

Massage Therapy Program

FAQ

Is the program accredited? **Yes!**

HACC is accredited by the Middle States Commission on Higher Education. We are a school member of both the American Massage Therapy Association (AMTA) and Associated Bodywork and Massage Professionals. Our curriculum has been approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

Why choose HACC?

- Our program is managed and directed by certified massage therapists. **When you call us, you talk to a massage therapist.**
- All of **our teachers are experienced, professional massage therapists** and each teaches the modality in which she or he specializes.
- We have two programs – full-time (day) and part-time (evening) to better suit students' busy schedules.
- Once you become a nationally certified massage therapist you are eligible to **receive 30 college credit hours from HACC**, which may articulate toward an Associate Degree in Health Science.
- We are centrally located in the city of Harrisburg for an easy commute to surrounding areas.

What will I be studying?

- Over 300 hours of massage modalities including Swedish massage, reflexology, sports massage, connective tissue therapy, and neuromuscular therapy
- Business practices, professional ethics and communication
- Chair massage, hot stone massage, spa treatments, and aromatherapy
- Anatomy, physiology, kinesiology and pathology

Will I get to practice? **Yes!**

One of the best parts of massage school is that you give and/or receive bodywork in almost every class. In the lab segment, you will be shown various massage techniques and you and a partner will practice on each other. Small class sizes allow for lots of individual attention from instructors. In addition to class time, each student is required to perform 50 one-hour massage sessions in our supervised student clinic. Students can also receive clinic credit for participating in supervised events outside school such as post-event sports massage at soccer games and chair massage in various settings.

What can I expect each day?

The average day in the **full-time class** is anatomy and physiology or ethics in the morning and massage modalities in the afternoon. When practicing massage modalities, students are required to exchange with all classmates to experience varied body types in preparation for professional life.

The **part-time class** meets three nights each week from 5:30-9:30 and five weekends from 9am-5pm for 12 months. In the part time class, one evening is devoted to anatomy and physiology and the other two evenings are devoted to modalities and ethics.

What supplies will I need?

Students are required to provide a clean set of single bed sheets including two pillowcases for every class. Lotion or oil will be provided by the school as needed for each modality. Massage tables are provided by the college for use during class time. At the end of the program, students will most likely want to purchase their own table. (A good massage table costs \$300-\$500.) A list of textbooks will be provided after acceptance into the program and can be purchased at the Harrisburg campus book store.

What are the admissions requirements?

- Students must be at least 18 years of age
- Submit application with application fee of \$75
- Schedule a personal interview with Program Coordinator
- Submit official high school transcript or GED Certificate
- Submit a PA state criminal background check
- Get a TB skin test
- Admissions testing may be required

What is the dress code?

Students must maintain a neat appearance for all classes. Clothes that do not restrict movement are recommended. (Short shorts, running shorts, cutaway tee shirts etc. are not acceptable.) **Clinic dress code** is uniform shirt (collared polo provided), black or khaki pants, and clean, closed toe shoes. One small pair of earrings is permitted and students will be asked to remove any other visible jewelry or body piercing including tongue piercing. Personal hygiene must be impeccable and students are expected to conduct themselves in a professional manner at all times.

What are my employment opportunities?

Massage therapists can be employed in a private or group massage therapy practice, hospitals and wellness centers, chiropractic offices, on-site (chair massages in offices, airports, at public events, etc.), health clubs and fitness centers, with sports teams and events (amateur and professional), spas and resorts, hotels, salons, and cruise ships. The average cost for a one-hour massage in the Harrisburg area ranges from \$35-\$70 depending on the therapist's training and experience.

Who Gets a Massage and Why?

According to a 2009 survey by the American Massage Therapy Association, 34% of adult Americans received a massage within the past five years. (29% for men and 40% for women) **In the past 10 years massage use has tripled and the Northeast region has had the largest increase in use of massage** (from 8% to 24%). Most individuals choose to get a massage for medical reasons, relaxation and stress relief.

How much does the program cost?

Tuition is \$9800 which includes supplies and a clinic uniform shirt. Financial aid is available and students may be eligible to participate in HACC's massage therapy payment plan. Please contact the office for more information. A list of required textbooks will be provided following acceptance into the program and are available for purchase at the Harrisburg campus book store.

How do I get financial aid?

- You must first apply and be accepted into the program.
- Federal financial aid is available for students who qualify. Fill out a Free Application for Federal Student Aid (FAFSA) at www.fafsa.ed.gov. (State aid **does not** apply to this program.)
- HACC's Massage Therapy Training Program is approved for Veteran's Education Benefits.

Will I be licensed when I graduate?

Pennsylvania recently passed legislation requiring massage therapists to apply for a state-issued massage therapy license in order to practice. HACC's 700 hour program exceeds the PA requirements for massage therapy training. Graduates will have to take a licensing examination approved by the state - either a National Certification Board for Therapeutic Massage Examination (NCTM) or the Massage and Bodywork Licensing Exam (MBLEx). PA and most of the states who license massage therapy accept one or both of these tests.

What is HACC's current pass rate for the exams?

National Certification Board for Therapeutic Massage Examination (NCTM) – 98% pass rate
Massage and Bodywork Licensing Exam (MBLEx) – 100% pass rate