



Arizona Western College Massage Therapy Program

Certificate = 37 credits – 800 contact hours
Applied Associate of Science = 64 total credits

Program Description

This program is designed to provide students with the essential skills to become a Licensed Massage Therapist in Arizona. The curriculum focuses on integration of the physical, emotional, and spiritual aspects of the individual while providing the philosophical foundation and technical skills required to perform therapeutic massage. Students are prepared to manage a private massage practice and work in collaboration with other healthcare professionals. Prepares student for national certification examination.

Program Requirements

Students must earn a “C” or better in all courses within the program. Students must complete the program application process to be accepted into the program. A program application packet is available through the Division of Human Services, in the Learning Resources building, room 209.

Students will be required to meet health standards for dedicated on-site personnel to participate in clinical experiences in a hospital or other professional healthcare setting. This includes current vaccinations, proof of immunization titers, fingerprinting and background checks.

Student fees include equipment and supplies. These items will provide the student with everything needed for participation in core classes, clinical practice and to begin professional work upon completion of this course.

Certificate Requirements

Required Major Courses: 25 credits

LMT 106	Healthy Living	3
	Or WED 110 Concepts Of Wellness	
LMT 114	Massage Techniques 1	5
BIO 160	Anatomy & Physiology	4
LMT 214	Massage Techniques 2	5
LMT 224	Essential Sciences for M. T.	4
LMT 215	Advanced Clinical Practicum	4

Other Departmental Requirements:

12 credits

Choose from approved list of electives

Associate of Applied Science (A.A.S.) Requirements for Graduation

All requirements of the certificate program with the addition of the following:

General Education Requirements: 27 credits

Freshman Comp (ENG 100 and ENG 101)	6
Mathematics	3
(MAT 105 Mathematics or higher level math)	
Arts & Humanities	3
Social & Behavioral Science	3
Physical & Biological Science	4
(satisfied by program required course BIO160)	
Any additional GE course	2
General Electives	6

Massage Therapy Program Core Course Schedule

Fall Semester: 18 credits

LMT 106	Healthy Living	3
LMT 114	Massage Techniques 1	5
BIO 160	Anatomy & Physiology (or equivalent)	4
Electives	Choose from:	6
	WED 112 Exploring Native American Medicine Ways	3
	WED 122 Meditation and Wellness	2
	WED 117 Intro to Aromatherapy	1
	WED 102 Overview of Herbal Remedies	2
	WED 123 Principles of Homeopathy	2
	WED 216 Managing A Massage Practice	3
	LMT 220 Healing Stone Massage	2
	LMT 222 Pregnancy & Labor Massage	2

OR many other WED, PER, AHE, PED & PEM courses from 1 to 3 credits can be approved for electives by the Program Coordinator or Program Director

Spring Semester: 19 credits

LMT 214	Massage Techniques 2	5
LMT 224	Essential Sciences for Massage Therapy	4
LMT 215	Clinical Practicum	4
Electives	Choose from:	6
	WED 121 Intro to Energy Therapy	1
	WED 223 Applied Aromatherapy	3
	WED 100 Five Element Chinese Medicine	2
	WED 108 Flower Essences	2
	WED 109 Humor & Play	2
	WED 218 Advanced Herbal Remedies	3
	WED 212 Stress Management	2
	LMT 219 Sports Massage	3

OR many other WED, PER, AHE, PED & PEM courses from 1 to 3 credits can be approved for electives by the Program Coordinator or Program Director

Total Contact Hours	800	Total Credits	37 credits
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