



LIWS PROGRAMS IN PARTNERSHIP WITH CAMDEN COUNTY COLLEGE

These programs incorporate classes from LIWS and Camden County College. You will take college level courses while earning your Massage Therapy Certification. Additionally, the college credits you earn can be used towards your Massage Therapy Associates Degree in Applied Science. LIWS strongly recommends following the course flow outlined below to eliminate possible scheduling conflicts.

MASSAGE THERAPY CERTIFICATE OF ACHIEVEMENT (MAS.CA)

MASSAGE THERAPY DEGREE:
Certificate of Achievement
College Code: MAS.CA

CODE	COURSE	CREDITS
First Semester		
MAS-200	Therapeutic Massage*	6
MAS-205	Environmental Management*	1
MAS-209	Structures & Functions I*	4
MAS-211	Structures & Functions II*	2
HPE-170	First Aid, Safety, Prevention of Injuries	3
		16
Summer Session		
MAS-201	Student Massage Clinic*	1
Second Semester		
MAS-240	Specialized Massage Techniques*	3
MAS-241	Business Management for the Massage Professional*	2
MAS-255	Massage Therapy Integration & Application*	3
MAS-260	Palpation & Kinesiology for Massage Therapy*	3
MAS-261	Pathology for Massage Therapy*	4
HPE-106	Stress Management	3
Total Minimum Credits		35

Note: Lourdes Institute and Camden County College reserve the right to regulate the number of students in a class, to cancel a class or to change the times of classes and instructors. Also, the academic calendar, courses and curricula described herein are subject to change by Lourdes Institute and/or Camden County College at any time. Camden County College and Lourdes Institute also reserve the right to change tuition and fees herein stated at any time by action of the Board of Trustees. (Advanced development of our industry may not be deemed to be within any given Massage Techniques, while part of the on-going growth and research – supported Bodywork or Somatic Therapy’s Scope of Practice in all jurisdiction(s).) LIWS encourages students to ensure they are practicing in a responsible manner and in compliance with their jurisdiction’s definition of Scope of Practice, where applicable.

MASSAGE THERAPY ASSOCIATE DEGREE IN APPLIED SCIENCE (MAS.AAS)

MASSAGE THERAPY DEGREE:
Associate Degree in Applied Science
College Code: MAS.AAS

CODE	COURSE	CREDITS
First Year/First Semester (Fall Semester Primary Start)		
ENG-101	English Comp I	3
MAS-200	Therapeutic Massage*	6
MAS-205	Environmental Management*	1
BIO-117	Basic Anatomy & Physiology I	4
MTH...	Mathematics General Educ. Elective	3
		17
First Year/Second Semester		
ENG-102	English Composition II	3
FNS-105	Intro to Nutrition	3
MAS-209	Structures & Functions for the Bodyworker I*	4
MAS-211	Structures & Functions for the Bodyworker II*	2
MAS-240	Specialized Massage Techniques*	3
MAS-260	Palpation & Kinesiology for Massage Therapy*	3
		18
First Year/Summer Session		
MAS-201	Student Massage Clinic*	1
		1
Second Year/First Semester		
PSY-101	Basic Psychology	3
MAS-261	Pathology for Massage Therapy*	4
HPE-106	Stress Management	3
HPE-170	First Aid, Safety & Prevention of Injuries	3
HPE...	Health & Exercise Science	1
		14
Second Year/Second Semester		
MAS-241	Business Management for the Massage Professional*	2
MAS-243	Integrated Myofascial Structural Techniques*	2
MAS-255	Massage Therapy Integration & Application*	3
SPE-102	Public Speaking	3
HPE-145	Wellspring Fitness Lab I	1
.....	Diversity: Humanities Education Electives	3
		14
Choice of courses to equal 2 credit hours from below:		
MAS-215	Therapeutic Sensory Applications I	(1 credit)
MAS-220	Eastern Therapeutic Concepts	(1 credit)
MAS-225	Therapeutic Sensory Applications II	(2 credits)
MAS-230	Therapeutic Herbal Applications	(2 credits)
		2
Total Minimum Credits		66

* MAS courses are restricted to students formally admitted into the Massage Therapy Program.

NOTE: This program meets all educational requirements defined by the State of New Jersey, the National Certification Board for Therapeutic Massage and Bodywork and the American Professional Massage Therapists and Bodyworkers.

CAMDEN COUNTY COLLEGE COURSES

COURSE DESCRIPTIONS:

Business Management for the Massage Professional

DESCRIPTION: This course provides information regarding the business aspect of massage therapy and helps students gain information about themselves and their personal priorities to facilitate their success as professionals. In addition, students will learn national and New Jersey state legal regulations concerning massage.

Eastern Therapeutic Concepts

DESCRIPTION: Eastern Therapeutic Concepts are fundamental to the understanding of Eastern medicinal theory and healing arts. The course links fundamental Eastern medicine concepts to the diagnosis and treatment of disharmony and disease. The course first covers the basic concepts of this medicine and how it relates to human health. Building on this foundation, students learn the significance of signs and symptoms of disease.

Environmental Management

DESCRIPTION: This course will address the importance of creating a healthy and environmentally safe massage experience. Students will learn the various ways to use safe, environmentally sound practices to create a healthy massage/bodywork space for both practitioner and client. This course also includes basic information regarding self care for the bodyworker, with the understanding of proper body mechanics to be used during sessions.

