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Cupertino, CA 95014  
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Academic Year  
**2018 - 2019**

# Massage Therapy

Physical Education and Athletics Division  
Bldg. PE-4, Room PE-41C  
408-864-8751

Counseling and Advising Center  
Student and Community  
Services Bldg., 2nd Fl.  
408-864-5400

Please visit the Counseling Center to apply for degrees and for academic planning assistance.

### Certificate of Achievement Requirements

Completion of all major courses with a "C" grade or higher, or with a "Pass" if the course was taken on a Pass/No Pass (P/NP) basis and the "Pass" is equal to a "C" grade or higher.

Note: A maximum of six (6) quarter units may be transferred from other academic institutions.

### Certificate of Achievement-Advanced Requirements

1. Completion of all major courses with a "C" grade or higher, or with a "Pass" if the course was taken on a Pass/No Pass (P/NP) basis and the "Pass" is equal to a "C" grade or higher.
2. Demonstrated proficiency in English and mathematics as evidenced by eligibility for EWRT 1A or EWRT 1AH or ESL 5 and eligibility for MATH 114.

Note: A maximum of 18 quarter units may be transferred from other academic institutions.

### A.A./A.S. Degree Requirements

1. Completion of all General Education (GE) requirements (32-43 quarter units) for the A.A./A.S. degree. GE units must be completed with a minimum 2.0 GPA ("C" average).
2. Completion of all major courses with a "C" grade or higher, or with a "Pass" if the course was taken on a Pass/No Pass (P/NP) basis and the "Pass" is equal to a "C" grade or higher. Major courses can also be used to satisfy GE requirements (except for Liberal Arts degrees).

Note: A maximum of 22 quarter units from other academic institutions may be applied toward the major.

3. Completion of a minimum of 90 degree-applicable quarter units (GE and major units included). All De Anza courses must be completed with a minimum 2.0 GPA ("C" average). All De Anza courses combined with courses transferred from other academic institutions must be completed with a minimum 2.0 GPA ("C" average).

Note: A minimum of 24 quarter units must be earned at De Anza College.

## Massage Therapy

### Certificate of Achievement

This Certificate of Achievement prepares students with the knowledge, skills and abilities necessary for entry-level massage therapist positions. Completion of this Certificate of Achievement meets the educational requirements to apply for California Massage Therapy Council (CAMTC) certification. (The CAMTC will not accept online courses toward certification.)

*Program Learning Outcomes - upon completion, students will be able to:*

- Demonstrate knowledge of the various systems of the body and pathologies of these systems that can contraindicate or benefit from massage.
- Utilize the results of health intake forms and physical assessments to formulate and administer effective individualized massage treatments.

1. Meet the requirements for this certificate level.
2. Complete the following.

Students must present current First Aid and CPR cards to receive a certificate or degree in Massage Therapy.

BIOL 40A	Human Anatomy and Physiology (84 hours)	5
KNES 25A	Stretching (24 hours)	0.5
KNES 52	Physical Stress Management (24 hours)	2
MASG 50A	Introduction to Massage (60 hours)	3
MASG 50B	Intermediate Massage (72 hours)	4
MASG 50C	Sports Massage (60 hours)	3
MASG 50D	Advanced Massage Skills (72 hours)	4
MASG 51	Clinical Practicum in Massage Therapy (84 hours)	3

### Complete a minimum of one unit:

1

Note: Enrollment in these internship courses requires consent of the Instructor or Massage Program Coordinator.

