

# TEXAS HEALTH SCHOOL - (713)932-9333

**Length:** Day - 30 Weeks      Evening - 45 Weeks

Total Hours: 715

Total Credits: 54 Quarter Credits

**Objective:** The Massage Therapy Program is designed to provide the students with clinical and administrative skills needed to become a professional Massage Therapist as well as apply for the Massage Therapy Examination required for licensure as a massage therapist under the Texas Occupations Code, Chapter 455\*. Students learn massage based on Swedish theory and techniques. Throughout the program, the students will build on the Swedish massage foundation and learn various bodywork modalities. The students are taught a detailed understanding of the human body that allows them to communicate with other healthcare professionals and develop complete treatment programs for their clients. Graduates of the program are prepared for employment in private practice or positions with spas, salons, chiropractors, medical doctors, physical therapists, sports medicine, and wellness centers. This program exceeds the standards set by the Texas Department of Licensing and Regulation for licensing as a Massage Therapist.

## PROGRAM OUTLINE

Subject Number		Lecture	Lab	Extern	Quarter Credits
AP-101	Anatomy & Physiology	75	0	0	7.5
EM-100	Employment Preparation	15	10	0	2.0
MT – 100	Massage Therapy History and Theory	50	25	0	6.0
MT – 102	Massage Therapy Techniques I	15	35	0	3.0
MT – 103	Health and Hygiene	15	10	0	2.0
MA – 105	Medical Terminology	50	0	0	5.0
MT – 106	Therapeutic Modalities	15	10	0	2.0
KN – 107	Kinesiology	50	25	0	6.0
MT – 114	Hot Stone Massage	10	15	0	1.5
MT – 116	Pathology	50	0	0	5.0
MT – 117	Business Practices & Professional Ethics	50	0	0	5.0
MT – 118	Trigger Point Therapy	10	15	0	1.5
MT – 119	Deep Tissue Massage	5	20	0	1.5
MT – 120	Clinical and Energy Based Massage	10	15	0	1.5
MT – 122	Massage Therapy Techniques II	15	60	0	4.5
MT – 600	Internship	0	0	65	2.0
<b>TOTAL CLOCK HOURS</b>	<b>715</b>	<b>420</b>	<b>230</b>	<b>65</b>	<b>54.0</b>

MASSAGE THERAPY