

Area of Interest: Nursing, Health & Emergency Careers
Degree: Massage Therapy, Associate of Applied Science (AAS)
Stackable Certificate: Massage Therapy
College Catalog: [2024-2025](#)



Program Location: Superstition Mountain Campus

Program Description: The Massage Therapy AAS Degree includes 735 hours of basic curriculum which prepares individuals for entry-level positions performing massage therapy in a variety of settings. With additional classes in general education and expanded medical courses, students may attain an AAS in Massage Therapy with a 1140 hour certificate. This program includes relaxation massage, therapeutic massage, massage therapy for special populations and spa treatments and hydrotherapy. Included in the program is a Chiropractic Assistant certification program. Additional topics include physiotherapy, body mechanics, acupuncture, anatomy, pathophysiology, business skills, and complementary and alternative medicine.

Contact Information: Christina Brown (Program Director) christina.brown2@centralaz.edu

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Area of Interest Website: [Nursing, Health & Emergency Careers](#)

Legend

Bold Course=Required Course Recommended Course (R) Stackable Certificate (SC)

AGEC Course list (Arizona General Education Curriculum)

Written Communication (WC)	Oral Communication (OC)	Arts/Humanities (AH)	Social/Behavioral Science (SB)
Lab Science (LS)	Mathematics (M)	Core Course (CC)	Elective (E)

Pre-Degree Requirements:

Before applying to the program, students need to have completed the following:

High school diploma or GED.
RDG100 College Reading or equivalent reading assessment option - https://centralaz.edu/academics/advising/#tab-id-2
Visa or students whose first language is not English need to submit a passing score on the TOEFL (Test of English as a Foreign Language).
Meet with the program director.

Semester 1: New Students-Find your suggested starting point for English/Reading & Math courses.

		COURSE	CREDITS	SEMESTER/GRADE	NOTES
SC	LS	BIO160 Introductions to Human Anatomy & Physiology	4		
SC	CC	LMT154 Complementary and Alternative Medicine	3		
SC	CC	LMT160 Applied Anatomy for Massage Therapy	3		
SC	CC	LMT180 Therapeutic Massage I	3		
SC	CC	LMT181 Therapeutic Massage II	3		
SC	CC	LMT175 Practicum—Relaxation Massage	1		
SC	CC	LMT176 Practicum—Therapeutic Massage	1		
Semester Credits			18	Meet with your CAC advisor each semester!	

Semester 2

		COURSE	CREDITS	SEMESTER/GRADE	NOTES
SC	CC	HCC173 Pathophysiology	3		
SC	CC	LMT136 Business Skills for Massage Therapy	3		
SC	CC	LMT150 Chiropractic Assistant Training	2		
SC	CC	LMT151 Study of Acupuncture for Healthcare Professionals	1		
SC	CC	LMT152 Study of Physiotherapy for Healthcare Professionals	1		
SC	CC	LMT177 Practicum—Massage for Special Populations	1		
SC	CC	LMT178 Practicum—Spa Treatment & Hydrotherapy	1		

SC	CC	LMT280 Therapeutic Massage III 3	3		
SC	CC	LMT281 Therapeutic Massage IV	3		
SC	CC	LMT282 Therapeutic Massage V	3		
Semester Credits			21	Research career resources and opportunities!	

Semester 3					
		COURSE	CREDITS	SEMESTER/GRADE	NOTES
R	WC	ENG101 College Composition I	3		Health-care specific section preferred.
	OC	COM100 Fundamentals of Human Communication or higher	3		
	AH	Select an AGECE Arts & Humanities course	3		
	CC	HCC100 Introduction to Health Care	3		
Semester Credits			12	Apply for graduation and attend career events!	

Semester 4					
		COURSE	CREDITS	SEMESTER/GRADE	NOTES
R	M	BUS101 Business Mathematics	3		
R	SB	PSY101 Introduction to Psychology	3		
	CC	HCC116 Medical Terminology	3		
Semester Credits			9	Finish strong-don't get distracted before finals!	
Total Degree Credits			60		
Total Certificate Credits			39		

Arizona Resident Tuition for 2024-2025 is \$75 per credit hour, see [Paying for College](#). Financial aid may be available.

Career Information

CAC Career Center: centralaz.edu/career FREE CAC career resources and assistance.

O*NET OnLine: Visit onetonline.org and search for:

- Education needed for specific occupations
- Occupation tasks, knowledge, skills and abilities
- Salary/wages for specific occupations (\$)

Transfer Information

CAC University Transfer Center: centralaz.edu/transfer FREE CAC transfer resources and assistance.

Note: Use this Program MAP as a guide to choose courses with your advisor and track progress towards milestones and completion of program. Work with an advisor to customize your plan to align with your specific career and/or transfer goals.

Part-Time Students: Plans can be modified to fit the need of part-time students by adding more semesters.

Student Name:	Advisor Name:
Student ID Number: 880	Date: