

# School of Health Science

## Associate in Health Science, Massage Therapy Option (AHSMT)

The Associate in Health Science degree program with Massage Therapy option provides students an opportunity to earn an academic degree at the Associate degree level while preparing to enter the massage therapy profession. Students will engage in 695 hours of Massage Therapy skill training modules and become qualified to sit for massage therapy certification tests such as the Board Certification Examination administered by the National Certification Board for Therapeutic Massage Therapy (NCBTMB) and the Bodywork Licensure Exam (MBLEx). The Associate in Health Science program in Massage Therapy awards students with prior general education credits up to 18 semester units or 27 quarter units to fulfill the general education course requirement for graduation.

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

### Program Objectives

Upon completion of the program, the student should be able to:

1. Describe theories, concepts and knowledge of human body, biomechanics and massage therapy
2. Design therapeutic massage programs based on proper assessment and mastery of indications and contraindications of massage modalities
3. Perform therapeutic massage for therapeutic benefits ethically and within the professional and legal boundary.
4. Communicate with clients and other healthcare professionals by utilizing professional terminology and language
5. Recognize and promote the practice of massage therapy for the wellbeing of the community
6. Plan career pathway and business options with ethical practice
7. Integrate proper self-care practice in professional career development and continue education as a life-long learner
8. Sit for standardized certification or licensure examinations which cover contents similar to the training program completed.

### Admission Requirements:

Students desiring admission to the Associate degree in career program with concentration 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 or be enrolled concurrently in General Education courses not less than 28 quarter units or the equivalent covering various academic disciplines which must include two courses of English writing and communication, one course each of mathematics, natural science, social science and U.S. History. General Education courses students are concurrently enrolled in must be completed prior to the completion of the AHS program. The minimum G.P.A. attained must be of 2.0 or better. GE courses are offered at community/city colleges.



### 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 AHSMT 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.

### Graduation Requirements:

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

- completed 27 quarter units (18 semester units) in General Education Courses
- completed 63 quarter units in Massage Therapy concentration 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

### AHSMT Curriculum

The AHSMT curriculum includes 27 quarter units in General Education Courses, and 63 quarter units in Massage Therapy concentration courses as listed below.

Course No.	Course Title	Contact Clock Hours			Quarter Unit
		Lecture	Lab/ Practical	Total	
BS1111	Human Biology	30		30	3.0
BS1171	Topographic Anatomy	20		20	2.0
BS2181	Anatomy and Physiology I	30		30	3.0
BS2182	Anatomy and Physiology II	30		30	3.0
BS2283	Anatomy and Physiology III	30		30	3.0
CS1511	Western Medical Terminology	20		20	2.0
MT1000	Introduction to Massage Therapy	30		30	3.0
MT1300	Massage Profession and Ethics	20		20	2.0
MT2030	Myology and Kinesiology for Healthcare Professionals	40		40	4.0
MT2010	Pathology	40		40	4.0
MT2020	Assessment for Bodywork	20		20	2.0
MT1110	Swedish Massage	35	35	70	5.5
MT1120	Chair Massage	20		20	2.0
MT1140	Reflexology	20		20	2.0
MT1180	Aromatherapy and Application	15		15	1.5
MT2130	Sports Massage	40	20	60	4.5
MT2150	Deep Tissue Massage and Applications	35	35	70	5.5
MT2160	Lymph Drainage	30		30	3.0
MT2500	Massage Practicum	0	50	50	2.5
AC1211	Acupuncture Meridian Theories	20	0	20	2.0
AC1241	Acupressure and Tuina Therapy	30		30	3.0
<b>Total</b>		<b>555</b>	<b>140</b>	<b>695</b>	<b>63.0</b>

Please read the "Notice to Prospective Degree Program Students" on next page.



## **“NOTICE TO PROSPECTIVE DEGREE PROGRAM STUDENTS**

This institution is approved by the Bureau for Private Postsecondary Education to offer degree programs. To continue to offer degree programs, this institution must meet the following requirements:

- Become institutionally accredited by an accrediting agency recognized by the United States Department of Education, with the scope of the accreditation covering at least one degree program.

If this institution stops pursuing accreditation, it must:

- Stop all enrollment in its degree programs, and
- Provide a teach-out to finish the educational program or provide a refund.

An institution that fails to comply with accreditation requirements by the required dates shall have its approval to offer degree programs automatically suspended.

California Education Code (CEC) §94897(p) requires Kingston University to disclose to prospective students prior to enrollment that Kingston University and its degree and certificate programs are unaccredited, and any known limitations of the degree, including all of the following:

1. A graduate of the degree program may be ineligible to sit for applicable licensure exam in California and other states.
2. A degree program that is unaccredited or a degree from an unaccredited institution is not recognized for some employment positions, including, but not limited to, positions with the State of California.
3. A student enrolled in an unaccredited institution is not eligible for federal financial aid programs. Kingston University does not currently participate in any federal financial assistance programs. The University does not provide financial aid to students.”