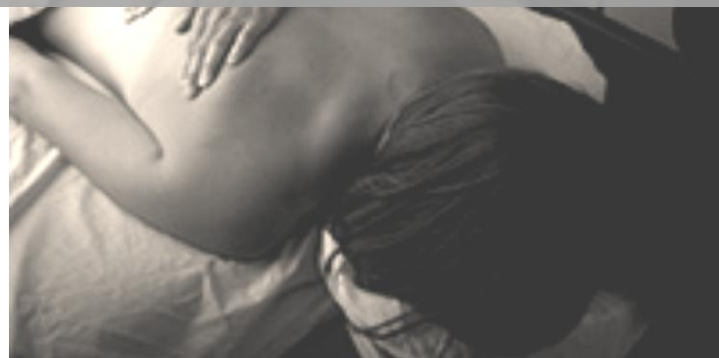


THE  
COMMUNITY  
COLLEGE OF  
BALTIMORE  
COUNTY



## MASSAGE THERAPY PROGRAM



Massage Therapy | Essex Campus

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“Understand that the JOURNEY is as important as the destination. ENJOY every moment and live life fully.”

Daniel Levin

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Thank you for your interest in the Community College of Baltimore County (CCBC) Massage Therapy program. CCBC offers both an Associate Degree and Certificate program in Massage Therapy. The Associate’s degree program is a two-year program which prepares students to become Maryland Licensed Massage Therapists who are qualified to work in healthcare and other settings. The certificate option prepares students to become Registered Massage Practitioners and includes the same 960 hours of Massage Therapy training, but does not include the general education requirements.

Massage therapists use the art of human touch and massage techniques to relieve pain, promote relaxation, relieve stress and muscle tension, and improve circulation and range of motion. Many people seek out massage because it creates a feeling of well-being. Massage therapists can specialize in more than 80 types of massage, referred to as modalities, and most therapists specialize in several modalities. The Massage Therapy Program at CCBC teaches 3 primary modalities in depth, with an introduction to 21 additional modalities.

The Massage Therapy program is a selective admissions program and enrollment is competitive. The information contained herein is designed to give you a general overview of the program and to assist you in the application process.

I hope that you decide to take this journey and I look forward to meeting you in the near future. Should you have additional questions regarding the massage therapy program, please feel free to contact Mr. Charles Martino, Academic Advisor for Allied Health Students at [cmartino@ccbcmd.edu](mailto:cmartino@ccbcmd.edu) or 443-840-1037 for admission and course advising or myself at 443-840-1431.

Sincerely,  
Cher Hunter, MA, NCTMB, LMT  
Director, Massage Therapy Program



Massage therapy is the scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissues. It consists of a group of manual techniques, using primarily the hands and sometimes the forearms and elbows, that include applying fixed or movable pressure of or to the body. These techniques affect the musculoskeletal, circulatory, lymphatic, nervous and other systems of the body. The basic philosophy of massage therapy is to aid the ability of the body to heal itself and is aimed at achieving or increasing health and well being.\*

\*Encyclopedia of Alternative Medicine

## Program Description

The Community College of Baltimore County (CCBC) Associate Degree Program in Massage Therapy adheres to the mission of the college by providing a quality education to students and recognizing individual learning needs. The Massage Therapy curriculum is designed to be completed within two years for full-time students or longer for part-time students. Graduates receive an Associate Degree in Applied Science in Massage Therapy and are prepared as skilled and responsible therapeutic massage providers who are eligible to take the National Certification Examination for Therapeutic Massage & Bodywork (NCETMB) or Massage & Bodywork Licensing Examination (MBLEx). Graduates who meet the qualifications may apply for Maryland licensure through the Board of Chiropractic and Massage Therapy Examiners. Other states may have different qualifications so students must check with the appropriate licensing or certifying agency for that particular state.

## Program Approval and Accreditation

The CCBC Essex Massage Therapy Program is approved by the Maryland Board of Chiropractic and Massage Therapy Examiners and is accredited by the Commission on Massage Therapy Accreditation (COMTA). This program was also approved by the Maryland Higher Education Commission in November 2000. CCBC is a regionally accredited College, accredited by the Middle States Commission on Higher Education

## Non-Discrimination

The Community College of Baltimore County does not discriminate against any individual for reason of race, sex, color, religion, national or ethnic origin, age, sexual orientation or conditions of handicap in the admission and treatment of students, educational programs and activities, scholarship and loan programs, hiring of faculty and staff, or any terms and conditions of employment.

