therefore, we discuss draping thoroughly so students (and clients in our Massage Lab) understand their options. Some people may ask for minimal draping, but they can change their minds quickly when they realize that minimal draping exposes more of their body—their buttocks, for example—than they prefer. You can always ask a person receiving a massage to adjust the drape to a level that is comfortable, as long as the anal region, genitals, and breasts always remain covered by the drape. Sloppy draping that results in the undraping of breasts, genitals or any area a person wants covered while receiving a massage will result in disciplinary action.

Health and Hygiene

Proper hygiene is essential when giving or receiving a massage. Therefore, make sure you are clean when coming to class. You must wash your hands (and forearms, if needed) before and after giving a massage (and after blowing your nose during a massage, for example). Washing your hands thoroughly with soap and water is the most effective way to protect yourself and those you massage from the germs and bacteria that can spread infections.

Proper hygiene is especially important when working with a person who has a compromised immune system. In such a situation, make sure your hands are clean, and keep the drape between the person and anything, such as your clothing, that may contain dirt, germs, or bacteria.

If your skin is broken from a cut or scrape on your hands or forearms, you must cover it with a Band-Aid, finger cot or other material before giving a massage. If you have a contagious condition such as influenza, do not come to class.

Student Conduct Policy

Students are expected to behave ethically. Below is a list of behaviors that will result in disciplinary action:

1. Attending class under the influence of alcohol or drugs
2. Sexual misconduct (discussed below)
3. Unethical classroom behavior, which includes:
 - a) Displays of nudity or walking around partially clothed
 - b) Staring or leering at other students, or other disrespectful behavior
 - c) Sloppy draping that results in the undraping of breasts, genitals or any area a person wants covered while receiving a massage
 - d) Sloppy massage strokes resulting in touching of breasts, genitals or other areas a person does not want touched while receiving massage
4. Disruptive classroom behavior, which includes:
 - a) Continued willful disobedience of the teacher
 - b) Habitual profanity or vulgarity
 - c) Any physical or verbal abuse of another student or the teacher
 - d) Threats of force or violence against another student or the teacher

Sexual misconduct—which includes sexual harassment and sexual assault—is prohibited. Claims of sexual misconduct will result in the student who is the alleged perpetrator being suspended from class for the day of the suspension and the day following. The student also will be directed to report to the Vice President of Student Services and may be expelled from MPC. Victims of sexual misconduct may file a police report with the Monterey Police Department, which could result in legal action against the perpetrator.

Sexual harassment is unlawful discrimination in the form of unwelcome sexual advances, requests for sexual favors, and other verbal, visual, or physical conduct of a sexual nature and includes but is not limited to:

- a. Making unsolicited written, verbal, physical, and/or visual contacts with sexual overtones. Examples of sexual harassment in written form include suggestive or obscene letters, notes, and invitations. Examples of verbal sexual harassment include leering, gestures, and display of nudity, sexually aggressive objects or images. An example of physical sexual harassment is touching any area of the body another student does not want touched.
- b. Continuing to express sexual interest after being informed that the interest is unwelcome.
- c. Making reprisals, threats of reprisal, or implied threats of reprisal following a rebuff of harassing behavior.
- d. Engaging in explicit or implicit coercive sexual behavior within the educational environment used to control, influence, or affect the educational opportunities, grades, and/or learning environment of a student.

- e. Offering favors or educational benefits, such as grades, favorable assignments, recommendations, etc., in exchange for sexual favors.

Attendance Policy

1. You are tardy if 1) you arrive to class after the instructor takes roll, 2) you are late coming back from a break, or 3) you leave class early without notifying the instructor.
2. If you are late to class it is your responsibility to notify the instructor so that your presence in class is recorded.
3. Missing class for any reason counts as an absence.
4. Each portion of a class missed will count toward an absence. For example, if you miss one hour from four different classes, you have missed the equivalent of one entire class.
5. Students who are habitually tardy, miss multiple portions of classes, or are absent three or more times in a row without notifying the instructor, will be dropped.
6. Students who miss more than the maximum allowed for a particular class will receive a grade of “F.”
7. Students who miss any class or portion of a class that is part of the 100 hours of CAMTC specified subjects must make up the class or portion thereof by attending another section of the course or by arrangement with the instructor.
8. Students who complete a significant portion of a course but who must leave due to unforeseen emergency circumstances may be allowed to receive an “I” (incomplete) grade, but no other extended leave of absence is allowed.

