

# Licensed Massage Therapy Program

## Central Texas College Continuing Education

**Program Summary:** Massage Therapy is a healthcare profession regulated by the Texas Department of Licensing & Regulation. As a Licensed Massage Therapist you will help people feel better by reducing negative effects of stress in their lives; and be instrumental in the reduction or elimination of pain. Massage Therapy is a hands-on bodywork profession. This 600 classroom hour course exceeds the 500 hour State of Texas Massage Therapy licensure requirements.

**Course Fee: \$4393** tuition. Students are responsible for consumable supplies, textbooks, a spa jacket/polo shirt, personal equipment and supplies, sheets, exam fees, and any student membership in professional organizations.

**Financial Assistance:** A variety of financial assistance options are available including: VA educational benefits and MyCAA; Texas Partners Federal Credit Union's student loans; and industry scholarships.

**Community Job Survey:** The starting pay for a licensed massage therapist varies depending on whether the therapist becomes an employee, self-employed, or a business owner. According to the U.S. Department of Labor's Bureau of Labor Statistics, the median annual wage for massage therapists was \$41,420 in 2018. Employment of massage therapists is projected to grow 26 percent from 2016 to 2026, much faster than the average for all occupations. Continued growth in the demand for massage services will lead to new openings for massage therapists. <http://www.bls.gov/ooh/healthcare/massage-therapists.htm#tab-1>.

**Certification:** Upon successful completion of the program, to include taking an open-book Jurisprudence Exam, graduates will receive a CTC non-credit Certificate of Completion. Graduates are then eligible to apply to take the MBLEx (Massage and Bodywork Licensing Exam). Upon passing the MBLEx, graduates may apply for their State license. A passing MBLEx score is good in 45 states and U.S. Territories.

**Application Requirements:** Students must be 18 years of age at the time of enrollment. Application packets must include:

\*High school diploma/transcript or G.E.D.; Official transcripts of higher education; certificates of trainings

\*Results of the reading and writing portions of the Texas Success Initiative (TSI) Assessment: Proficiency in English (reading and writing skills) <http://www.ctcd.edu/students/current-ctc-students/testing-services/entrance-examination/>

\*Transcript Evaluation: Any Texas Department of Licensing & Regulation evaluation of previous training and education (Forms available at <https://www.tdlr.texas.gov/mas/forms/MAS003.pdf>)

\*Proof of current immunizations (listed separately)

\*A Texas state criminal background check <https://records.txdps.state.tx.us/DpsWebsite/Signup/PublicSite/CriminalHistory/Index.aspx?CreateNewUser=False>

\*A short written essay entitled "Why I Want to Become a Massage Therapist" (300 to 500 words, double-spaced, font size 12 point, Times Roman)

\*Two references (relatives may not be used) on forms provided at <http://www.ctcd.edu/students/continuing-education/licensed-massage-therapy-program/>

Students are required to have a desktop computer or laptop, access to the Internet, printing capabilities, and an email address.



## Licensed Massage Therapy Program

Certificate of Completion  
State Licensing Exam

Visit Our Website or Contact Us!

[www.ctcd.edu/ce](http://www.ctcd.edu/ce) or  
[continue.education@ctcd.edu](mailto:continue.education@ctcd.edu)

**WALK-IN**

Building 136, Room 139

**CALL**

254-526-1586

**FAX**

254-526-1600



## Licensed Massage Therapy (LMT) Program (con't)

**Goals and Purpose:** Upon successful completion of the Program of Study, the student will receive a certificate of completion from Central Texas College. This course is designed to prepare the participant for eligibility to become a Licensed Massage Therapist. This program exceeds the training requirements of the Texas Department of Licensing & Regulation (TDLR).