## Mission

The Massage Therapy Program at CCBC provides the highest quality education for our students. We prepare highly qualified Massage Therapists who are efficient, driven, effective and able to demonstrate the application of the full Body of Knowledge for the profession. Our constantly evolving coursework aims at preparing our students to be health care professionals who will be leaders in the community and prepared to help shape the future of the massage therapy profession.

## Vision

We will be the program of choice for students desiring to be massage therapists at a level that is purposeful, powerful and prepared for the future growth and expansion of the profession into the Integrative Health Care Model as well as into the community at large.

## Values

*Learning* - We are committed to teaching our students the value of lifelong learning and the pursuit of excellence in all their professional endeavors.

*Responsibility* - We foster understanding of the great trust that our clients place in our graduates and ensure that respect, service, cultural competency, knowledge, and professionalism are at the core of all of our courses.

*Integrity* - We teach and maintain the highest ethical principles in relationships with our faculty, students, graduates and the community we prepare them to serve.

*Health and Wellness* - We teach, learn and practice holistic health recognizing that we are body, mind and spirit and that we thrive when in balance with ourselves, our family, our community and our world.

## Program Outcomes

Upon successful completion of this program, students will be able to:

1. utilize knowledge of human anatomy and physiology and musculoskeletal kinesiology in the application of massage therapy;
2. locate, analyze, assess and apply current outcome-based research in massage therapy;
3. provide a full body massage using a variety of techniques including Relaxation, Deep Tissue and Myofascial Massage;
4. identify and understand client pathologies and health conditions, cautions and contraindications to massage, and appropriate massage techniques for each individual;
5. use a deductive reasoning process to assess, set goals, plan appropriate massage approaches and evaluate outcomes for each client;
6. create a therapeutic relationship, maintain boundaries, provide a supportive environment for their clients, and effectively communicate with clients and professionals using appropriate written and verbal skills including documentation/maintenance of client records;
7. develop successful and ethical business, accounting and marketing plans for their practice; and
8. pass National Certification Exams, become a Maryland State Licensed Massage Therapist and work as a professional Massage Therapist in the setting of their choice including allied health, integrative medicine teams, wellness centers, spas and salons and private practice.

## PROGRAM OF STUDY

### *Associate Degree in Applied Science in Massage Therapy*

The Associate Degree program in Massage Therapy consists of general education and core Massage therapy courses as follows:

General Education Requirements	Credits
<b>SPCM 101 Fundamentals of Speech Communication</b>	3
<b>ENGL 101 College Composition I</b>	3
<b>MATH 111 Ideas in Mathematics</b>	3
<b>PSYC 101 Introduction to Psychology</b>	3

General Education Electives	Credits
<b>HLTH 101 Health and Wellness *</b>	3 or
<b>PEFT 101 Lifetime Fitness and Wellness *(Diversity)</b>	3
<b>Arts and Humanities or Social and Behavioral Sciences **</b>	<u>3</u>
Total General Education credits:	<b>18</b>

*One general education course must be a diversity course.*

*\*Either HLTH 101 or PEFT 101 may be taken to fulfill the Health requirement. However, if PEFT 101 is taken it will also fulfill the diversity requirement.*

*\*\*One 3 credit Elective must be taken from Arts and Humanities or Social and Behavioral Sciences, and may also meet the requirement for a diversity course*

*Diversity courses are marked with an asterisk \* on the following chart:*

[http://www.ccbcmd.edu/catalog/academic/gened\\_aas.html](http://www.ccbcmd.edu/catalog/academic/gened_aas.html)

Program Prerequisites	Credits
<b>BIOL 109 Anatomy and Physiology (Gen. Ed. Requirement)</b>	4
<b>MASS 101 Introduction to Massage *</b>	<u>2</u>
Total Program Prerequisites:	<b>6</b>

\*The MASS 101 requirement may be waived at the director's discretion based on previous academic or work experience such as for an RN.