Program Completion Policy

In order to earn a certificate or degree in our program, students must achieve a cumulative score of 60% on all written and practical assessments in the hands-on massage courses (MASS 82, 83, 84, 85 and 180A/B), and complete all courses with a grade of “Pass” or “C.”

Student-Teacher Ratio

Most hands-on massage courses are between 10 to 1 and 20 to 1. In other words, there are usually 10 to 20 students per teacher.

Credit for Previous Training and Education

Equivalent courses taken at most other colleges and universities are eligible for transfer to MPC. Students who complete courses or programs at private schools may be able to transfer the hours completed but will not receive credits or units for those hours.

Transferability of Units and Credentials Earned in MTP

Transferability is at the discretion of the institution to which you want to transfer any units or credentials you earn in the MTP.

Estimated Costs

| Credential | California Residents \$46 per unit | Non-Residents \$246 per unit |
|---|---|---|
| Massage Practitioner Certificate 10-12 units | \$460 - \$552 | \$2460 - \$2952 |
| Massage Therapist Certificate 17 units | \$782 | \$4182 |
| Massage Therapist-Advanced Certificate 31-38 units | \$1426 - \$1748 | \$7626 - \$9348 |
| Certificate of Achievement 31-38 units | \$1426 - \$1748 | \$7626 - \$9348 |
| Associate Degree 60 units | \$2760 | \$14,760 |

Tuition figures are based on unit fees only and do not include books, materials, parking fees, other college fees, or living expenses.

Financial Aid

Please contact Student Financial Services in the Student Services Building: 831-646-4030; <http://www.mpc.edu/financial-aid>.

Placement Services

MTP does not offer placement services. We sometimes are contacted by businesses who are hiring, so if you would like to be notified of such opportunities, make sure we have your current email address.

Facility

Hands-on massage courses are conducted in PE 205 in the Gym building. The large classroom (1966 ft²) has a suspended solid maple floor (it used to be the dance studio) and large mirrors along one wall. The audio/visual system includes a computer, amplifier, DVD player, document reader, overhead LCD projector (with large screen) and 4-speaker stereo system for playing music and viewing

presentations, videos, and Internet content. A storage room contains massage tables, massage chairs, and other equipment and supplies. The program office is located immediately adjacent to the classroom.

There are massage-related periodicals in the MPC library (*Massage*, *Massage Therapy Journal*, and *Massage & Bodywork*), and the massage program has a lending library that includes books and materials covering the massage profession, massage techniques, anatomy, physiology, kinesiology, pathology, and other subjects, and students have access to a full-size skeleton, anatomical charts, and flashcards.

California Massage Therapy Council School Approval Code

SCH0103

Complaint Procedures

A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 800, Sacramento, CA 95814, www.camtc.org, phone (916) 669-5336, or fax (916) 669-5337.

Credentials, Certification, and Licensing

In California: 1) Massage schools issue certificates, degrees, and diplomas, not certification. You are certified only if you earn Certification from California Massage Therapy Council; 2) There is no state license to practice massage, only business licenses and permits issued by cities and counties.

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code sections 4600 et. Seq.

Unfair Business Practices

According to Section 4611 of the California Business and Professions Code, it is an unfair business practice for a person to do any of the following:

1. To hold himself or herself out or to use the title of “certified massage therapist” or “certified massage practitioner,” or any other term, such as “licensed,” “certified,” “CMT,” or “CMP,” in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the council pursuant to this chapter.
2. To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a governmental agency as a massage therapist or massage practitioner.

A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at: One Capitol Mall, Suite 800, Sacramento, CA 95814, www.camtc.org, phone (916) 669-5336, or fax (916) 669-5337.