

Clinical Sports Massage AAS DEGREE

Program Overview

The AAS in Clinical Sports Massage builds upon the existing Massage Therapy Certificate Program. Graduates perform thorough patient assessments and develop care plans based on assessments. Students implement care plans using carefully selected techniques for the given disorders, including recommended exercises to the client. Clinical Sports Massage techniques include, but are not limited to, friction therapy, trigger point therapy, active and passive engagement techniques, scraping techniques, fascial release techniques, manual lymphatic drainage and advanced stretching modalities.

Career Opportunities

Huge growth in age group sports such as triathlon, running, skiing, soccer, rugby and hockey, have led to more people returning to a sporting lifestyle than ever before. The direct correlation is an increase in injuries and/or need for prevention of injury. With increased proven results utilizing various soft tissue manual therapies, more people are relying on well trained Clinical Sports Massage Therapists to alleviate and/or prevent injury. There is a large demand for Clinical Sports Massage Therapists in rehabilitation facilities, sports chiropractic offices, onsite sports events, health clubs, and with self-employment. The Clinical Sports Massage Advanced Certificate qualifies graduates to apply for board certification. All classes within this curriculum qualify as continuing education for massage therapy.

Program Outcomes

1. Graduates will provide application of manual techniques to positively contribute to the well-being of the client in a safe and skillful manner.
2. Graduates will be prepared to take the national certification exam in massage therapy.
3. Graduates will be prepared for employment in an entry-level capacity.
4. Graduates will be prepared to take the Board Certification through the National Certification Board for Therapeutic Massage & Bodywork (NCTMB).
5. Graduates will be prepared for employment in a sports and rehabilitation environment.

Program Faculty

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Day and Evening Classes

Classes may be offered day and evening.

Textbook and Supply Costs

Students should expect to spend approximately \$1,900.00 for books and supplies. (Does not include massage table.) This cost is in addition to tuition and fees.

*Information is subject to change.
 This Program Requirements Guide is not a contract.*

Transfer Opportunities

Saint Paul College has a transfer articulation agreement between the following program and post-secondary institutions for the baccalaureate degree programs listed below.

For more information please go to www.saintpaul.edu/Transfer.

Clinical Sports Massage AAS

- BA Kinesiology
Concordia University
- BS Healthcare and Human Service Management
Saint Mary's University-Twin Cities Campus
- BAS Healthcare Leadership & Administration
Winona State University
- BA Health Care Administration
Concordia University, St. Paul
- BA Exercise Science (Traditional & Cohort)
Concordia University, St. Paul
- BA Individualized Studies
Metropolitan State University

Program Requirements

- Check off when completed
- All technical courses (HLTH, MASS) must be successfully completed with a grade of "C" or better.

Course	Cr
<input type="checkbox"/> HLTH 1418 Somatic Practitioner: Business & Ethics	2
<input type="checkbox"/> HLTH 1421 Anatomy & Physiology for Somatic Practitioners	4
<input type="checkbox"/> HLTH 1422 Health and Wellness Coaching	4
<input type="checkbox"/> HLTH 1425 Clinical Applications in Kinesiology	3
<input type="checkbox"/> HLTH 1465 Functional Holistic Nutrition	4
<input type="checkbox"/> HLTH 1485 Therapeutic Exercise	5
<input type="checkbox"/> HLTH 1900 Pathology for the Somatic Practitioner	4
<input type="checkbox"/> MASS 1400 Introduction to Therapeutic Massage	4
<input type="checkbox"/> MASS 1421 Massage Spa Techniques	2
<input type="checkbox"/> MASS 1422 Massage Clinical Techniques	4
<input type="checkbox"/> A CPR course/certificate must be completed prior to taking MASS 1480 Massage Therapy Practicum	
<input type="checkbox"/> MASS 1423 Advanced Clinical Sports Massage Techniques	5
<input type="checkbox"/> MASS 1480 Massage Therapy Practicum	4
<input type="checkbox"/> MASS 1490 Clinical Massage Internship	5
Subtotal	50

General Education/MnTC Requirements

- Refer to the Minnesota Transfer Curriculum Course List for each Goal Area
- Goal 1: Communication7
ENGL 1711 Composition 1 – 4 cr
SPCH XXXX – 3 cr
 - Goal 3: Natural Sciences3
BIOL 1760 Nutrition – 3 cr (recommended)
 - Goal 5: History, Social Science and Behavioral Sciences3
PSYC 1750 Introduction to Health Psychology – 3 cr (recommended)
 - Goal 6: Humanities and Fine Arts.3
- General Education Requirements 16**

Total Program Credits 66

Program Start Dates

Fall, Spring, Summer

Course Sequence

For part-time or customized course sequence please contact program faculty.

First Semester

- HLTH 1418 Somatic Practitioner: Business & Ethics . . . 2
- HLTH 1421 Anatomy and Physiology for Somatic Practitioners4
- MASS 1400 Introduction to Therapeutic Massage 4
- MASS 1421 Massage Spa Techniques2
- MASS 1422 Massage Clinical Techniques4
- Total Semester Credits 16**

Second Semester

- HLTH 1425 Clinical Applications in Kinesiology3
- HLTH 1465 Functional Holistic Nutrition4
- A CPR course/certificate must be completed prior to taking MASS 1480 Massage Therapy Practicum**
- MASS 1480 Massage Therapy Practicum4
- Goal 5: PSYC 1750 Introduction to Health Psychology (recommended)3
- Total Semester Credits 14**

Third Semester

- MASS 1423 Advanced Clinical Sports Massage5
- HLTH 1422 Health and Wellness Coaching4
- HLTH 1485 Therapeutic Exercise5
- HLTH 1900 Pathology for the Somatic Practitioner . . . 4
- Total Semester Credits 18**

Fourth Semester

- MASS 1490 Clinical Massage Internship5
- Goal 1: ENGL 1711 Composition 14
- Goal 1: SPCH XXXX3
- Goal 3: BIOL 1760 Nutrition (recommended)3
- Goal 6: Humanities and Fine Arts.3
- Total Semester Credits 18**

Total Program Credits 66

Minimum Program Entry Requirements

Students entering this program must meet the following minimum program entry requirements:

Reading: Score of 78+ or grade of "C" or better in READ 0722

Writing: Score of 78+ or grade of "C" or better in ENGL 0922

Arithmetic: Score of 20+

Assessment Results and Prerequisites:
 Students admitted into Saint Paul College programs may need to complete additional courses based on assessment results and course prerequisite requirements. Certain MATH, READ, and ENGL courses have additional prerequisites.

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