Core Massage Therapy Program Requirements	Credits
<b>ALHL 115 Medical Terminology</b>	3
<b>HLTH 212 Stress Management</b>	3
<b>MASS 110 Musculoskeletal System/Structure</b>	3
<b>MASS 210 Level I Massage</b>	5
<b>MASS 220 Level II Massage</b>	6
<b>MASS 112 Movement Exploration for Massage Therapists</b>	3
<b>MASS 222 Pathology for Massage Therapists</b>	3
<b>MASS 223 Foundations in Massage Therapy Research</b>	3
<b>MASS 221 Massage Modalities</b>	4
<b>MASS 225 Client Assessment</b>	3
<b>MASS 230 Level III Massage</b>	6
<b>MASS 240 Seminar in Massage Therapy</b>	<u>3</u>
Total Core Program requirements:	<b>45</b>
<i>ACDV 101(1 cr.) may be required*. Review catalog for determination.</i>	<i>1*</i>
<b>Total Credits Required for Degree:</b>	<b>69 - 70</b>

## Core Program Course Sequence

The program requirements must be taken in sequence as follows:

ALHL 115 Medical Terminology and HLTH 212 Stress Management may be taken at any time; however it is useful if these are taken along with the prerequisites or early in the program. It is preferred that ALHL 115 be taken prior to MASS 222.

### Fall Start

Core Massage Therapy classes for the program starting in the fall will be evening courses throughout the program. Having already completed the program prerequisites, MASS 101 and BIOL 109, students will follow this course sequence:

Fall: Level I courses: MASS 110, and MASS 210 & Lab  
Spring: Level II courses MASS 112, MASS 220 & Lab, and MASS 222  
Summer: Level II continues with MASS 223 and MASS 221 & Lab  
Fall: Level III courses MASS 225, MASS 230& Lab, and MASS 240

### Spring Start

Core Massage Therapy classes for the program starting in the spring will be day courses throughout the program. Having already completed the program prerequisites, MASS 101 and BIOL 109, students will follow this course sequence:

Spring: Level I courses: MASS 110, and MASS 210 & Lab  
Summer: Level II courses MASS 220 & Lab, and MASS 222  
Fall: Level II continues with MASS 112, MASS 223 and MASS 221& Lab  
Spring: Level III courses MASS 225, MASS 230 & Lab, and MASS 240

## Certificate Option

The certificate option is designed for students pursuing the Associate of Applied Science Massage Therapy degree program, who wish to complete their core courses and be employed in the Massage Therapy field while finishing additional requirements for the degree. If an applicant is interested in the certificate option, he/she is encouraged to contact the program director. Applicants for this option also apply to the School of Health Professions (SHP) admissions office. Upon successful completion, certificants will be eligible to apply to take the NCETMB or MBLEx and to apply for state certification as a Registered Massage Therapist. This allows students to actually work in the field while obtaining their A.A.S. degree, which is required to advance to the Licensed Massage Therapist standing. Registered Massage Therapists may practice in all related business settings (e.g., private businesses, health clubs, spas, etc.), but may not practice in health settings (e.g., hospitals, nursing homes, clinics, doctors' offices, etc.). Licensed Massage Therapists may practice in all related business settings in addition to health settings.

### Certificate Sequence

The core program course sequence is the same for the certificate option as for the degree program.

### Progression through the program

The curriculum is designed to allow for progression from simple to more complex concepts with each course building upon the other. Therefore, the courses listed in the total curriculum must be taken in the sequence given with the

exception of the general education requirements, MATH 111, ENGL 101, PSYC 101, the Diversity class, SPCM 101, HLTH 101/PEFT 101, HLTH 111. Additionally, once the core coursework is begun, the student should continue on to the next level to provide for a seamless transition from one level to the next. Those who do not continue on and “take a break” will be required to reapply to the program and meet with the program director. A “break” is to be defined as a one-semester lapse enrollment in program requirements. Placement back into the program is not guaranteed.

Satisfactory Academic progress requires a grade of “C” or better in all core Massage Therapy classes.