Integrated Myofascial Structural Techniques

PREREQUISITE: Therapeutic Massage, Structures & Functions I, Structures & Functions II, Specialized Massage Techniques

DESCRIPTION: This course encourages the student to develop a greater depth of experience, understanding and skill in structural myofascial bodywork. It is designed to allow for more experience in all aspects of the work: the nature of fascia, use of the myofascial hand, structural theory, observational skills, and kinesthetic awareness. Additionally, students are introduced to addressing the body in functional segments. Each segment has a relationship and function within the whole body structure. Each day of class, students will examine one of these segments and will learn to work to enhance function and integration. Special focus is placed on the quality of hand contact made by students while working and movement activities that will help students build structural awareness.

Massage Therapy Integration & Application

PREREQUISITE: Pre-Clinic Workshop, Therapeutic Massage
COREQUISITE: Specialized Massage Techniques, Palpation & Kinesiology

DESCRIPTION: This course is designed to integrate the various massage techniques, concepts, and principles to effectively meet the unique needs of the individual client. The use of assessment, effective reasoning skills, and the execution of the treatment plan will be based on knowledge obtained in the core curriculum. The interpretation and prioritization of all case information will help the student to become a safe and productive practitioner.

Palpation & Kinesiology for Massage Therapy

PREREQUISITE: Therapeutic Massage
PRE/COREQUISITE: Structures & Functions I, Structures & Functions II

DESCRIPTION: This course is designed to introduce the massage therapist to the three-dimensional quality of muscle, bone, tendons, ligaments, and other tissues of the body. Unlike the traditional academic approach to anatomy and physiology, this course will provide a more practical and sensory-based experience. It is designed to give the massage student an introduction to human movement. This class will cover the skeletal system, architecture of joints, structures and functions of skeletal muscle, muscle insertions and levers, innervation of muscles, roles of muscles, and types of muscular contraction.

Pathology for Massage Therapy

PREREQUISITE: Therapeutic Massage
DESCRIPTION: This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a massage plan and remedial exercises for specific diseases and physical disorders.

Infectious Diseases

DESCRIPTION: At the completion of this course, students will possess knowledge to differentiate between HIV infection and AIDS as well as other infectious diseases such as Hepatitis. Students will learn the symptoms of various infectious diseases and different ways they can be transmitted and prevented. Additional topics include the psychological and social impacts of living with an infectious disease. This course will also list HIV infection anonymous testing and counseling sites in New Jersey.

Specialized Massage Techniques

PREREQUISITE: Therapeutic Massage
PRE/COREQUISITE: Structures & Functions I
DESCRIPTION: This course introduces three very distinct and important massage techniques: Myofascial structural bodywork, deep tissue massage, and foot reflexology. The Myofascial hand use and technique will be introduced in principle and practice. Students will be presented with structural theory and begin to look at the body while standing and in simple motion. The deep tissue segment of this course is designed to give massage therapists added skills to safely assist clients with special conditions. This segment introduces the student to deeper pressure than that used in the Massage Therapy course. The foot reflexology component teaches students the ancient system of applying pressure and massage techniques on reflex points of the feet to alleviate energy blocks that cause pain or tension.

CAMDEN COUNTY COLLEGE COURSES

Structures & Functions for the Bodyworker I

PREREQUISITE: Basic A&P (.AAS Students Only)

DESCRIPTION: This course is designed to increase the student's knowledge base in applied human anatomy, physiology and kinesiology by reviewing and expanding upon the foundational level of information presented in the Basic Anatomy & Physiology (BIO-117) course. Aspects of human disease, injury, nutrition, and wellness concepts will also be introduced. This course will prepare students for the national certification examination as well as the state license requirements. This course also focuses on safe and effective practice, professional communication with clients and health care professionals, understanding massage and medical information, and participation in other advanced massage therapy courses.

Structures & Functions for the Bodyworker II

PREREQUISITE: Structures & Functions I

DESCRIPTION: To integrate the body workers' knowledge of applied anatomy and physiology into various methods of both eastern and western massage techniques. Emphasis is placed on understanding muscular structure and its importance in effective massage therapy.

Student Massage Clinic

PREREQUISITE: Therapeutic Massage

DESCRIPTION: This is a supervised massage clinic that is open to the community. Students will participate in sessions as if they were in their own massage practice. Students will learn how to set up and break down rooms between sessions, documentation of sessions, confirm appointments and expand their massage skills.

Therapeutic Herbal Applications

DESCRIPTION: This course will cover herbs that are used for both pharmaceutical and culinary purposes. Information will be given about an herb's flavor, properties, and clinical applications. The course will familiarize the students with the therapeutic herbal applications in relation to specific conditions.

Therapeutic Massage

DESCRIPTION: Students will be introduced to the basic components for Therapeutic/Swedish massage: hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage. The importance of sound ethical procedures for the massage therapist will also be covered.

Professional Ethics for the Bodyworker

DESCRIPTION: This course explores the elements at the heart of ethics. Problem-solving, dealing with transference and counter-transference, setting boundaries, confidentiality, and understanding scope of practice will be discussed.

Therapeutic Sensory Applications I

DESCRIPTION: This course introduces the student to the therapeutic sensory applications of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of therapeutic oils and how the student can utilize them in their professional and personal life. This course explains the history of sensory application techniques focusing on aromatherapy essential oils, blending techniques, choosing the correct carriers, contraindications and safety factors of essential oil use, and the physical and emotional aspects of these applications.

Therapeutic Sensory Applications II

PREREQUISITE: Therapeutic Sensory Applications I

DESCRIPTION: This course follows Level I Aromatherapy education guidelines (set by the National Association of Holistic Aromatherapy) for practicing aromatherapy on friends and family. Topics include basic chemistry of essential oils, aromatic blending, essential oil pathways into the body and integration of therapeutic sensory applications with bodywork. Safe and responsible use of essential oils is emphasized.

