

# THERAPEUTIC MASSAGE

## Is Therapeutic Massage for me?

*The field is for you if you ...*

- Enjoy working with your hands.
- Are good at communication.
- Like helping people.
- Take pleasure working in a relaxing environment.

## What skills will I need for this field?

*You will need to have knowledge of ...*

- Manipulation techniques.
- Relaxing muscles.
- Improving blood and lymphatic circulation.
- Reducing stress.
- Enhancing mobility.

## What is the work atmosphere like?

Massage therapists receive referrals from health care providers, and/or are employed directly by chiropractic, osteopathic and orthopedic physicians, sports medicine clinics, and physical therapists. They also work in hospitals, nursing homes and spas, and are self-employed.

## What are my degree options?

### **Certificate**

Therapeutic Massage

### **Associate's Degree**

Associate in Applied Science (AAS)

### **Professional Certification**

Upon completing the program students earn both a diploma from the Wellness and Massage Training Institute (WMTI) and an academic certificate from C.O.D. Graduates of the certificate program or the AAS are eligible to sit for the national certification exam of the National Certification Board for Therapeutic Massage and Bodywork.

## What are my career opportunities?

The employment opportunities for students entering this field are excellent.

## What can I do with these degrees?

*If you have completed ...*

### **High School Diploma**

Spa Assistant

### **Certificate**

Massage Therapist

## How can I prepare now?

*Recommended courses ...*

### **Math**

Algebra

### **Science**

Anatomy

### **Communications**

Composition and Speech

### **Occupational Electives**

Health

## What about my articulated credit?

Check with your high school coordinator to see if you are eligible for articulated credit at College of DuPage.

### **Associate in Applied Science Degree**

Massage Therapist

## What should I take in my first semester at C.O.D.?

Tmass 1100: Introduction to Palpation and Anatomy

Tmass 1101: Introduction to Massage Therapy/Bodywork

Tmass 1105: Concepts of Holistic Health

Legislation for state licensure has recently passed. This would require a minimum of 500 hours of training. Our certificate program requires 556 hours of training.

## Whom can I talk to for more information?

Health, Social, and Behavioral Sciences Division  
(630) 942-2495

For more information on the Associate in Applied Science Degree curriculum, see your program coordinator or go to [www.cod.edu](http://www.cod.edu).