

## Northern Virginia Community College 2009-2010 Catalog

### MASSAGE THERAPY

Career Studies Certificate

MEC, WO

*Purpose:* This program is designed to prepare students for certification and employment as massage therapists in a wide variety of environments, including hospitals and clinics, doctor and chiropractic offices, sports and fitness facilities, corporation offices, and beauty and skin care salons and spas. Graduates will be prepared to take the National Certification Examination in Therapeutic Massage and Bodywork. The National Certification Board for Therapeutic Massage and Bodywork requires all applicants to have completed at least 500 in-class clock hours of formal training prior to taking the exam. Successful completion of the exam and certification is required to practice massage therapy in Virginia.

*Program Admission Requirements:* Unless otherwise specified, applicants must meet all of the following requirements to be admitted to the program:

1. Be admitted to NOVA.
2. Be 18 years of age or older, or have assistant dean approval.
3. Qualify for or have completed ENG 111.
4. Have completed HLT 170 with a grade of C or better.
5. Have completed NAS 150 or NAS 161 or BIO 141 with a grade of C or better.
6. Provide evidence of good physical and mental health, as substantiated by a completed Pre-Admission Health History and Physical for Health Technology form (125-007) signed by a licensed physician or nurse practitioner; this must be submitted prior to entering program courses. Applicants must be free of any physical and/or mental conditions that might adversely affect their acceptance or performance in the program. Students with pre-existing physical and/or mental conditions that might adversely affect their acceptance or performance in the program who do not self-disclose this information will be subject to dismissal from the program.
7. Full disclosure of any criminal background is required. Students with criminal convictions who do not self-disclose this information are subject to dismissal from the program.
8. Have completed a program information session and/or interview with the assistant dean/designated instructor and signed program guidelines.

*Responsibilities of Massage Therapy Program Students:* The following are responsibilities of the student in the Massage Therapy program:

1. Students must demonstrate absolute academic integrity both in the classroom and in clinical practice to prepare them for the high ethical standards required of massage therapists. Therefore, cheating, attempting to cheat, plagiarizing, lying, stealing academic work which includes secured tests or related materials, submitting papers purchased or written by others, or failing to report an occurrence of academic dishonesty or any violation of this honor code may subject the student to the College's disciplinary procedures as defined in the NOVA Student Handbook.
2. Students in the Massage Therapy program incur a variety of additional expenses. These include, but are not limited to, the cost of accessories and travel to clinical assignments. Students are also responsible for state certification and national accreditation application and testing fees.
3. Students are required to complete learning experiences at local hospitals and clinics, doctor and chiropractic offices, sports and fitness facilities, corporation offices, and beauty and skin care salons and spas and other community-based programs. Students may be required to attend both day and/or evening and weekend clinical assignments.
4. Students must provide their own transportation to clinical assignments. Strict attendance is required at clinical sites.

#### *Continuation Requirements:*

Program faculty and clinical affiliates reserve the right to recommend, through appropriate channels, withdrawal of any student who exhibits unsafe performance or non-adherence to prescribed clinical affiliate policies and procedures.

#### *Completion Requirement:*

All courses in the program must be completed with a grade of C or better before taking the next course in the sequence and to satisfy graduation requirements.

#### **Prerequisites:**

NAS 150 Human Biology or NAS 161 Health Science I or  
BIO 141 Human Anatomy & Physiology I

#### **Credits**

HLT	170 Introduction to Massage	$\frac{1}{5}$
	<b>Total</b>	<b>5</b>
<b>One Year</b>		<b>Credits</b>
<b>1st Semester</b>		
<sup>1</sup> HLT	105 Cardiopulmonary Resuscitation	1
HLT	180 Therapeutic Massage I	3
CST	126 Interpersonal Communication	$\frac{3}{7}$
	<b>Total</b>	<b>7</b>
<b>2nd Semester</b>		
HLT	190 Coordinated Internship	2
HLT	220 Concepts of Disease	3
HLT	280 Therapeutic Massage II	3
PED	116 Lifetime Fitness and Wellness	$\frac{1}{9}$
	<b>Total</b>	<b>9</b>
<b>3rd Semester</b>		
HLT	195 Entrepreneurship for the Massage Therapist	1
HLT	281 Therapeutic Massage III	$\frac{3}{4}$
	<b>Total</b>	<b>4</b>

**Total credits for the Massage Therapy Career Studies Certificate = 20** (25 including prerequisites)

**All first-time students must take a one-credit Student Development (SDV) course prior to enrolling in their 16<sup>th</sup> credit at NOVA.**

<sup>1</sup>HLT 105 may be waived with proof of CPR certification. Another 1-credit course must be substituted.

Other courses not required but highly recommended for massage therapy students are:

PHI 227 - Biomedical Ethics (2 credits)

PTH 151 - Musculoskeletal Structure and Function (5 credits)