### Outcomes, Objectives, and Hours of Instruction:

1. MSSG 1013: Anatomy & Physiology for Massage: 85 clock/contact hours  
Students will know how to identify the anatomical structure of the human body; explain the relationship of the structure of the body to the practice of massage therapy; describe the processes, mechanisms, and functions of whole body systems; and explain the effects of massage therapy on the physiological functions of the human body.
2. MSSG 1009: Health and Hygiene: 25 clock/contact hours  
Students will learn and use universal precautions; develop a health and safety plan; exhibit proper personal hygiene; and demonstrate therapeutic interaction in various practice settings.
3. MSSG 2013: Kinesiology for Massage: 55 clock/contact hours  
Students will know how to describe aspects of movement in relation to structural kinesiology; palpate bony landmarks and major muscle attachments and describe their functions; and apply specific therapeutic approaches and assessment tools.
4. MSSG 1007: Business, Ethics, and Professionalism: 50 clock/contact hours  
Students will know how to identify laws and regulations directly related to the ethical and legal practice of massage therapy; and relate physical, financial, health, and business requirements to various practice settings. Students will prepare their own business plan.
5. MSSG 1011: Massage Therapy Fundamentals I: 125 clock/contact hours  
Students will learn and demonstrate proficiency in the skills necessary to perform Swedish massage therapy within the rules and regulations set by the regulatory agency.
6. MSSG 1005: Hydrotherapy/Therapeutic Modalities: 20 clock/contact hours  
Students will be able to explain and demonstrate the proper use of hydrotherapy; perform therapeutic modalities; identify indications and contraindications; apply appropriate safety precautions; and evaluate the effects of the application.
7. MSSG 2014: Pathology for Massage: 45 clock/contact hours  
Students will know how to differentiate between normal and pathological conditions of the client as they relate to indications and contraindications for massage therapy; identify therapeutic approaches used by other health professionals as they relate to indications and contraindications for massage therapy; and identify and describe implementation of standard safety precautions as they relate to pathologies. Students will learn basic pharmacology as it relates to massage.
8. MSSG 2011: Massage Therapy Fundamentals II: 100 clock/contact hours  
Students will refine previously learned techniques; investigate treatment protocols utilizing proven, outcome-based techniques; perform thorough client assessments; create treatment plans using carefully selected techniques for the given pathology; and implement supplementary care as prescribed by a licensed healthcare professionals.
9. MSSG 1091: Special Topics in Massage Therapy/Therapeutic Massage: 45 clock/contact hours  
Students will learn how to communicate with healthcare professionals; observe therapeutic massage in a clinical setting; and understand the use of massage therapy in the behavioral health environment.
10. MSSG 2086: Internship/Clinicals in Massage Therapy: 50 clock/contact hours  
Students will apply the theory, concepts, and skills involving specialized materials, tools, equipment, procedures, regulations, laws, and interactions within and among political, economic, environmental, social, and legal systems associated with the occupation and the business/industry and will demonstrate legal and ethical behavior, safety practices, interpersonal and teamwork skills, and appropriate written and verbal communication skills using the terminology of the occupation and the business/industry.

**Total:** 600 classroom hours

### Instructional Strategies:

- Lecture
- Individual Study
- Group Discussions
- Skills Demonstration
- Competency Demonstrations
- Hands-on practice under supervision
- Role Play
- Independent Projects
- Independent Research
- Workbook/Homework Assignments
- Textbook Assignments
- Multimedia

### Methods of Evaluation:

- Quizzes
- Workbook Assignments
- Competency Check-off
- Comprehensive Midterm Exams
- Comprehensive Final Exams
- Internship and Clinicals
- Skills Assessment

### Criteria for Successful Completion of the Program of Study:

- ✓ CTC Certification of Completion upon successful completion of 600 hours.
- ✓ Satisfactory demonstration of hands-on skills and Swedish Massage technique.
- ✓ Satisfactory completion of 50 hours internship and clinicals.
- ✓ Satisfactory grades (75% and higher) on quizzes, midterm exams, and final exams per subject.
- ✓ Completion of Jurisprudence Exam (laws and regulations pertaining to massage therapy)

### Licensing

- ✓ Passing MBLEx (Massage & Bodywork Licensing Exam)
- ✓ Applying for license: Texas Department of Licensing & Regulation

**Make-up Hours:** A student must demonstrate mastery of knowledge and skills required; and complete the 600 hours required to receive a CTC Certificate of Completion for the Licensed Massage Therapy Program. If make-up hours have to be scheduled, students will pay the additional cost of a make-up course.

