Massage Therapy (MST)

Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

MST 1000  Introduction to Massage Therapy .............3 Credit Hours

English/ESL Placement: Placement into ENG 1510.
Prerequisite: Acceptance into the Massage Therapy Program or consent of program coordinator.
Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course offers a basic overview of massage therapy. Topics covered include the history and theory of massage therapy, basic techniques, terminology, and contraindications to massage therapy. Also discussed will be proper body mechanics, self-care and injuries related to the massage therapist, proper draping techniques, and professional ethics.

BILLABLE CONTACT HOURS: 4

MST 1250  Mechanics of Massage Therapy and the Human Body ........................................3 Credit Hours

English/ESL Placement: Placement into ENG 1510.
Prerequisite: Acceptance into the Massage Therapy Program or consent of program coordinator.
Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will focus on the interaction of massage therapy and the human body systems. The student will revisit the components of each system and learn about massage's physiological effects on each. Common pathological conditions related to each system will be discussed along with massage considerations.

BILLABLE CONTACT HOURS: 3

MST 1300  Alternative Approaches to Massage Therapy ....................................................2 Credit Hours

English/ESL Placement: Placement into ENG 1510.
Prerequisite: MST 1000

Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will offer alternative topics to the clinical study of massage therapy such as shiatsu, acupressure, and reflexology. References to these subjects will be discussed and demonstrated as well as the implementation of a referral base for these alternative approaches. This course will focus on how these modalities, combined with clinical approaches, can help to facilitate the client's ability in achieving better health. Laboratory sessions will provide the student with practical experience.

BILLABLE CONTACT HOURS: 3

MST 1350  Intermediate Applications to Massage Therapy .......................................................4 Credit Hours

English/ESL Placement: Placement into ENG 1510.
Prerequisite: MST 1000 or consent of program coordinator.
Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will cover structural-based body work techniques such as trigger point, myofascial release, and deep tissue and connective tissue modalities. Also discussed and demonstrated will be joint mobilization, Range of Motion, and therapeutic stretching techniques. This course will focus on the dynamics of this body work and its effects on the body. Laboratory sessions will provide hands-on experience for each modality.

BILLABLE CONTACT HOURS: 5

MST 1450  Biobehavioral Management .........................2 Credit Hours

English/ESL Placement: Placement into ENG 1510.
Prerequisite: EXS or MST program designation or consent of program coordinator.
Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will look at the mind/body connection and how it influences health. It will cover the biopsychosocial model and will train students in how to teach relaxation and stress management techniques to clients.

BILLABLE CONTACT HOURS: 3

MST 2000  Massage Therapy and Special Populations ............................................................4 Credit Hours

English/ESL Placement: Placement into ENG 1510.
Prerequisite: Grade of 'C' or better in all previously required courses in the MST program sequence or consent of program coordinator.
Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will focus on the diversity of clientele the student may encounter in practice as a massage therapist. Discussion and demonstration will cover massage therapy applications related to the elderly, infants and children, pregnancy, athletes and sports massage, psychological disorders, corporate massage, those with chronic physical disorders, and the terminally ill. Special techniques will be addressed for all subjects. Laboratory sessions will provide the students with hands-on experience for each application.

BILLABLE CONTACT HOURS: 5

MST 2250  Advanced Techniques .........................4 Credit Hours

English/ESL Placement: Placement into ENG 1510.
Prerequisite: MST 1350

Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will focus on specific areas of the body that may exhibit chronic muscular dysfunction. Course work will cover therapeutic techniques to treat lumbar, neck, and shoulder pain, TMJ (temporomandibular) disorders, and muscular imbalances. Therapies such as heat and cold applications, PNF (Proprioceptive Neuromuscular Facilitation), muscle isolations, and neuromuscular modalities will also be implemented into This course. Laboratory sessions will provide hands-on experience for each technique.

BILLABLE CONTACT HOURS: 5
MST 2300  Clinical Lab  1 Credit Hour

English/ESL Placement: Placement into ENG 1510.
Prerequisite: Grade of ‘C’ or better in all previously required courses in the MST program sequence or consent of program coordinator.

Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will allow the student to become acclimated to the work routine of the massage therapist. Regularly scheduled appointments at the OCC massage therapy clinic or at selected sites will provide hands-on experience and the practical business experience necessary to become a successful massage therapist. Students are also responsible for attending a mock job interview. See the course syllabus for required hours and schedules. BILLABLE CONTACT HOURS: 1

MST 2351  Externship I  1 Credit Hour

English/ESL Placement: Placement into ENG 1510.

Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

Corequisite: MST 1000 MST 1250 or consent of program coordinator.

This course begins the student's practical experience in therapeutic massage. During this course the student will accumulate a specified number of hours of hands-on experience at prearranged, supervised sites. This course is designed to give the students an initial experience in the program clinic and affiliate sites and address proper documentation of massage sessions. See the course syllabus for required practical hours. BILLABLE CONTACT HOURS: 1

MST 2352  Externship II  1 Credit Hour

English/ESL Placement: Placement into ENG 1510.

Prerequisite: MST 2351

Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course continues the student's practical experience in therapeutic massage at prearranged, supervised sites. Students will increase their scope of clientele services by working with populations with special needs at these sites. This course is designed to continue the student's experience in the program clinic and affiliate sites. Applications of assessment and documentation skills into each therapeutic massage session at the on-site clinic are expected. See the course syllabus for required practical hours. BILLABLE CONTACT HOURS: 1

MST 2353  Externship III  2 Credit Hours

English/ESL Placement: Placement into ENG 1510.

Prerequisite: MST 2352

Note: Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course completes the student's practical experience in therapeutic massage. During this course emphasis will be placed on accumulating a specified number of hours of hands-on experience at pre-arranged, supervised sites. This course is designed to continue the student's experience in the program clinic and affiliate sites. Students will be expected to apply assessment and documentation skills into each therapeutic massage session at the on-site clinic. Critical thinking will be incorporated in designing an appropriate action plan for client treatment. Appropriate therapeutic techniques taught in previous semester courses will be included in each massage session. See the course syllabus for required practical hours. BILLABLE CONTACT HOURS: 2