



Total Credits	72
Total Hours	1,380-1,530
Duration	6 trimesters full-time (2 yrs); 9 trimesters part-time (3 yrs max)
Tracks	Full-Time (6 trimesters) and Part-Time (9 trimesters)

Full-Time Track - 6 Trimesters

Year 1 - 36 Credits / 705-720 Hours

Trimester 1 - 12 Credits / 225 Hours

Code	Course Name	Cr	Hrs	Notes
HS 111	Anatomy and Physiology I	4	75	-
HS 113	Myology I	3	45	-
OS 106	Holistic and Public Health	2	30	-
WT 101	Swedish Technique I	2	45	-
PA 300	Introduction to Physical Arts	1	30	-

Trimester 2 - 12 Credits / 210 Hours

Code	Course Name	Cr	Hrs	Notes
HS 112	Anatomy and Physiology II	4	75	-
HS 201	Myology II	3	45	-
OS 110	Fundamental Theory of Channels and Points	3	45	-
WT 202	Swedish Technique II	2	45	-

Trimester 3 - 12 Credits / 255-285 Hours

Code	Course Name	Cr	Hrs	Notes
WT 213	Medical Massage I	2	45	-
WT 110	Swedish Practice Lab	1	30	-
AT 110	Asian Bodywork I	2	45	-
WT 218	Reflexology	2	45	Req; flexible trimester
PA 3X1	Tai Chi I / Yoga I / Qi Gong I	1	30	U
HS 214	Neurology	3	45	-
-	Elective	1	15-30	-

Year 2 - 36 Credits / 675-810 Hours



Trimester 4 - 12 Credits / 225-270 Hours

Code	Course Name	Cr	Hrs	Notes
C 200	Introduction to Clinic	1	15	-
HS 215	Kinesiology	3	45	-
WT 214	Medical Massage II	2	45	-
AT 210	Asian Bodywork II	2	45	-
-	Electives	4	75-120	-

Trimester 5 - 12 Credits / 240-270 Hours

Code	Course Name	Cr	Hrs	Notes
HS 202	Pathology I	3	45	-
AT 220	Asian Bodywork III	2	45	-
M 204	Medical Ethics / Practice Management	2	30	-
C 201	Massage Therapy Clinic I	2	60	-
-	Electives	3	60-90	-

Trimester 6 - 12 Credits / 225-270 Hours

Code	Course Name	Cr	Hrs	Notes
HS 203	Pathology II	3	45	-
TMR 101	Total Massage Review	2	30	-
C 202	Massage Therapy Clinic II	3	90	-
-	Electives	4	75-120	-



Part-Time Track - 9 Trimesters

Year 1 - 24 Credits / 435 Hours

Trimester 1 - 8 Credits / 150 Hours

Code	Course Name	Cr	Hrs	Notes
HS 111	Anatomy and Physiology I	4	75	—
OS 106	Holistic and Public Health	2	30	—
WT 101	Swedish Technique I	2	45	—

Trimester 2 - 8 Credits / 150 Hours

Code	Course Name	Cr	Hrs	Notes
PA 300	Introduction to Physical Arts	1	30	—
HS 113	Myology I	3	45	—
HS 112	Anatomy and Physiology II	4	75	—

Trimester 3 - 8 Credits / 135 Hours

Code	Course Name	Cr	Hrs	Notes
OS 110	Fundamental Theory of Channels and Points	3	45	—
HS 201	Myology II	3	45	—
WT 202	Swedish Technique II	2	45	—

Year 2 - 24 Credits

Trimester 4 - 8 Credits / 195 Hours

Code	Course Name	Cr	Hrs	Notes
WT 213	Medical Massage I	2	45	—
WT 110	Swedish Practice Lab	1	30	—
AT 110	Asian Bodywork I	2	45	—
WT 218	Reflexology	2	45	—
PA 3X1	Tai Chi I / Yoga I / Qi Gong I	1	30	—

Trimester 5 - 8 Credits / 130 Hours

Code	Course Name	Cr	Hrs	Notes
HS 214	Neurology	3	45	—
WT 214	Medical Massage II	2	45	—
HS 215	Kinesiology	3	45	—



Trimester 6 - 8 Credits / 150-180 Hours

Code	Course Name	Cr	Hrs	Notes
AT 210	Asian Bodywork II	2	45	—
C 200	Introduction to Clinic	1	15	—
M 204	Medical Ethics / Practice Management	2	30	—
-	Electives	3	60-90	—

Year 3 - 24 Credits / 495-585 Hours

Trimester 7 - 8 Credits / 165-225 Hours

Code	Course Name	Cr	Hrs	Notes
AT 220	Asian Bodywork III	2	45	—
-	Electives	6	120-180	—

Trimester 8 - 8 Credits / 165-195 Hours

Code	Course Name	Cr	Hrs	Notes
HS 202	Pathology I	3	45	—
C 201	Massage Therapy Clinic I	2	60	—
-	Electives	3	60-90	—

Trimester 9 - 8 Credits / 165 Hours

Code	Course Name	Cr	Hrs	Notes
HS 203	Pathology II	3	45	—
TMR 101	Total Massage Review	2	30	—
C 202	Massage Therapy Clinic II	3	90	—



Electives - 72-Credit Massage Therapy Program

Code	Course Name	Cr	Hrs	Notes
AT 216	Thai Massage	2	45	-
EL 101	Western Nutrition	1	15	Must take w/ WT 254
EL 104	Aromatherapy: Therapeutic Use	2	30	-
EL 105	Pregnancy and Infant Massage	2	45	-
EL 106	Clinical Reflexology Theory and Practice	2	45	-
EL 107	Introduction to Western Herbs	2	30	-
EL 108	Palpation Lab	1	30	-
HS 114	Clay Anatomy 1	1	30	-
HS 115	Clay Anatomy 2	1	30	-
WT 209	Therapeutic Chair Massage	1	30	-
WT 211	Corporate Chair Massage	2	45	-
WT 212	Sports Massage	2	45	-
WT 216	Trigger Point Therapy 1	2	45	-
WT 220	Trigger Point Therapy 2	2	45	-
WT 231	Deep Tissue Massage	1	30	-
WT 240	Introduction to Sports Massage	3	45	-
WT 252	Assessment / Exercise Rx / Instruction	2	30	-
WT 254	Nutrition and Weight Management	2	30	Must take w/ EL 101
PA 301-309	Tai Chi Chuan Courses	1	30	-
PA 311-315	Hatha Yoga Courses	1	30	-
PA 321-324	Qi Gong Courses	1	30	-