

# MASSAGE THERAPY & BODYWORK (A.A.S)

CCV's Massage Therapy & Bodywork program incorporates a variety of massage and bodywork techniques for the purposes of therapeutic treatment and relaxation. Ours is the only program offered by an institute of higher learning in Vermont and the only one offering eligible students the opportunity to receive federal financial aid. CCV offers two options – an associate of applied science degree or a career certificate. Both options provide adequate contact hours for eligibility to take the national certification examination. Courses are taught by credentialed massage therapists and bodyworkers who are employed as spa directors, and own and operate wellness centers and yoga centers. Our faculty have studied at institutions such as the Swedish Institute, Utah College of Massage Therapy, Kripalu Center for Yoga and Health, and the Barbara Brennan School of Healing. Two prerequisite courses must be taken prior to enrolling in any core program courses: Introduction to Massage Therapy & Bodywork (AHS-1025) and Human Anatomy & Physiology I (BIO-2011).

## PROGRAM REQUIREMENTS

*Must be taken prior to admission into program.*

- AHS-1025 - Introduction to Massage & Bodywork
- BIO-2011 - Human Anatomy & Physiology I (4 cr)\*
  
- AHS-1030 - Swedish Massage
- AHS-1050 - Hydrotherapy
- AHS-1210 - Reflexology
- AHS-1230 - Professional Self-Development for Bodywork Practitioners
- AHS-2211 - Anatomy & Physiology for Massage–Western
- AHS-2212 - Anatomy & Physiology for Massage–Eastern
- AHS-2220 - Acupressure
- AHS-2240 - Deep Tissue Approaches
- AHS-2250 - Energy Massage & Bodywork
- AHS-2260 - Pathophysiology for Massage
- AHS-2310 - CPR & First Aid Certification (0 cr)
- AHS-2830 - Professional Practitioner Internship
- BIO-2012 - Human Anatomy & Physiology II (4 cr)

### Field Placement

- EDU-2860 - Community & Work Experience

## GENERAL EDUCATION REQUIREMENTS

**Additional credits needed to meet general education requirements**

- Communication  
*Meets graduation standard in oral communication*  
COM-1020 - Interpersonal & Small Group Communication
- English Composition
- Mathematics

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- Scientific Method  
BIO-2011 - Human Anatomy & Physiology I
- Human Behavior

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- Seminar in Educational Inquiry  
*Meets graduation standard in writing & information literacy*
- Quantitative Reasoning Assessment  
*Meets graduation standard in quantitative reasoning*



*\*You may use a course to meet both a program requirement and a general education requirement; however, you may not use a single course to meet two general education requirements.*

**MINIMUM TOTAL CREDITS IN DEGREE: 65**

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## Massage Therapy & Bodywork Program Outcomes

Successful graduates will be able to:

- plan and organize an effective massage and bodywork session in various settings, applying a diverse set of techniques;
- perform massage therapy and bodywork for general wellness and for therapeutic benefit;
- develop successful and ethical therapeutic relationships with a variety of clients;
- identify career options for a successful practice, business or employment situation;
- participate in professional activities and pursue personal and professional development;
- complete the National Certification Board for Therapeutic Massage & Bodywork examination for national certification and obtain licensure required by some states; and
- demonstrate academic skills required of all CCV graduates, including competency in writing, information literacy, oral communication, and quantitative reasoning.

## How Our Degree Works

The 65-credit associate degree program includes general education courses that provide foundational written, oral and technological skills that are essential for success in the workplace. The 47-credit certificate program is an option for students who either already have a college degree or who do not wish to pursue one. The certificate includes the same core massage and bodywork courses as the degree program, as well as English Composition. You must complete the required prerequisites prior to enrolling in core program courses. Courses must meet minimum enrollment to run.

## Why Our Degree Works

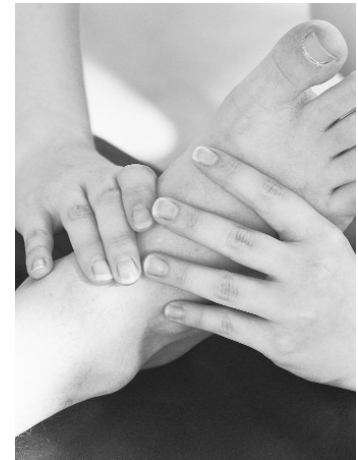
CCV's Massage Therapy & Bodywork program prepares you to enter the holistic health care field with a broad background and the ability to work with a diverse group of clients and practitioners. Both the career certificate and associate degree include hands-on experience in a variety of Eastern and Western massage and bodywork techniques, as well as extensive coursework in anatomy and physiology and business and professional practices. Programs are available in Burlington and select locations around the state. Contact an advisor for details.

## Career Opportunities

Upon completion of the degree or certificate program, you will be eligible to take the National Certification Examination (NCE) through the National Certification Board for Therapeutic Massage & Bodywork. Our students have an excellent pass rate on the National Certification Examination. Graduates of CCV's Massage Therapy & Bodywork program own their own practices; work in spas, salons, and resorts; and have continued their education to work in the medical community.

## Transfer

CCV has a transfer articulation agreement with Johnson State College's Wellness and Alternative Medicine Bachelor of Science program.



*"Whether you're interested in working as a private practitioner, at a spa, or within the medical community, CCV provides a wide range of courses in massage therapy and bodywork that prepare you for any environment. In particular, I liked the balance of the hands-on how-to coursework from professionals with a variety of backgrounds with the clinically-based science coursework as a foundation. I've stayed in touch with many of the friends I made during the program, and we often work together at conferences and continue to be professional resources for each other."*

*– Amy Holibaugh,  
CCV graduate*