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Massage Therapy
Program Assistant
408-864-8205

Physical Education and
Athletics Division
PE-4 Rm. 41C
408-864-8751

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

Career Services Info.
Student and Community
Services Bldg. 2nd Fl.
408-864-5400

Certificate of Achievement Level Requirements

A minimum "C" grade in each major course.

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

Certificate of Achievement-Advanced Level Requirements

1. A minimum "C" grade in each major course.
2. Demonstrated proficiency in English and mathematics as evidenced by eligibility for EVRT 1A 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 (31-42 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 requirements. Each major course must be completed with a minimum "C" grade. 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.

Major courses for certificates and degrees must be completed with a letter grade unless a particular course is only offered on a pass/no-pass basis.

Massage Therapy

Certificate of Achievement

This program prepares students with the knowledge, skills and abilities necessary for entry-level massage therapist positions.

Student 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.

Complete the following and meet the requirements for this certificate level.

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

BIOL 40A	Human Anatomy and Physiology (84 hours)	5
P E 11	Stretching (24 hours)	0.5
P E 53	Stress Management (24 hours)	2
P E 54	Introduction to Massage (72 hours)	4
P E 54A	Intermediate Massage (60 hours)	3
P E 54B	Sports Massage (60 hours)	3
P E 54C	Advanced Massage Skills (72 hours)	4
P E 54D	Clinical Practicum in Massage Therapy (84 hours)	3

Complete a min. of 36 applied massage ("hands on") internship hours.

P E 54T,U,V	Internship in Massage Therapy courses (1, 2, 3 units - 36, 72, 108 hours)	1
	Total Units Required (516 hours minimum)	25.5

Massage Therapy

Certificate of Achievement-Advanced

This program 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.

Student 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.

Complete the following and meet the requirements for this certificate level.

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

Complete the course and internship requirements for the **Certificate of Achievement**. 25.5

BIOL 40B	Human Anatomy and Physiology (84 hours)	5
P E 54E	Table Shiatsu (72 hours)	4
P E 35	Care & Prevention/Athletic Injuries (72 hours)	4

Complete a total of 108 hours/three (3) units from the "Internship in Massage Therapy" course series. Thirty-six (36) hours/one (1) unit must be in applied massage (completing the Certificate of Achievement internship meets this requirement). The additional 72 hours/two (2) units may be either in applied massage or teaching assistant internships.

P E 54T,U,V	Internship in Massage Therapy courses (1, 2, 3 units - 36, 72, 108 hours)	
	additional hours = 72	additional units = 2

Complete a minimum of four (4) units from the following: 4

BUS 55	Intro. to Entrepreneurship (5) (60 hours)	
NUTR 62	Nutrition & Athletic Performance (2) (24 hours)	
P E 2Q*	Tai Chi (0.5) (24 hours)	
P E 54F	Introduction to Chair Massage (3) (60 hours)	
P E 70A	Orientation to Lifetime Fitness (2) (24 hours)	
P E 71*	Lifetime Wellness and Fitness Center Lab. (1) (36 hours)	

P E 77, 77X, 77Y	Special Projects in Physical Education* (0.5, 1, 1.5 units - 18, 36, 54 hours)	
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Total Units Required (876 hours minimum) 44.5

*This repeatable course may only apply once.

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

Massage Therapy

A.A. Degree

This program 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 or to transfer to a four-year institution as a Kinesiology major.

Student 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.

Complete the following and meet the A.A./A.S. degree requirements.

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

*Complete the course and internship requirements for the **Certificate of Achievement**.*

25.5

BIOL 40B	Human Anatomy and Physiology (84 hours)	5
P E 54E	Table Shiatsu (72 hours)	4
P E 54F	Chair Massage (60 hours)	3
P E 35	Care & Prevention/Athletic Injuries (72 hours)	4

Complete a total of 144 hours/four (4) units from the "Internship in Massage Therapy" course series. Thirty-six (36) hours/one (1) unit must be in applied massage (completing the Certificate of Achievement internship meets this requirement). The additional 108 hours/three (3) units may be either in applied massage or teaching assistant internships.

P E 54T,U,V	Internship in Massage Therapy courses (1, 2, 3 units - 36, 72, 108 hours) additional hours = 108 additional units = 3	
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Complete a minimum of 7.5 units from the following: 7.5

BIOL 40C	Human Anatomy and Physiology (5) (84 hours)	
BUS 55	Introduction to Entrepreneurship (5) (60 hours)	
NUTR 62	Nutrition and Athletic Performance (2) (24 hours)	
P E 2Q*	Tai Chi (0.5) (24 hours)	
P E 70A	Orientation to Lifetime Fitness (2) (24 hours)	
P E 71*	Lifetime Wellness and Fitness Center Lab. (1) (36 hours)	
P E 77, 77X, 77Y	Special Projects in Physical Education* * (0.5, 1, 1.5 units - 18, 36, 54 hours)	

*This repeatable course may only apply once.

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

Major	Massage Therapy	52 units
GE	General Education (31-42 units)	
Electives	Elective courses req'd. when major units plus GE units total is less than 90	
	Total Units Required (1,020 hours minimum)	90 units