

**THERAPEUTIC MASSAGE PROGRAM (TMA)  
65 CREDITS  
ASSOCIATE IN APPLIED SCIENCE DEGREE**

Therapeutic massage is the manipulation of the soft tissue as a means of helping clients achieve optimal levels of functioning. The program covers topics in massage techniques, massage theory, anatomy and physiology, kinesiology, body mechanics, documentation, medical terminology, business/ethics and client/therapist relationship building, and includes an introduction to other modalities and complementary alternative therapies.

Upon completion of this program, graduates will be eligible to sit for the Illinois State Exam for licensure as a Massage Therapist. Currently the exam is the MBLEx given by the Federation of State Massage Boards ([www.fstmb.org](http://www.fstmb.org)). Please contact that agency regarding requirements for application and fees. Upon passing the exam, they can then apply to the Illinois Department of Finance and Professional Regulations ([www.idfpr.com](http://www.idfpr.com)) for licensure and find the list of approved agencies for fingerprinting. Fingerprints are run through both the Illinois State Police and the FBI. There are fees for the license and fingerprinting, payable to the agencies providing the service.

The IL license is renewable every two years on even numbered years. The state also requires 24 continuing education credits, 2 of which need to be in ethics, in the two year renewal period to maintain your license. Each state has their own requirements for education and licensure/regulations for practicing massage therapy. Please refer to the appropriate state for their requirements.

### PROGRAM OUTCOMES:

The successful graduates of the Applied Associate in Science program will:

1. Function within the scope and limitations of practice for a massage therapist as defined by the Illinois Board of Massage Therapy.
2. Utilize critical thinking to provide a safe, effective, and organized massage session.
  - a. Interview, collect data and assess the effects/benefits and needs/contraindications.
  - b. Develop a safe, effective treatment plan.
  - c. Implement the plan, being able to make adjustments as indicated.
  - d. Document the session using appropriate terminology.
  - e. Demonstrate effective communication skills within the health care community.
3. Respect the values and cultural diversity of all persons.
4. Recognize appropriate ethical responsibilities of the massage therapist.
5. Identify the need for continued self-development and self-care as an educated member of the community.
6. Write the State Board Exam for Massage Therapy.
7. Incorporate into the massage session techniques of myofascial release, orthopedic massage, energy work and Reiki as client assessment indicates.  
Incorporate the supplementary skills of public speaking, psychology and business math or business computers to provide a well-rounded approach when interfacing with prospective clients, colleagues and healthcare professionals.

### ADMISSION REQUIREMENTS

- Be 18 years of age or older.
- Complete and return the Morton College Information Form AND a Therapeutic Massage Application to the Office of Admissions and Records (OAR).
- Have an official high school transcript or GED indicating graduation or transcript indicating 60 hours of secondary education on file in the OAR.
- Understand there is a fee for malpractice insurance.
- Meet an advisor in the Academic Advising/Testing Center to develop a schedule and arrange for placement testing.

### HEALTH PHYSICAL

Must be able to stand for at least an hour. Lift 40 lbs.

### TRANSFER STUDENTS

Transfer students must have their official transcripts evaluated. Course descriptions will be used to help evaluate coursework. Prospective students who have graduated from other programs but wish to earn the AAS will need to have obtained their IL state massage license.

## 2018-2019 CATALOG

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ALL COURSES MUST BE PASSED WITH A "C" OR BETTER TO PROCEED THROUGH THE PROGRAM.

### SUGGESTED FORMAT FOR THE A.A.S. TPM PROGRAM CREDIT HOURS

#### FALL TERM

TPM	100	Introduction to Therapeutic Massage #.....	1
HCP	130	Medical Terminology #.....	3
BIO	152	Anatomy and Physiology (Therapies) #.....	5
ENG	101	Rhetoric I.....	3
PEH	103	Nutrition.....	2
			Total 14

#### SPRING TERM

TPM	110	Technique I.....	4
TPM	115	Kinesiology for Massage Therapist.....	4
HIT	109	Pathology and Pharmacology.....	3
PSY	101	Introduction to Psychology*.....	3
			Total 15

#### SUMMER TERM

TPM	120	Techniques II.....	4
TPM	130	Technique III.....	4

#### FALL TERM

TPM	140	Therapeutic Massage Clinic.....	4
TPM	125	Business Practices and Ethics.....	4
TPM	116	Research in Massage.....	3
TPM	205	Advanced Massage I.....	3
			Total 14

#### SPRING SEMESTER

TPM	210	Advanced Massage II.....	3
CPS	111	Business Computer System*.....	3
SPE	101	Principles of Public Speaking*.....	3
Elective		Behavior/Social Science elective.....	3
Elective		Humanities elective.....	3
			Total 12

Overall Total 65

#### NOTES:

**# Indicates prerequisites for the program. They must be passed with a C or better prior of admission into the program.**

(The TPM courses are set but the general election classes - those with the \* - can be taken in any semester.)