### Advantage of the Associate Degree Program

Massage Therapy is a skill which requires both the knowledge to properly assess client history and determine an appropriate application of therapeutic techniques, and a high level of proficiency in a variety of modalities. This only occurs when sufficient time is allowed for students to practice, assimilate and integrate learning of hands-on technique. This occurs over a period of time, which gives our graduates the advantage of more experience through massage and bodywork classes, practice labs, student clinic and clinical experience in a hospital setting. The Associate Degree program prepares students to become Licensed Massage Therapists, which allows for more employment opportunities than the Registered Massage Practitioner who cannot work in any health care settings.

### Learning Massage Therapy

Students learn a protocol for Relaxation Massage (Level I), Deep Tissue Massage (Level II) and Myofascial Massage (Level III). Concurrent with each bodywork class, students participate in a practice lab each week where they develop skill in each of these primary modalities. In Levels II and III students participate in a Student Clinic where they work on members of the public and learn to operate a Massage Therapy office. In Level III students also participate in a hospital based clinic where they work on oncology patients. All clinics are conducted under the supervision of experienced faculty. Additionally students are introduced to a variety of modalities such as: Sports Massage, Traditional Thai Massage, Manual Lymphatic Drainage, Prenatal Massage, Cancer Massage, Neuromuscular Therapy, Reflexology, Healing Touch, Trager, Trigger Point Release, Active Isolated Stretching and Shiatsu.

### Attendance

The materials covered in these courses are rigorous and hands-on, therefore class attendance is a critical component of the grading system. An attendance rate of no less than 80% is required in each class. Students are required to report to the program director any health issues that may affect their performance and the health and well-being of fellow students since students practice on each other. Additionally, all female students are required to sign a pregnancy disclosure statement because only a licensed Massage Therapist may give a massage to a pregnant woman.

### Other Requirements

CPR and first aid certifications must be in the student’s file before the degree or certificate can be awarded.

### State of Maryland Requirements

The state of Maryland recognizes two different levels of massage therapy practitioners, Licensed Massage Therapist and Registered Massage Practitioner. A Licensed Massage Therapist must have completed 60 credit hours of college coursework, 500 hours of massage therapy education at an approved/accredited school; provide proof of passing the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) or the National Certification Commission for Acupuncture and Oriental Medicine (NCCACOM) examination or the Massage & Bodywork Licensing

Examination (MBLEx); and pass the Maryland massage therapy jurisprudence examination. Licensed Massage Therapists may practice in all related business settings including health care. A Registered Massage Practitioner must meet all of the requirements of the Licensed Massage Therapist with the exception of 60 credit hours. Registered Massage Practitioners may not practice in any health care setting, but may practice in all related business settings. The certificate option allows degree-seeking students the flexibility to complete the core massage coursework, and gain professional experience in the field while completing the general education requirements for the Associate of Applied Science degree.

An applicant for license or registration to practice massage therapy in Maryland must be of good moral character, and be 18 years old or older. Additionally in the state of Maryland, anyone who has been convicted of a felony or of a crime involving moral turpitude will not be eligible for certification/licensure as a massage therapist. For more information about Maryland law and regulations governing Massage Therapy, go to: <http://mdmassage.org/>

### *License Requirements in Other States*

Qualifications and requirements vary from state to state and students are responsible for researching the licensing and certifying regulations in the particular state where he/she intends to practice. If a student is planning on practicing in another state, the following website lists contact and licensing requirement information: [http://www.amtamassage.org/government/state\\_laws.html](http://www.amtamassage.org/government/state_laws.html)

### *No Guarantee of Employment*

The Massage Therapy Program at CCBC maintains the highest educational standards to help one achieve one's dream of becoming a Licensed Massage Therapist and maintains a list of employment opportunities. However completion of the program does not guarantee employment.

## **Admissions and Application Process**

Applicants may be interviewed by the director as part of the admissions process.

Send transcripts, Biographical sketch and Applicant Recommendation Forms to:

School of Health Professions Admissions Office  
CCBC Essex  
Room J-101  
7201 Rossville Boulevard Baltimore, MD 21237

### **Application Deadlines**

All forms/information listed are due by July 1<sup>st</sup> for fall admission or November 15<sup>th</sup> for spring admission.

