

Massage Therapy, CAS

Academic Year 2026-2027

Program Description:

Licensed Massage Therapists (LMTs) offer a range of services from relaxation massage to precise clinical soft tissue treatment. Massage techniques can release scar tissue, increase joint range of motion, enhance circulation of blood and lymph and increase the supply of oxygen and nutrients to cells, eliminating toxic waste products resulting in a healthier person. A holistic approach to massage therapy integrates an understanding that there are physical, mental, emotional, and spiritual components to each individual. LMT's are currently employed through private practice, chiropractic offices, hospitals, health clubs, day spas, cruise ships, fitness centers, beauty salons, and more.

Career Outlook and Salary Forecast:

For the most current information please refer to the Bureau of Labor Statistics "Occupational Outlook Handbook" found at www.bls.gov/ooh/.

Program Outcomes:

- Describe the structure and function of the human body from a Western scientific perspective
- Describe the structure and function of the human body from a traditional Eastern medical perspective
- Explain the functions of the musculoskeletal system, including pathologies and contraindications in massage therapy treatment
- Plan and organize an effective therapeutic bodywork session
- Outline the skills needed to operate a successful massage therapy practice
- Apply soft tissue therapy techniques in order to assess and treat, based on a Western scientific perspective of health
- Exhibit ethical behavior, including appropriate interpersonal behavior, in a professional massage therapy setting
- Assess personal well-being
- Maintain personal health and wellness through the use of somatic self-care techniques
- Identify lifestyle management methods and techniques based in a Traditional Eastern medicine perspective of health
- Locate resources for continuing professional development

Program Admission Requirements:

Students seeking admission into the Massage Therapy program must arrange an appointment with the Mountwest Community and Technical College program coordinator prior to submitting the application packet. This is to ensure that students receive current information requirements and the criteria for selection. Application packets are available in the Allied Health and Life Sciences Division, Room 355 or call (304) 710-3513 for more information

Contact Information:

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Mountwest empowers students to learn and lead in the community and in the workforce.

COURSE	REQUIREMENTS	SEM	HRS	GR	SUBSTITUTE/REPEAT CRS	SEM	CR
AH 151	Medical Terminology	F	3				
BIOL 257	Intro to Anatomy & Physiology	F	3				
MAS 212	Bodyworks I	F	2				
MAS 212L	Bodyworks I Lab	F	1				
MAS 240	Muscle Palpation	F	3				
MAS 222	Business and Ethics	F	3				
			15				
MAS 214	Bodywork's II	SP	2				
MAS 214L	Bodywork's II Lab	SP	1				
MAS 228	Pathology and Pharmacology	SP	3				
MAS 230	Kinesiology for Massage Therapy	SP	3				
MAS 255	Deep Tissue	SP	2				
MAS 270	Spa Theory	SP	2				
			13				
MAS 235	Student Clinical	SU	3				
MAS 250	Shiatsu	SU	3				
MAS 275	Board Review	SU	2				
			8				
HOURS FOR GRADUATION: 36							