

# Therapeutic Massage Program

Student Name: \_\_\_\_\_

## Check Sheet

Student ID: \_\_\_\_\_

✓	Course #	Name	Cr	Grade
<b>Prerequisites for Certificate and AAS Degree Programs</b>				
	WED151	Overview of Alternative Medicine	3	
	WED165	Overview of Massage Therapy	2	
	WED215	Selfcare for Healthcare Providers	2	
	HCC130	Fundamentals in Health Care Delivery	3	
	HCC145AA	Medical Terminology for Health Care Workers I	1	
	BIO160	Intro. Human Anatomy & Physiology	4	
<b>Total Prerequisite Hours =</b>			<b>15</b>	
<b>Required Core: Semester I</b>				
	WED230	Therapeutic Massage Practices I	6	
	WED231	Therapeutic Massage Practices II	6	
<b>Total Semester I Hours =</b>			<b>12</b>	
<b>Required Core: Semester II</b>				
	WED232	Therapeutic Massage Practices III	6	
	WED204 OR MGT253	Establishing a Massage Practice OR Own and Operate a Small Business	3	
	WED250	Clinical Practicum	3	
<b>Total Semester II Hours =</b>			<b>12</b>	
<b>Restricted Electives: 4 credits/Certificate, 8 credits/AAS (select electives from different categories)</b>				
<b>Category I: General</b>				
	HES100	Healthful Living	3	
	HES271	Prevention/Treatment of Athletic Injuries	3	
<b>Category II: Hands-On</b>				
	WED 210	Sports Massage	2	
	WED262/264	Acupressure/Shiatsu I & II	2	
	WED297AB	Special Topics: Reiki	2	
<b>Category III: Specialty Exploration</b>				
	WED 156	Humor & Play	1	
	WED 160	Ethics of Touch Massage	.5	
	WED 162	Meditation & Wellness	1	
	WED 170	Principles of Homeopathy	1	
	WED 172	Herbal Remedies	1	
	WED 176	Flower Essences	1	
	WED 182	Health Conditions and Popular Herbs	2	
	WED 218	Aromatherapy	1	
	WED 297AA	Special Topics: NCE Prep Course	1	
<b>Category IV: Physical Activity</b>				
	PED 202VR	Tai Chi	1	
	PED 202AO	Aikido	1	
	PED 202YJ	Yoga	1	
<b>Total Elective Credits = 4/Cert. 8/AAS</b>			<b>Total Certificate Credits = 43</b>	
<b>General Education for AAS Degree</b>				
	ENG 101 / 107	First Year Composition / First Year Composition for ESL	3	
	ENG 102 / 108	First Year Composition / First Year Composition for ESL	3	
	COM 110 OR COM 230	Interpersonal Communications OR Small Group Communication	3	
	CRE 101	Critical Reading / Assessment equivalent	3	
	MAT	Any Math 100 level or above	3	
	HUM	Humanities & Fines Arts (See PC Catalog for complete list of courses available)	3	
	REC 120	Leisure and the Quality of Life	3	
<b>Total AAS Credits = 68</b>			<b>Total General Education Credits = 21</b>	