**Probation and Dismissals:** IAW Texas Department of Licensing & Regulation in 16 Texas Administrative Code, Chapter 117, each student is evaluated on their progress regularly. Any student not making satisfactory progress is placed on probation for one grading period and given the chance to bring their grades and performance up to standard. If a student on probation fails to achieve satisfactory progress, the student's enrollment may be terminated.

**Code of Conduct:** Students shall abide by the Central Texas College Code of Conduct. CTC expects all students, visitors, and guests to accept the following responsibilities:

- Knowledge of, and compliance with, all published policies, rules, and regulations of the College. Copies of such documents are available to the student in the Student Life office. A copy of the CTC student handbook that outlines the policies, rules, and regulations can be accessed using the following link: <http://www.ctcd.edu/ctcd/assets/File/Student%20Life/studenthandbook.pdf>
- Compliance with federal, state and local laws, and compliance with and support of duly constituted civil authority.
- Respect for the rights of others and cooperation to ensure that such rights are maintained, whether or not one agrees with the views of those exercising those rights.
- To exercise disagreements in a responsible manner and within a framework compatible with an orderly resolution of differences.
- **∞Failure on your part to familiarize yourself with CTC policies, rules, regulations, guidelines, and procedures does not excuse you from your responsibility to follow them.∞**

**Code of Ethics:** Students shall abide by the Code of Ethics as defined by the Texas Department of Licensing & Regulation in 16 Texas Administrative Code, Chapter 117 Massage Therapy Licensing Program, General Ethical Requirements and Sexual Misconduct; and by the Code of Ethics established for the massage therapy profession as defined by the professional organizations Associated Bodywork and Massage Professionals (ABMP), and the American Massage Therapy Association (AMTA).

<https://www.tdlr.texas.gov/mas/masrules.htm>

<https://www.abmp.com/members/school-home/your-students/abmp-code-ethics>

<https://www.amtamassage.org/About-AMTA/Core-Documents/Code-of-Ethics.html>

**Proof of Immunizations:** IAW Title 25 Health Services Rule 97.64 of the Texas Administrative Code (March 5, 2009) immunizations must follow current Center for Disease Control (CDC) standards. All students enrolled in health related courses and have direct patient contact must be current and up to date on all immunizations. All immunizations must be dated and properly documented by a licensed healthcare provider. Proof of immunizations must be included in the application packet and verified by the CE Admin staff prior to the first day of class. Please take your immunization records, along with this immunization outline, to **your healthcare provider for review. Official immunization records or serum titers (blood draw) are acceptable.**

- Tetanus-diphtheria toxoids (Td): One dose of tetanus-diphtheria toxoid (Td) is required within the last ten years. The booster dose may be in the form of a tetanus-diphtheria-pertussis containing vaccine (Tdap).
- Measles, Mumps, and Rubella vaccines
  - Measles: All students born on or after 1/1/1957 must show acceptable evidence of two (2) doses of measles vaccine administered since January 1, 1968 (preferably MMR vaccine). Those born prior to January 1, 1957 must show one (1) dose.
  - Mumps: Those born on or after January 1, 1957 must show acceptable evidence of vaccination of one (1) dose of mumps vaccine. Those born prior to January 1, 1957 must show one (1) dose.
  - Rubella: Students must show acceptable evidence of vaccination of one (1) dose of rubella vaccine.
- Hepatitis B Immunization: Student must show completion of the Hepatitis B series or show serologic (blood draw) confirmation of immunity to the hepatitis B virus. A series consists of three (3) injections over a six (6) month period. Proof of first shot required before student starts any classes. Proof of completion of the Hepatitis B series required before student can participate in internship.
- Varicella (chickenpox) Vaccine: Students must show acceptable evidence of one dose of varicella (chickenpox) vaccine on or after the student's first birthday, or, if the first dose was administered on or after the student's thirteenth birthday, two doses of varicella vaccine are required. A laboratory report showing serologic (blood draw) confirmation of immunity is accepted. VARICELLA (chicken pox), PPD or Chest X-ray or MD note on form available to download and print at <http://www.dshs.state.tx.us/immunize/docs/c-9.pdf>
- Tuberculosis (TB): Student must show acceptable evidence of a PPD (purified protein derivative) test for TB. If PPD is positive, a negative TB chest x-ray if required. If determined positive in the past and have had a negative chest x-ray, a physician's note indicating the student does not currently have symptoms of the disease is required.
- Influenza (flu): Students must show acceptable evidence of one (1) annual dose of a flu shot.
- Polio: Students are encouraged to ascertain their immunity to poliomyelitis.
- Bacterial Meningitis: Per CTC Student Handbook: Students are expected to report to Student Life contagious and infectious diseases such as Tuberculosis, Methicillin-resistant Staphylococcus Aureus (MSRA), and Bacterial Meningitis. Students are required to provide proof of a bacterial meningitis vaccination during the previous five year period. See Texas Education Code 51.9192.

