

## Massage Therapy

*The massage therapy program is accredited by the Commission on Massage Therapy Accreditation (COMTA). The program also holds school memberships in the American Massage Therapy Association (AMTA) and Associated Bodyworkers and Massage Professionals (ABMP). Massage therapists in Illinois must sit for and pass the National Certification Exam for Therapeutic Massage (and Bodywork) before applying for their Illinois license.*

Massage is one of the oldest healing arts. The benefits of massage are varied and far-reaching. It is an accepted part of many physical rehabilitation and health maintenance programs and has proven beneficial for many chronic conditions, including low back pain, arthritis, fatigue, high blood pressure, diabetes, depression and more. Massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.

Elgin Community College provides students with a multidimensional education that prepares them for national certification, Illinois licensure, and a holistic career that addresses body, mind, and spirit. A career in massage therapy can be very self-directed, is flexible and offers opportunities in both full- and part- time work.

Courses are firmly based in the sciences, massage theory and bodywork techniques, including an exemplary hands-on clinical learning experience in all three semesters. Students follow the course of study in a sequential order.

Research is integral to massage therapy. Students are exposed to research in both theory and application by reading and evaluating current research as well as creating a research project of their own in a client case study.

Registration for, participation in and completion of the massage therapy program at ECC does not guarantee certification, licensing or employment in the field.

Requirements in other states may differ and may be viewed at this web address: [www.massagetherapy.com/careers/slateboards.php](http://www.massagetherapy.com/careers/slateboards.php). Always check state and municipal ordinances in any area in which you plan to work as a massage therapist.

### High School Students

Students interested in applying to the massage therapy program should include biology, anatomy and physiology, physical education and literature courses in their high school preparatory studies as well as be confident in their written and oral communication skills.

### Information Sessions

Information sessions to learn about the career field are scheduled throughout the year and are listed at [www.elgin.edu/visitecc](http://www.elgin.edu/visitecc).

### Admission Requirements

*Criminal background checks and drug testing are required for all health professions programs. Students demonstrating a positive background check or drug test will be denied admission. Students demonstrating a positive background check or drug test while enrolled in the program will be dismissed from this health professions program. Information on these requirements is given to students upon acceptance to the program.*

**All candidates seeking admission** to this program must submit the following items to the ECC Records Department:

1. Completed ECC application, available at [elgin.edu/apply](http://elgin.edu/apply)
2. Official high school transcripts or GED® score or equivalent from country of origin
3. Official college transcripts from other colleges attended
4. Compass reading assessment score of 84 or better
5. Completed health professions application available at [www.elgin.edu/massage](http://www.elgin.edu/massage) and fee payment.

Students must successfully complete MAS 100 before submitting the health professions application and before taking any additional massage

therapy classes. The massage therapy program application is given to students at the final class meeting of MAS 100.

### Special Admissions Requirements

1. Students must score 75 percent or greater in MAS 100, with the final written exam grade no lower than 65 percent.
- Return to Massage Therapy Department:**
2. Completion of massage therapy program application.
  3. Two receipts from professional massages received within the previous six months of application to the program
  4. A written critique of one of the professional massages
  5. Two reference letters
  6. Application essay and responses to specific health questions in the application.
  7. Proof of personal health insurance coverage.

Once all application materials have been delivered to the ECC Records Department and the Massage Therapy Department, the student is contacted regarding their acceptance to the program. All admissions are subject to approval of program administration. If the number of qualified candidates exceeds the number of seats available (20 per program), admission to the program will be competitive and selective.

### Application Deadlines

June 1 for evening/weekend program  
October 15 for daytime program

### Program Options Evening/Weekend Program and Daytime Program

Two options with different class meeting times and start dates are offered each academic year.

### Massage Therapy Program Policies

Students accepted into the massage program are held to the standards, policies and procedures as published in the massage therapy student handbook. Copies are available at [www.elgin.edu/massage](http://www.elgin.edu/massage) and are sent to students in their acceptance/admissions packet.

**Certificate Conferred:  
Vocational Specialist Certificate in  
Massage Therapy**

**Introduction to Massage Therapy**

**Prerequisite**

MAS 100 is offered every semester, with both daytime and evening options. Students may take the prerequisite course at anytime, regardless of the program option they choose. Close attention to application deadlines must be made to secure your preferred program option.

**Evening/Weekend Program**

Courses begin in the fall semester and conclude in the summer semester.

Classes are held:

M 5:30 – 10 p.m.  
W 5:30 – 10 p.m.  
Sa 9 a.m. – 4 p.m.

Choose one of two clinic sections:

Th 5:30 – 8:45 p.m.  
Su 11 a.m. – 2:15 p.m.

<u>First Semester</u>	<u>semester hrs.</u>
MAS 110 Theory I	3.0
MAS 115 Wellness	1.5
MAS 120 Anatomy & Physiology I	3.0
MAS 125 Musculoskeletal Palpation I (MSP I)	1.5
MAS 130 Technique I	6.0
MAS 141 Clinic I	1.0

Second Semester

MAS 210 Theory II	2.5
MAS 215 Theory III	4.5
MAS 220 Anatomy & Physiology II	3.0
MAS 225 MSP II	1.5
MAS 142 Clinic II	1.0
MAS 230 Technique II	4.0
MAS 240 Clinical Case Study	0.5*

Third Semester

MAS 235 Technique III	2.5
MAS 250 Business	2.5
MAS 243 Clinic III	1.5
MAS 140 Community Outreach	0.5
MAS 240 Clinical Case Study	0.5*

\* MAS 240 Clinical Case Study may be taken in the second or third semester

**Daytime Program**

Courses begin in the spring semester and conclude in the fall semester.

Classes are held:

M - Th 10 a.m. – 2:30 p.m.

Choose one of two clinic sections:

Fri 9 a.m. – 12:15 p.m.

Fri 12:30 – 3:45 p.m.

<u>First Semester</u>	<u>semester hrs.</u>
MAS 110 Theory I	3.0
MAS 115 Wellness	1.5
MAS 120 Anatomy and Physiology I	3.0
MAS 125 Musculoskeletal Palpation I (MSP)	1.5
MAS 130 Technique I	6.0
MAS 141 Clinic I	1.0

Second Semester

MAS 210 Theory II	2.5
MAS 215 Theory III	4.5
MAS 250 Business	2.5
MAS 225 MSP II	1.5

Third Semester

MAS 230 Technique II	4.0
MAS 220 Anatomy and Physiology II	3.0
MAS 235 Technique III	2.5
MAS 142 Clinic II	1.0
MAS 240 Clinical Case Study	0.5
MAS 243 Clinic III	1.5
CVS 141, Community Outreach	0.5