### **Application Process**

The Massage Therapy program is a selective admissions program. Although CCBC has an open door policy, enrollment in the SHP programs is competitive.

1. Fill out a college application. The application is available online at: <http://ccbcmd.edu/admissions/application.html>.

2. We recommend that one make contact with Mr. Charles Martino, Academic Advisor for Allied Health students, for admission process clarification and academic advising. He should be one's main contact while working on preparing to apply.
3. Complete both BIOL 109 and MASS 101.
4. Log into one's [SIMON account](#) and complete the SHP Massage Therapy admission application by the July 1<sup>st</sup> or November 15<sup>th</sup> application deadlines. A \$20 fee is required to be paid at time of submission.
5. Submit Autobiographical Sketch and Three Recommendation Forms to the SHP Admission Office by the application deadline.
6. The SHP Admission Office will review all applications and will select student based on the highest levels of qualification. Applicants may be interviewed by the director as part of the admissions process.
7. Admission decision letters are sent from the SHP Admission Office approximately 4-6 weeks after the application deadline.

Enrollment is limited and selective based on CCBC SHP admissions procedures. The student applicant must submit a SHP Program admission application along with three recommendation forms (applicants may make copies of the included form) and a short autobiographical sketch stating their reasons for pursuing a Massage Therapy career to the SHP Admissions office on or before the admission deadline. If one has previous college work or other training and one wishes to be evaluated for transfer credit, have one's previous institution forward an official transcript to the SHP Admissions office.

**Prerequisites** to the program are BIOL 109 Anatomy and Physiology and MASS 101 Introduction to Massage. A passing grade of "C" or better is required for both courses, and they are to be completed prior to admission to the Massage Therapy program. However, one may submit one's application to the SHP Admissions office while one is still in the process of completing the prerequisites. A CCBC GPA of 2.00 or higher is also required.

Please apply to the program and pay online by logging into one's student account through SIMON, then forward one's autobiographical sketch and recommendation forms separately to the SHP Admission Office. If one does not have a student account, first apply to CCBC and then to the SHP.

To apply online to CCBC or the School of Health Professions, go to:  
[http://www.ccbcmd.edu/allied\\_health/massage\\_therapy/admiss.html](http://www.ccbcmd.edu/allied_health/massage_therapy/admiss.html)

## PROGRAM EXPENSES

Below is a list of approximate costs to complete the Massage Therapy Program. Estimated expenses are based on current costs for the academic year 2011 and are subject to change. The total will be less if you have previous coursework which was transferred in to CCBC.

### Core Massage Therapy Program Tuition Fall 2011

***Tuition is subject to change without notice***

SHP Program Admission Application Fee (non-refundable)	\$20
Tuition (Baltimore County Residents – 69 credits) <a href="http://www.ccbcmd.edu/registration/tuition.html">http://www.ccbcmd.edu/registration/tuition.html</a>	\$ 103 per billable hour
Tuition (Maryland Resident Outside of Baltimore County -69 credits)	\$196 per billable hour
Tuition (Out-of-State Residents and International Students - 69 credits)	\$294 per billable hour
Seniors tuition (age 60)	\$30 per course

### General College Fees

Visit <http://www.ccbcmd.edu/registration/tuition.html> to determine general college fees

### Other Costs

Uniform (Massage Therapy Program Polo shirt)	\$26.00
Required Books*	Approximately \$240
Recommended/Optional Books	Approximately \$82
Flu shot	Approximately \$35
Criminal Background Check	\$49.50
PPD Testing (currently free to those students completing clinicals at Franklin Square Hospital Center, for those students who use their own physicians costs vary)	

### *\*Savings on textbooks*

CCBC Massage Therapy Program offers an innovative program in which 12 of the 17 required massage therapy textbooks are available to be checked out from the library by students enrolled in the program, dramatically reducing the overall cost of book, with a savings of over \$700. (This does not include textbooks required for general education courses.)

### *Financial Aid*

Visit the [financial aid website](#) to find out what aid is available to students who qualify and how to apply for financial assistance. Approved financial aid awards are applied to account balances in the Bursar's Office. Balances not covered by aid are the student's responsibility and must be paid by the due date of the tuition bill.