MASG 54A	Massage Therapy Internship in Adapted Physical Education Laboratory (36 hours) (1)
MASG 54B	Massage Therapy Internship in Adapted Physical Education Laboratory (72 hours) (2)
MASG 54C	Massage Therapy Internship in Adapted Physical Education Laboratory (108 hours) (3)
MASG 56A	Sports Massage Internship (36 hours) (1)
MASG 56B	Sports Massage Internship (72 hours) (2)
MASG 56C	Sports Massage Internship (108 hours) (3)

### Total Units Required

**(516 hours min.).....25.5**

*California Massage Therapy Council (CAMTC) requires that all Massage (MASG) courses be taken at De Anza College and cannot be taken as an online or hybrid course.*

## Massage Therapy

### Certificate of Achievement-Advanced

This Certificate of Achievement-Advanced builds on the instruction of the Certificate of Achievement and provides students training in advanced treatment modalities and fitness concepts and more experience administering therapeutic treatments in a variety of professional settings. Completion of this Certificate of Achievement-Advanced meets the educational requirements to apply for National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) certification. The certification allows a therapist to work within a majority of the United States. (The NCBTMB will not accept online courses toward certification.)

*Program Learning Outcomes - upon completion, students will be able to:*

- Integrate advanced modality and treatment concepts into their treatments.
- Utilize advanced theories, methods and procedures to design and administer effective clinical treatments in a variety of professional settings with diverse populations.
- Demonstrate increased physical strength and endurance to meet the rigors of the profession.

1. Meet the requirements for this certificate level.
2. Complete the following.

Students must present current First Aid and CPR cards to receive a certificate or degree in Massage Therapy.

BIOL 40A	Human Anatomy and Physiology (84 hours)	5
BIOL 40B	Human Anatomy and Physiology (84 hours)	5
KNES 25A	Stretching (24 hours)	0.5
KNES 46	Care and Prevention of Athletic Injuries (72 hours)	4
KNES 52	Physical Stress Management (24 hours)	2
MASG 50A	Introduction to Massage (60 hours)	3
MASG 50B	Intermediate Massage (72 hours)	4
MASG 50C	Sports Massage (60 hours)	3
MASG 50D	Advanced Massage Skills (72 hours)	4
MASG 51	Clinical Practicum in Massage Therapy (84 hours)	3
MASG 52	Table Shiatsu (72 hours)	4

### Complete three units: **3** One unit must be in Adapted Physical Education or Sports Massage.

Note: Enrollment in these internship courses requires consent of the Instructor or Massage Program Coordinator.

MASG 54A	Massage Therapy Internship in Adapted Physical Education Laboratory (36 hours) (1)	
MASG 54B	Massage Therapy Internship in Adapted Physical Education Laboratory (72 hours) (2)	
MASG 54C	Massage Therapy Internship in Adapted Physical Education Laboratory (108 hours) (3)	
MASG 55A	Massage Therapy Teacher's Assistant Internship (36 hours) (1)	
MASG 55B	Massage Therapy Teacher's Assistant Internship (72 hours) (2)	
MASG 55C	Massage Therapy Teacher's Assistant Internship (108 hours) (3)	
MASG 56A	Sports Massage Internship (36 hours) (1)	
MASG 56B	Sports Massage Internship (72 hours) (2)	
MASG 56C	Sports Massage Internship (108 hours) (3)	

### Complete a minimum of four units:

4

BUS 55	Introduction to Entrepreneurship (60 hours) (5)	
KNES 12H	Tai Chi (24 hours) (0.5)	
KNES 50A	Orientation to Lifetime Fitness (24 hours) (2)	
KNES 50AL	Lifetime Wellness and Fitness Center Laboratory (36 hours) (1)	
KNES 77*	Special Projects in Physical Education (18 hours) (0.5)	
KNES 77X*	Special Projects in Physical Education (36 hours) (1)	
KNES 77Y*	Special Projects in Physical Education (54 hours) (1.5)	
MASG 53	Introduction to Chair Massage (60 hours) (3)	
NUTR 62	Nutrition and Athletic Performance (24 hours) (2)	
<b>Total Units Required (876 hours min.)</b>		<b>44.5</b>

*\*Special Projects in Physical Education for the Massage Therapy program needs approval from the Massage Program Coordinator.*

*California Massage Therapy Council (CAMTC) requires that all Massage (MASG) courses be taken at De Anza College and cannot be taken as an online or hybrid course.*

## Massage Therapy

### A.A. Degree

This A.A. degree builds on the instruction of the Certificate of Achievement-Advanced and provides students with additional knowledge, hands-on experience and fitness training to help them succeed as a massage therapist. Completion of this A.A. degree meets the educational requirements to apply for the CAMTC and/or NCBTMB certification. (The CAMTC and NCBTMB will not accept online courses toward certification.)