## Costs Beyond Tuition

\*\*\*Please note that all costs are subject to change without notice. Enrolled students will be notified of any changes as quickly as possible.\*\*\*

**Texas Success Initiative (TSI) Assessment:** CTC Testing Center, Building 111 (Upstairs)

Go to <http://www.ctcd.edu/students/current-ctc-students/testing-services/entrance-examination> for current information.

*Pre-Assessment Activity:* Read this information before you go to the Testing Center

<https://www.ctcd.edu/students/current-ctc-students/testing-services/entrance-examination/pre-assessment-activity/>

*Are you exempt:* <https://www.ctcd.edu/students/current-ctc-students/testing-services/entrance-examination/are-you-exempt/>

*Payment:* Please pay at the Business Office in Bldg 119 and bring receipt to the Testing Center at the time of testing. If payment is made at the Testing Center, exact change is required.

Reading: \$10

Writing: \$10

**Tuition:** \$4,400.<sup>00</sup> Students may pay for the entire program at once, or per course before each course begins.

**Textbooks:** Textbooks may be purchased at the CTC Bookstore, from the publishers, or online. Exact costs will vary depending on where the textbooks are purchased. The publishers may offer discounts and may offer free shipping when new textbooks are purchased from them. New textbooks come with online support for student resources. Access to student resources must be purchased separately when purchasing used textbooks. The list of required textbooks is provided upon enrollment.

**ABMP Exam Coach:** \$75. Mandatory online subscription. ABMP Exam Coach is embedded in the curriculum and students use it every day. Exam Coach is Computer Assisted Testing to practice for the MBLEx. Offers may change, but this price currently includes Student Membership into ABMP with access to all their student resources; and Student Liability Insurance. Additionally, it is highly recommended that students purchase ABMP's Five Minute Muscles for an additional \$7 per month for one year to go along with Exam Coach.

**Spa Jacket/Polo Shirt/Scrubs:** Color – Black. No more than \$50.00 Used at community chair massage events and during Internship/Clinicals

Students purchase their own supplies and equipment for use outside the classroom and must have a massage table, a massage chair and a bolster. One option is the Ultimate Business Starter Package (from Massage Warehouse): priced between \$523 and \$602. Go to <http://www.massagewarehouse.com/products/ultimate-business-starter-package/>. Of course, students may purchase whatever equipment they prefer for their own personal use.

By Internship students must have available: Six sets of twin sheets – natural material, cotton or flannel - smaller print. No white sheets or sheets you can see through. At least one blanket.

Water dispersible massage cream or lotion; massage holster; face cradle covers; small clock with no ticking sound; and a small lamp for their work space.

Always purchase professional massage products.

**CPR & First Aid: Required for licensing; included in the curriculum**

**Jurisprudence Exam (TDLR):** \$34.00 online; open-book (must be completed during MSSG 1007 Business Practices & Professional Ethics) requires a credit or debit card

**Massage & Bodywork Licensing Exam (MBLEx) (FSMTB):** \$265.00

**Texas State Massage Therapy License Application Fee (TDLR):** \$100.00

- Once licensed: Professional Liability Insurance
  - Includes Membership in one professional Organization:
    - \$235: American Massage Therapy Association (AMTA) or
    - \$199: Associated Bodywork & Massage Professionals: (ABMP)