

# 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.

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



Certified by the National Certification Board for Therapeutic Massage & Bodywork (NCTMB).

## Program Faculty

- Nick Bohrer  
nick.bohrer@saintpaul.edu
- Jeremy Sartain  
jeremy.sartain@saintpaul.edu

## 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.

## 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
<b>Subtotal. . . . .</b>	<b>50</b>

## General Education/MnTC Requirements Cr

- Refer to the Minnesota Transfer Curriculum Course List for each Goal Area
- Goal 1: Communication . . . . .7  
ENGL 1711 Composition 1 – 4 cr  
COMM 17XX – 3 cr
  - Goal 3: Natural Sciences . . . . .3  
BIOL 1760 Nutrition – 3 cr (recommended)
  - Goal 5: History, Social Science and Behavioral Sciences . . . . .3  
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 contact Jeremy Sartain at 651.846.1619 or email jeremy.sartain@saintpaul.edu. Not all courses are offered each semester; a selection of courses is offered summer term. Students should consult with the Program Faculty each semester.

*See back of this guide for Course Sequence & Transfer Opportunities*

### Minimum Program Entry Requirements

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

**Reading:** Score of 250+ or grade of "C" or better in READ 0722 or READ 0724 or EAPP 0900

**Writing:** Score of 250+ or grade of "C" or better in ENGL 0922 or EAPP 0900

**Arithmetic:** Score of 200+

### 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.

# Clinical Sports Massage AAS DEGREE *(continued)*

## Course Sequence

For part-time or customized course sequence contact Jeremy Sartain at 651.846.1619 or email [jeremy.sartain@saintpaul.edu](mailto:jeremy.sartain@saintpaul.edu). Not all courses are offered each semester; a selection of courses is offered summer term. Students should consult with the Program Faculty each semester.

### First Semester

HLTH 1418 Somatic Practitioner:  
 Business & Ethics . . . . . 2

HLTH 1421 Anatomy and Physiology for  
 Somatic Practitioners . . . . . 4

MASS 1400 Introduction to Therapeutic Massage . . . . 4

MASS 1421 Massage Spa Techniques . . . . . 2

MASS 1422 Massage Clinical Techniques . . . . . 4

**Total Semester Credits. . . . . 16**

### Second Semester

HLTH 1425 Clinical Applications in Kinesiology . . . . . 3

HLTH 1465 Functional Holistic Nutrition. . . . . 4

**A CPR course/certificate must be completed prior to taking MASS 1480 Massage Therapy Practicum**

MASS 1480 Massage Therapy Practicum . . . . . 4

Goal 5: PSYC 1750 Introduction to Health Psychology  
 (recommended) . . . . . 3

**Total Semester Credits. . . . . 14**

### Third Semester

MASS 1423 Advanced Clinical Sports Massage  
 (fall only) . . . . . 5

HLTH 1422 Health and Wellness Coaching. . . . . 4

HLTH 1485 Therapeutic Exercise . . . . . 5

HLTH 1900 Pathology for the Somatic Practitioner . . . 4

**Total Semester Credits. . . . . 18**

### Fourth Semester

MASS 1490 Clinical Massage Internship. . . . . 5

Goal 1: ENGL 1711 Composition 1 . . . . . 4

Goal 1: COMM 17XX . . . . . 3

Goal 3: BIOL 1760 Nutrition (recommended). . . . . 3

Goal 6: Humanities and Fine Arts. . . . . 3

**Total Semester Credits. . . . . 18**

**Total Program Credits . . . . . 66**

## 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 [saintpaul.edu/Transfer](http://saintpaul.edu/Transfer).

### Clinical Sports Massage AAS

BA	Exercise Science (Traditional & Cohort) Concordia University, St. Paul
BA	Health Care Administration Concordia University, St. Paul
BA	Individualized Studies Metropolitan State University