

Students must successfully complete **MAS 100** Introduction to Massage Therapy before submitting the health professions application and before taking any additional massage therapy classes.

For more information, please refer to the [Massage Therapy Program](#) page.

MAS 100 Introduction to Massage Therapy (1.5) 1.5,0

This course is required to apply to the Massage Therapy program. It is an introduction to the basic theory, principles, and techniques of therapeutic massage. Students will be introduced to massage theory, basic massage techniques, the concepts of quality of touch, contraindications, endangerment sites, safety and sanitation and body mechanics for the therapist, as well as basic anatomy and simple recognition of selected muscle groups and bones. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$242 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: None

Semester(s) Offered: Fall, Spring and Summer

MAS 110 Theory & Fundamentals of Massage (3) 3,0

This course is intended to provide the student with a strong understanding of the fundamental concepts of therapeutic massage. The focus of this course will encompass the history of the profession and touch, ethics and professionalism, requirements to practice, medical terminology, consultation, documentation, research, physiologic effects and benefits of massage, and indications and contraindications for massage. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$479 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 100 and acceptance into the massage therapy program

Semester(s) Offered: Fall and Spring

MAS 115 Wellness Concepts (1.5) 1.5,0

This course is intended to provide the student with a strong understanding of the fundamental concepts of illness and health, personal wellness and responsibility, as well as in a larger context of connection with other people and planetary responsibility. Students will learn to correlate personal wellness with the concepts and practice of responsibility, breathing and sensing, eating, nutrition, exercise, thinking, work and play, communication, intimacy, and higher meaning in life. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$237 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 100 and acceptance into the massage therapy program

Semester(s) Offered: Fall and Spring

MAS 120 A & P for Massage Therapists I (3) 3,0

Anatomy and Physiology is the study of the structural and functional relationships and homeostasis of body systems. The course incorporates the systems approach and integration of the systems into one functioning unit - the human body. (1.2) Proficiency Credit Available (2 MITH) Pass/No Credit Not Available.

In-District Tuition/Fees: \$464 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 100 and acceptance into the massage therapy program

Semester(s) Offered: Fall and Spring

MAS 125 Musculoskeletal Palpation I (2) 2,0

This course provides an opportunity to learn muscles, bony landmarks and surface features on an individual basis, emphasizing origins, insertions, and actions of muscles. Palpation, examination through touch, is an integral part of the learning process and is part of each class. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$326 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 100 and acceptance into the massage therapy program

Semester(s) Offered: Fall and Spring

MAS 130 Basic Massage and Bodywork (5) 4,2

This course teaches students to administer a full-body, one-hour Swedish massage using a variety of strokes, correct draping, proper sanitation and healthy body mechanics. A therapeutic movement component is incorporated to assist students with balance, core strengthening, and stretching. Chair and Event Massage is introduced. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$935 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 100 and acceptance into the massage therapy program

Semester(s) Offered: Fall and Spring

MAS 141 Massage Practice Clinic I (1) 0,2

This course is designed to provide students with their first clinical experience with the public. With a clinic instructor on-site, students will practice client history taking and charting, practice massage technique, body mechanics, and therapeutic communication in a clinic setting. Students will apply skills to the level learned in their technique class on fellow classmates and members of the community. Students will receive instruction and correction during the massage sessions from the instructor and be evaluated by the clients. Each class meeting includes a lecture and assessment component to expand hands-on learning into applicable critical thinking skills. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$258 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 130 or concurrent enrollment in MAS 130

Semester(s) Offered: Fall and Spring

MAS 142 Massage Practice Clinic II (1) 0,2

In this course, students perform full-body massage therapy treatments on the public. Students will further develop their skills in communication, critical thinking, technique, centering, qualities of touch, timing, body mechanics, and charting. As additional modalities and advanced techniques are learned, they are incorporated into the massage. Instructors use a portion of each class to lecture and discuss each client interaction to foster critical thinking skills for each unique treatment session. This course moves the student from general Swedish massage to individualized treatment. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$238 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: MAS 141

Semester(s) Offered: Spring and Summer

MAS 210 Pathology & Pharmaceuticals (2.5) 2.5,0

This course will provide the student with a strong understanding of specific pathologies for each system of the body as well as indications and contraindications for massage therapy treatment. Students will learn to identify major classes of pharmaceuticals and consider their impact when designing a massage session. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$375 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 110