*Program Learning Outcomes - upon completion, students will be able to:*

- Integrate advanced modality and treatment concepts into their treatments.
- Utilize advanced theories, methods and procedures to design and administer effective clinical treatments in a variety of professional settings with diverse populations.
- Demonstrate increased physical strength and endurance to perform consecutive massage treatments without difficulty.
- Demonstrate effective entrepreneurial and oral and written communication skills to increase success in their careers.

1. Meet the A.A./A.S. degree requirements.
2. Complete the following.

Students must present current First Aid and CPR cards to receive a certificate or degree in Massage Therapy.

BIOL 40A	Human Anatomy and Physiology (84 hours)	5
BIOL 40B	Human Anatomy and Physiology (84 hours)	5
KNES 25A	Stretching (24 hours)	0.5
KNES 46	Care and Prevention of Athletic Injuries (72 hours)	4
KNES 52	Physical Stress Management (24 hours)	2
MASG 50A	Introduction to Massage (60 hours)	3
MASG 50B	Intermediate Massage (72 hours)	4
MASG 50C	Sports Massage (60 hours)	3
MASG 50D	Advanced Massage Skills (72 hours)	4

MASG 51	Clinical Practicum in Massage Therapy (84 hours)	3
MASG 52	Table Shiatsu (72 hours)	4
MASG 53	Introduction to Chair Massage (60 hours)	3

**Complete four units:** **4**

**One unit must be in Adapted Physical Education or Sports Massage.**

Note: Enrollment in these internship courses requires consent of the Instructor or Massage Program Coordinator.

MASG 54A	Massage Therapy Internship in Adapted Physical Education Laboratory (36 hours) (1)	
MASG 54B	Massage Therapy Internship in Adapted Physical Education Laboratory (72 hours) (2)	
MASG 54C	Massage Therapy Internship in Adapted Physical Education Laboratory (108 hours) (3)	
MASG 55A	Massage Therapy Teacher's Assistant Internship (36 hours) (1)	
MASG 55B	Massage Therapy Teacher's Assistant Internship (72 hours) (2)	
MASG 55C	Massage Therapy Teacher's Assistant Internship (108 hours) (3)	
MASG 56A	Sports Massage Internship (36 hours) (1)	
MASG 56B	Sports Massage Internship (72 hours) (2)	
MASG 56C	Sports Massage Internship (108 hours) (3)	

**Complete a minimum of 7.5 units:** **7.5**

BIOL 40C	Human Anatomy and Physiology (84 hours) (5)	
BUS 55	Introduction to Entrepreneurship (60 hours) (5)	
KNES 12H	Tai Chi (24 hours) (0.5)	
KNES 50A	Orientation to Lifetime Fitness (24 hours) (2)	
KNES 50AL	Lifetime Wellness and Fitness Center Laboratory (36 hours) (1)	
KNES 77*	Special Projects in Physical Education (18 hours) (0.5)	
KNES 77X*	Special Projects in Physical Education (36 hours) (1)	
KNES 77Y*	Special Projects in Physical Education (54 hours) (1.5)	
NUTR 62	Nutrition and Athletic Performance (24 hours) (2)	

*\*Special Projects in Physical Education for the Massage Therapy program needs approval from the Massage Program Coordinator.*

*California Massage Therapy Council (CAMTC) requires that all Massage (MASG) courses be taken at De Anza College and cannot be taken as an online or hybrid course.*

Major	Massage Therapy	52
GE	General Education (32-43 units)	
Electives	Elective courses required when major units plus GE units total is less than 90	
	<b>Total Units Required</b>	
	<b>(1,020 hours) .....</b>	<b>90</b>