### *Scholarships*

Massage Therapy students may apply for the following scholarships which are only available to Massage Therapy students.

- THE TEDDIE WELSH MEMORIAL SCHOLARSHIP FUND awards scholarships of \$500 and \$250, and is available to students who maintain a grade point average of 3.00 or higher.

- CCBC Massage Therapy Foundation Scholarship awards scholarships of \$100 to \$500, and is available to students who are admitted into the Massage Therapy Program.

To apply for this or other CCBC Foundation Scholarships, go to:

<http://ccbcmd.edu/media/financialaid/forms/foundationappfall10.pdf>

## Transfer Students and Articulation Agreements

Students who have successfully completed college level work at other institutions may be eligible to transfer in any courses which they have already taken which meet program requirements. All transfer students must meet with either Charles Martino, Academic Advisor for Allied Health students, or Cher Hunter Director, Massage Therapy program, to determine possible transfer credit, course waivers and substitutions.

CCBC cooperates with Harford Community College (HCC) in offering this program to Harford County students. HCC offers the general education courses to prepare students to transfer to CCBC to complete the degree program. Additionally, students may take AHS 101, BIOL 108 and BIOL 116 to meet the CCBC course requirements for ALTH 115 and BIOL 109. For details, see [http://ccbcmd.edu/media/agreements/harfordcc\\_message\\_therapy2010.pdf](http://ccbcmd.edu/media/agreements/harfordcc_message_therapy2010.pdf). CCBC awards the Associate of Applied Science degree upon successful completion of the program. Students may meet with a counselor at either college to obtain further details.

Students who have attended a massage program at a non-collegiate learning institution may be eligible to receive credits toward the A.A.S. degree in Massage Therapy and are invited to meet with the Program Director to review their transcript.

The CCBC Massage Therapy program has an articulation agreement with Towson University. The agreement allows CCBC Massage Therapy Program graduates to transfer up to 64 credits into the Bachelor of Technical/Professional Studies degree program in Allied Health at Towson University. Details are at [http://ccbcmd.edu/media/advising/tu2011\\_message.pdf](http://ccbcmd.edu/media/advising/tu2011_message.pdf)

Visit [wwwnew.towson.edu/chp/alliedhealth/participatingmcolleges/ccbc/index.asp](http://wwwnew.towson.edu/chp/alliedhealth/participatingmcolleges/ccbc/index.asp) for additional information.

## Frequently Asked Question

What do Massage Therapy (MASS) courses involve?

Massage Therapy courses include classroom, practice lab, and clinical experiences. Students learn anatomy and physiology, massage therapy techniques and modalities, and appropriate business and ethical practices.

Commitment and dedication from the student is essential to success in the program. This program is designed to prepare students to work as professional Massage Therapists in a variety of health care and other settings and equip them with the skills required to be a holistically trained member of allied health and integrative medicine teams.

What is the Lab?

The lab portion of bodywork classes is where Massage Therapy students have the opportunity to learn massage techniques and protocols. This is where students develop skill and proficiency under the supervision of a bodywork instructor who is a Licensed Massage Therapist and experienced instructor. Students are required to complete 60 contact hours of lab in Levels 1, 2, and 3, in conjunction with the bodywork class.

During Level II students complete 30 hours in student clinic throughout the semester and in Level III students complete 18 hours in student clinic and 12 hours clinical experience at Franklin Square Hospital Center. MASS 223 Foundations of Massage Therapy Research also requires a lab which consists of 30 hours in student clinic.

### What is Clinical Education?

Twelve hours of clinical experience are scheduled at Franklin Square Hospital Center, Ambulatory Outpatient Oncology, concurrent with Level III Massage. Requirements for clinical rotation are as follows:

- Training in oncology massage, provided in MASS 221, Massage Modalities
- Franklin Square Hospital Center Orientation
- Franklin Square Hospital Center required safety and HIPAA training
- Franklin Square Hospital Center health requirements must be met
- Franklin Square Hospital Center required clinical paperwork
- Criminal background check must be completed prior to attending clinical

### Are classes offered both day and evening?

Yes. Programs starting in the fall will be evening courses and programs starting in the spring will offer day classes.

