

School of Health Science

Associate in Occupational Studies (AOS), Massage Therapy Option (AOSMT)

This occupational associate degree program provides training for a student to become an advance massage therapist. The program will provide in-depth training in the human body system, physiology, pathology as well as various advance massage therapy techniques in both western and non-western massage therapy applications. Students will be exposed to extensive clinical studies of individual cases and be able to explain the theories of massage therapy and develop therapy plans tailoring to individual client's needs upon professional assessment of the clients.

The AOS Massage Therapy program will provide students with 75 quarter units or 900 hours of massage therapy skill training and require students to complete a minimum of 15 quarter units of General Education course credits prior to graduation at a local community college or a school accredited by an accrediting body recognized by the US Department of Education. Students will be qualified to sit for massage therapy certification tests such as Massage and Bodywork Licensure Exam (MBLEx) and the Board Certification Exam for Therapeutic Massage and Bodywork administered by National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Students may complete the program in seven quarters on a full-time study basis.

Upon completion of the courses, a student will be prepared to enter the massage therapist job market in the fields of, but not limited to, the following areas: chiropractic, physical therapy, orthopedic rehabilitation clinics, health spas, hotels, beauty salons, medical, private practice/free lancing, sports medicine, or education and ready for advance studies in massage therapy or other healthcare programs. Students may also qualify for state licensure or certification as defined by local state regulations.

Admission Requirements:

Students desiring admission to the AOS degree in Massage Therapy option must meet the following requirements:

1. Completed their high school education or G.E.D. with a minimum G.P.A. of 2.0 or better.
2. Completed a minimum of 15 quarter units or the equivalent of General Education at a local community college or a school accredited by an accrediting body recognized by the U.S. Department of Education or concurrently completing the required General Education courses while enrolling in the AOSMT program at Kingston University. The G.E. courses should cover at least one course in the following categories, English and Communication, Humanities and Fine Arts, and Social and Behavioral Science and completed with a minimum grade of C each.
3. Proof of at least 18 years old

International Student Admission Requirements:

Unless a graduate from a US high school or foreign equivalent where English was the language of instruction evidenced by an official transcript, or a student having taken at least 1 years of postsecondary education where English was the language of instruction evidenced by an official transcript, an applicant whose native language is not English must satisfy English proficiency requirement for admission to the AOSMT program by scoring a TOEFL test with at least 450 PBT, 133 CBT or 45 iBT; a TOEIC of at least 480 or a IELTS of 4.



Graduation Requirements:

To receive the Associate in Occupational Studies degree with Massage Therapy option, students must meet the following academic requirements:

- completed a minimum of 15 quarter units or the equivalent of General Education at a local community college or a school accredited by an accrediting body recognized by the U.S. Department of Education.
- completed 75 quarter units in AOS Massage Therapy courses and pass performance evaluations
- submit a valid CPR and First Aid certificate issued by the American Heart Association or American Red Cross.
- maintained a minimum G.P.A. of 2.0 or better

AOSMT Curriculum

The AOSMT curriculum includes 77 quarter units in Massage Therapy concentration courses as listed below.

Course No	Course Title	Contact Clock Hour			Quarter Unit
		Lecture	Lab/ Practical	Total	
BS1111	Human Biology	30	0	30	3.0
BS1171	Topographic Anatomy	20	0	20	2.0
BS2180	Anatomy and Physiology Lab	0	20	20	1.0
BS2181	Anatomy and Physiology I	30	0	30	3.0
BS2182	Anatomy and Physiology II	30	0	30	3.0
BS2183	Anatomy and Physiology III	30	0	30	3.0
CS1511	Western Medical Terminology	20	0	20	2.0
MT1000	Introduction to Massage Therapy	30	0	30	3.0
MT1300	Massage Profession and Ethics	20	0	20	2.0
MT2010	Pathology	40	0	40	4.0
MT2020	Assessment for Bodywork	20	0	20	2.0
MT2030	Myology and Kinesiology for Healthcare Professionals	30	10	40	3.5
MT1110	Swedish Massage	25	45	70	5.0
MT1150	Chair Massage and Reflexology	5	35	40	2.5
MT1180	Aromatherapy and Application	15	0	15	1.5
MT2130	Sports Massage	25	35	60	4.5
MT2150	Deep Tissue Massage and Applications	25	45	70	5.0
MT2160	Lymph Drainage	10	20	30	2.0
MT2300	Business Management for Massage Therapy Professionals	30	0	30	3.0
MT2230	Massage for Sports Injury	30	15	45	4.0
MT2210	Pre-Natal Massage and Baby Massage	30	10	40	3.5
MT1222	Energy Work for Massage Therapist	10	10	20	1.5
MT2280	Chakra and Hot Stone Massage	20	10	30	2.5
MT2550	Integrated Therapeutic Massage	0	70	70	4.0
AC1211	Acupuncture Meridian Theories	20	0	20	2.0
MT1241	Acupressure and Tuina Therapy	20	10	30	2.5
TOTAL		565	335	900	75.0