Semester(s) Offered: Spring and Summer

MAS 215 Applied Therapies (4) 3.5,1

This course addresses the basic principles of hydrotherapy, active and passive stretching, proprioceptive neuromuscular facilitation, reciprocal inhibition, trigger point therapy, deep tissue techniques and aromatherapy. Massage therapy indications and contraindications for treatment of specific special populations will be discussed. Students practice assessing and treating using critical thinking skills based on content presented. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$752 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 130

Semester(s) Offered: Spring and Summer

MAS 220 A & P for Massage Therapists II (3) 3,0

This course is a continuation of the considerations of the structural and functional relationships and homeostasis of body systems started in MAS 120. The principles of kinesiology, postural assessment and gait analysis are introduced. This course incorporates the systems approach and integration of the systems into one functioning unit - the human body. A cadaver study is included in the course. (1.2) Proficiency Credit Available (2 MT) Pass/No Credit Not Available.

In-District Tuition/Fees: \$464 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 120

Semester(s) Offered: Fall and Spring

MAS 225 Musculoskeletal Palpation II (1.5) 1.5,0

This course provides an opportunity to learn muscles, bony landmarks and surface features on an individual basis, emphasizing origins, insertions, and actions of muscles. Palpation, examination through touch, is an integral part of the learning process and is part of each class. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$327 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 125

Semester(s) Offered: Spring and Summer

MAS 230 Supplemental Massage Techniques (3.5) 2.5,2

Through both lecture and hands-on practice this course introduces adjunct and advanced modalities that will deepen knowledge of body systems, techniques and tools to establish a well-rounded practice. Topics covered will be, but are not limited to, Craniosacral Technique, Manual Lymphatic Drainage, Myofascial Release, prenatal and side-lying massage, infant massage, body scrubs, assistive tools, hot stone massage, connecting style massage, and massage at a sporting event. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$683 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 130

Semester(s) Offered: Fall and Spring

MAS 235 Eastern/Energetic Theory & Technique (2.5) 2.5,0

This course further develops the student's awareness and ability to apply the subtle, natural energy systems of the body in a therapeutic treatment session. Eastern wellness philosophy and application is introduced through basic concepts of traditional Chinese medicine, meridians, acupressure, reflexology and shiatsu. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$445 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 130

Semester(s) Offered: Fall and Summer

MAS 240 Clinical Case Report (1) .5,1

Students are assigned one client to treat in the massage clinic under the supervision and guidance of a clinical instructor. The focus of this class is researching pathologies, pharmaceuticals, and executing treatment while considering the contraindications and indications of their client. Students will work with the same client for the duration of the class, creating a unique treatment plan and writing a case study report. The case study format will follow Massage Therapy Foundation (MTF) guidelines and may be submitted to the MTF Student Case Study contest. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$238 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: MAS 142 and MAS 210

Semester(s) Offered: Fall and Summer

MAS 243 Massage Therapy Practice Clinic III (1.5) 0,3

Under the supervision of instructors, students apply principles, techniques, and procedures learned to assess and treat clients, who are members of the community, individually in a setting that simulates a professional therapeutic massage practice. Students will serve as, and gain experience as, both as a massage therapist and an office manager. Students will also practice short massage event sequences and appropriate event intake. Students will demonstrate professional therapeutic communication skills, the proper application of both basic and more advanced bodywork techniques, proper body mechanics and draping techniques, use proper safety and sanitation practices, demonstrate critical thinking skills, and create documentation of each session. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$502 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: MAS 142

Semester(s) Offered: Fall and Summer

MAS 250 Business for Massage Therapists (2.5) 2.5,0

In this course students will learn the fundamentals of massage therapy business. Course topics will focus on the business plan, ethics, record-keeping, finances, policies, procedures, professionalism, communications, marketing and advertising. Students will discuss target markets, as well as identify success strategies and obstacles to success when managing a business. Local business people will present during this course, sharing their experiences with students. Students will create a resume and cover letter and practice interview skills based on their new profession as a massage therapist. Professional development, client retention and career longevity will also be a focus of the course. (1.2) Proficiency Credit Not Available Pass/No Credit Not Available.

In-District Tuition/Fees: \$375 (effective 2025/26 academic year)

In-district tuition rates are subject to change based on Board approval.

Prerequisite: Grade of C or better in MAS 110

Semester(s) Offered: Fall and Summer