

Massage Therapy Certificate Programs

Kingston University offers Massage Technician 600-Hour program which prepares students with knowledge and skills to become competent massage therapy professionals in the field.

Students may complete the Massage Technician 600 Hours Program in six months on a full-time study basis. Upon successful completion of a program, students will become certified massage therapists and ready to begin their professional career in therapeutic massage in broad settings such as chiropractic, physical therapy, orthopedic rehabilitation clinics, health spas, luxurious hotel, resort and cruise, beauty salons, or as a private practitioner or teacher.



Program Objective

Through the MT600 Program, the student will build professional skills in Swedish Massage, Sports Massage, Deep Tissue Massage, Myofascial Trigger Points massage, Chair Massage, Reflexology, Lymph Drainage therapy and understand Oriental massage theory. At the completion of the program, the student will be able to:

1. Describe the theories, concepts and knowledge of human body, biomechanics, and massage therapy
2. Describe assessment and identify indications and contraindications of massage modalities.
3. Demonstrate massage techniques for therapeutic benefits within the professional and legal boundaries.
4. Communicate with clients and other healthcare professionals by utilizing professional terminology
5. Recognize the practice of massage therapy for the community wellbeing
6. Plan for career pathways and business options with ethical practice
7. Perform proper self-care practice
8. Sit for standardized certification or licensure examinations which cover contents similar to the training program completed

Admission Requirements

Students desiring admission to the massage therapy programs must meet the following requirements:

1. Having completed high school or education equivalent to postsecondary level or above.
2. Applicants must be 18 years of age or older.
3. Submission of an application and a non-refundable application fee.

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 education in a college program 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 program by scoring a TOEFL test with at least 380 PBT, 83 CBT or 26 iBT; a TOEIC of at least 360 or a IELTS of 2 – 2.5.

Program Curriculum

The Massage Technician 600-hour Program curriculum includes the following courses:

Course No.	Course Title	Contact Clock Hours		
		Lecture	Lab/ Practical	Total
MT1000	Introduction to Massage Therapy	30	0	30
MT1300	Massage Profession and Ethics	20	0	20
MT2000	Human Body System, Anatomy, Physiology and Kinesiology	125	0	125
MT2010	Pathology	40	0	40
MT2020	Assessment for Bodywork	20	0	20
MT1110	Swedish Massage	25	45	70
MT1150	Chair Massage and Reflexology	5	35	40
MT1180	Aromatherapy and Application	15	0	15
MT2130	Sports Massage	25	35	60
MT2150	Deep Tissue Massage and Applications	25	45	70
MT2160	Lymph Drainage	10	20	30
AC1211	Acupuncture Meridian Theories	20	0	20
MT2500	Massage Practicum	0	60	60
Total		360	240	600

Graduation Requirements

To receive the Certificate of Completion for Massage Technician 600-hours of training, students must meet the following academic requirements:

- Successfully completed 600 hours of Massage Therapy training courses and passed performance evaluations, including written tests/exams, hands-on demonstration and others as adopted and required by the instructors.
- Submit a valid CPR and First Aid certificate issued by the American Heart Association or American Red Cross.
- Fulfill all financial obligations.

State Licensure Requirement

Massage Therapists must abide by the current regulations to become certified or licensed within the state/jurisdiction. Students should note the minimum training hours and program content required for licensure or certification by the state or jurisdiction where they will seek practice or employment opportunities prior to their enrollment in a massage therapy training program.

Most state or jurisdiction require therapist applicants to complete the minimum training hours and program content required by each state or jurisdiction for certification of licensure, and pass a licensure or certification exam. The state may administer its own exam or accept official score transcript from a standardized licensure or certification exam such as the Massage and Bodywork Licensure Exam (MBLEx) administered by the Federation of state Massage Therapy Boards (FSMTB) and the Board Certification Exam administered by National Certification Board for Therapeutic Massage and Bodyworks (NCBTMB).

Kingston University is an Assigned School (Code: 490019-05) by the National Certification Board for Therapeutic Massage and Bodyworks (NCBTMB). Graduates of the Massage Technician 600-hour Training Program will be eligible to sit for the Certification Exam by NCBTMB and the Massage and Bodywork Licensure Exam (MBLEx). Further information can be obtained by contacting NCBTMB listed at www.ncbtmb.org, and www.fsmtb.org, respectively.