

## Massage Therapy Basic Certificate Curriculum

### Prerequisites

THM 101 – Intro to Therapeutic Massage ..... 2  
 MDR 102 – Fundamentals of Medical Terminology  
 CPR Certification or completion of FAD 205

### 1st Semester

THM 102 – Massage Techniques ..... 3  
 BIO 115 – Human Body Structure ..... 4

### 2nd Semester

THM 112 – Massage Techniques II ..... 3  
 THM 113 – Technique Practicum with Clinical ..... 3  
 FIT 102 – Biomechanics of Human Motion ..... 3  
 BUS 123 – How to Start Your Own Business ..... 1

### 3rd Semester

THM 122 – Massage Techniques III ..... 3  
 THM 123 – Techniques Practicum with Clinical ..... 3  
 THM 110 – Massage Assessment ..... 2

**Total Credits: ..... 28**

## Hands-on Training Experience

An additional 100 hours of hands-on experience is required for certification. These hours are accumulated in the following categories:

**Weekend Seminars and Projects** ..... 50

1. Seated massage
2. Intro to energy Modalities and Alternative Massage Techniques

**Applied Technique Activities** ..... 20

**Student Externship** ..... 30

**Total Hours: ..... 100**

*Start  
Succeed  
Conquer*

**South Suburban College  
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[www.southsuburbancollege.edu](http://www.southsuburbancollege.edu)

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**SOUTH  
SUBURBAN  
COLLEGE**

# Therapeutic Massage Program



*"Our Mission is to Serve our Students and the Community through lifelong learning."*



## Massage Therapy Certificate

The Massage Therapy Basic Certificate Program at South Suburban College provides students with the foundation of knowledge in theory and practice of current massage techniques. Students are well prepared to sit for the National and State licensing exams. This certificate program is fully approved by the Illinois Community College Board (ICCB).

### Statement of Program Philosophy

The Therapeutic Massage Program faculty, administrators, and advisory committee believe that therapeutic massage serves an important function in the healthcare and spa settings. The educational preparation of the massage therapist is appropriately

accomplished in the community college setting. The Therapeutic Massage Program is, therefore, an integral part of South Suburban College, and its philosophy and mission are consistent with those of the College.

A basic common goal of the Therapeutic Massage Program and the College is to provide an opportunity for accessible, affordable, and effective education that builds a foundation for professional development and lifelong learning. Upon completion of the program, the student will have acquired the knowledge and skills to practice in an entry level massage therapy position and the student will be eligible to take the National Certification Examination in Therapeutic Massage and Bodywork, as well as the State of Illinois Licensure Examination.



***The Massage Therapy Basic Certificate Program has specific admission requirements. Admission to the College does not guarantee acceptance into the Massage Therapy Basic Certificate Program.***

### General Admission Information:

1. Complete the Admissions Application.
2. Forward high school/GED transcripts to the Office of Admissions and Records.
3. Take the Placement Test and complete any required college preparatory class in Math, English, or Reading with a grade of "C" or better.

### Massage Therapy Basic Certificate Admission Requirements:

1. Must be 18 years of age or older.
2. Complete Intro to Therapeutic Massage (THM 101) with a Grade of "C" or better.
3. Have a current CPR Certification or successfully complete Emergency Care and Safety (FAD 205).
4. Submit a Massage Therapy Basic Certificate Application to the Allied Health Department Office, Room 4453.