### Who are the instructors?

All of the faculty members in the Massage Therapy Program are Nationally Certified and Maryland Licensed Massage Therapists. They are experienced educators with an average of over 10 years of experience in Massage Therapy.

### What are the additional expenses the massage therapy students are responsible for besides tuition?

Students are responsible for those textbooks which are not obtained through the book lending program, providing their own linens and massage crèmes, transportation, and the purchase of a massage therapy shirt and khaki pants to wear in student clinic, clinical work at the hospital and at outreach events.

### What is the employment outlook for Massage Therapists?

Massage has become increasingly popular among consumers. The employment outlook is increasing and opportunities within the field are wide and varied depending on one's interest. Graduates may be eligible to work in area hospitals, clinics, chiropractor and doctor offices, wellness centers, fitness centers and salons, corporate wellness programs, sports and performing arts activities, as well as their own private practice.

According to the Department of Labor, "Employment of massage therapists is expected to increase by 19 percent from 2008 to 2018, faster than the average for all occupations. Employment will grow as more people learn about the benefits of massage therapy. Continued growth in the demand for massage services will lead to new openings for massage therapists."

### Becoming a Licensed Massage Therapist

Program graduates are eligible to sit for the national certification examination given by the NCBTMB. Upon passing the National Certification Exam graduates then must apply to the Maryland Board of Chiropractic and Massage Therapy Examiners for State licensure and take the Maryland Jurisprudence Exam. The Massage Therapy Program prepares students well for both the National Certification Exam and the Maryland state Jurisprudence Exam. Our graduates have achieved a 100% first time pass rate for the past 3 years (2009, 2010, 2011), with all graduates taking the exam.

### Want more information about the Massage Therapy Program?

The SHP Admissions Office coordinates admissions for the Massage Therapy program and can be reached at 443-840-1980. Charles Martino is the Academic Advisor for this program and can provide advising on academics and admissions. He can be reached at 443-840-1037 or at [cmartino@cCBCmd.edu](mailto:cmartino@cCBCmd.edu).

## Technical Standards

In order for Massage Therapists to perform their duties, they should possess the following:

### *Technical skills:*

- Ability to formulate a session plan based upon the client's needs. Inherent in this plan is the assumption that the therapist has a solid knowledge in human anatomy and physiology, understands cautions and contraindications, pathology, and limitations.
- Ability to perform massage techniques in a safe and professional manner
- Certification in CPR and first aid

### *Physical requirements*

- Manual dexterity
- Hand strength, flexibility, and fine motor coordination
- Strength to apply massage therapy strokes
- Stamina needed to perform massage for an extended period of time
- Balance and flexibility
- Able to manipulate or move equipment (weighing up to 45 lbs.)

### *Interpersonal Skills*

- Work in an unbiased, nonjudgmental, safe, professional manner while maintaining and respecting client confidentiality
- Effective communication skills, both verbal and written
- Possess time management skills, creativity, and be able to maintain appropriate professional boundaries with clients.

### *Working Conditions*

Varies based upon the environment you choose to work. A Massage Therapist is engaged in physical movement throughout a session (standing, walking, bending, lifting, pushing, etc.).

**Massage Therapy Applicant Recommendation Form**

Name of Applicant: \_\_\_\_\_ Student ID#: \_\_\_\_\_

1. I have known the applicant for \_\_\_\_\_ years, \_\_\_\_\_ months

2. I know the applicant \_\_\_\_\_ Slightly \_\_\_\_\_ Fairly well \_\_\_\_\_ Very well

3. I have known the applicant in the following capacity:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. In terms of the candidate’s application to the Massage Therapy Program, please rate the applicant on each characteristic below:

CHARACTERISTIC	POOR	AVERAGE	GOOD	SUPERIOR	NO BASIS FOR JUDGMENT
Oral Expression					
Ability to Work with Others					
Independence and Initiative					
Adaptability					
Honesty					
Dependability					
Emotional Maturity					
Judgment					

5. Indicate the strength of your overall endorsement of the applicant.

- \_\_\_\_\_ Not recommended
- \_\_\_\_\_ Recommended with some reservations
- \_\_\_\_\_ Recommended
- \_\_\_\_\_ Highly recommended

