Massage Therapy Program

Blocker Hall 221 • One HACC Drive • Harrisburg, PA 17110
Phone: 717-221-1386 • www.hacc.edu
Experience the Power of Touch

Welcome to the massage therapy program at HACC, Central Pennsylvania’s Community College! We offer industry accredited, affordable training in therapeutic massage techniques and education about the human body, while supporting students’ personal growth as they prepare for a role in the healthcare community. We also offer continuing education courses to meet Pennsylvania state licensure requirements.

HACC’s massage therapy program is located at the Harrisburg campus. We have a highly trained and enthusiastic staff. All of our instructors are professional licensed massage therapists and each individual brings unique talents to teaching the modality in which he or she specializes.

HACC is fully accredited by the Commission on Higher Education of the Middle States Association of Colleges and Schools. The HACC Massage Therapy Program is a member of the American Massage Therapy Association (AMTA) and Associated Bodywork and Massage Professionals (ABMP), and is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education approved provider.

Our 900-hour course of study is designed to give students exposure to a broad variety of massage modalities. We strive to teach students the balance between technique, caring for others and self care. HACC’s massage therapy program objectives are to:

- Provide a working knowledge of the structure and function of the human body and how it is affected by massage.
- Provide a broad scope of training in massage therapy modalities.
- Help students develop optimal work habits and safe practices.
- Develop professional standards and a commitment to ethics.
- Develop effective communication skills for use with clients and other healthcare professionals.
- Prepare graduates to assume the responsibilities of a professional massage therapist.
- Prepare graduates for Pennsylvania state licensure.
- Develop technological literacy to use massage industry technologies.

Student/Teacher Ratio

The maximum student/teacher ratio in the lab is 12:1 to ensure individual attention and skill assessment. In the classroom, the ratio is 18:1. The maximum number of students per class is 18.
COURSE DESCRIPTIONS

Anatomy and Physiology, Kinesiology, Pathology
This systemic anatomy and physiology course occurs throughout the program. It provides the functional anatomy and physiology knowledge that a massage therapy student must learn for a career as a professional bodyworker. Topics include the development of tissues from the cellular level to the organ system level, with a special emphasis on the relationship between muscles, nerves and connective tissue. Instruction includes pathology as it relates to each body system and specific massage therapy techniques, including information on human immunodeficiency virus (HIV). The course will cover the following systems: integumentary, skeletal, muscular, nervous, circulatory, lymphatic, endocrine, urinary, respiratory, reproductive and digestive. Special emphasis is placed on kinesiology, where students learn the relationship and function of muscles.

Massage Therapy Modalities
Massage modality classes follow a general format of lecture, demonstration and paired practice. Each section will include the history, theory, indications and contraindications of the given modality.

Swedish Massage
This course is the first modality presented and is designed to teach students the application of classic Swedish massage techniques: effleurage, petrissage, friction, vibration, tapotement and joint movements. It emphasizes the use of proper body mechanics and self-care techniques and prepares the student to perform a full-body relaxation massage. Swedish massage also includes history, benefits, contraindications, hygiene, sanitation and professional presentation.

Connective Tissue Therapy
This course covers the history and application of connective tissue therapy – a form of bodywork performed with the intent of working directly with the fascia, the body’s organ of support. This course includes assessment, body reading and a written report summarizing structural work with a partner.

Sports Massage
This course covers the application of a variety of sports massage techniques to ensure the health and well-being of the athlete and to enhance athletic performance. It includes event, maintenance and rehabilitative massage techniques. Stretching techniques are also addressed.

Neuromuscular Therapy (NMT)
NMT is an approach to soft tissue assessment and manipulation focused on deactivating trigger points, thus decreasing pain and enabling muscles to relax.
MASSAGE THERAPY STUDIO

Each student is required to complete a minimum of 50 supervised massages in the student studio in addition to assigned classroom hours. The student studio begins following the completion of Swedish massage training and continues until the end of the program. Students are required to “work” at least 5 hours per week in the studio.

In the studio, students learn how to interview clients and take their health history. The student and the studio coordinator will then prepare an appropriate massage therapy plan for the client based on the client’s individual health history responses. Following the massage, students learn to document the session using the subjective/objective/assessment/plan (SOAP) format.

The studio dress code is a collared polo shirt (one shirt is included with tuition; students may purchase an additional shirt if desired), black or khaki pants, and clean, closed-toe shoes. One pair of small earrings is permitted. 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.

The studio experience is designed to serve as a bridge for the student between massage therapy training and being a professional massage therapist.

ALLIED MODALITIES

Awareness/Communication/Ethics
This class meets at intervals throughout the training to address personal and professional ethics, professional legal issues, boundaries and relationships. Other topics include personal awareness, grounding and centering, conflict resolution and self-care.

Integration
This class reinforces body mechanics, communication skills and self-care techniques.

Special Populations
Devoted to learning to adapt massage therapy applications to accommodate clients with special needs, topics for this class include pregnancy, geriatrics, obesity, lymphedema and pharmacology.

Spa Treatments, Stone Massage and Aromatherapy
Students learn a variety of spa treatments, including stone massage, to meet the rising demand for these specialty services. Aromatherapy class introduces students to the specific qualities of essential oils and offers ways to utilize these tools in a massage therapy setting.

Business Practices
This class prepares students to understand the business components of a professional massage therapy practice. Topics include creating a business identity, obtaining employment, setting up a practice, advertising, record keeping, taxes, credentialing requirements, liability insurance and professional organizations.

Seated Chair Massage
Chair massage class covers the history and implementation of chair massage techniques, including proper body mechanics, sanitation, equipment, intake procedures, contraindications and the use of the massage chair for marketing and promotion.
Cardiopulmonary Resuscitation (CPR)
This American Heart Association CPR course includes how to give first aid for a cardiac emergency and information on how to deal with respiratory emergencies, such as choking, that could lead to cardiac arrest. It includes training in the use of the automated external defibrillator (AED).

Research
This course includes research literacy, evaluation tools and guidelines for writing a case study. Research about massage therapy is being conducted and published at an unprecedented pace. Our students may submit an expanded case study to be evaluated for submission to the Massage Therapy Foundation.

CLASS TIMES

Full-time day classes*
• Begin in September.
• Meets 9 a.m.-3 p.m. Monday, Tuesday, Wednesday and Thursday.

Part-time evening/weekend classes*
• Begin in January.
• Meets 5:30-9:30 p.m. three nights a week, plus four Saturdays from 9-5 p.m.

* Student studio hours are in addition to classroom times.

ADMISSION REQUIREMENTS AND PROCEDURES
Prospective massage therapy program students must:
• Be at least 18 years of age.
• Be in physical condition to perform and receive massage therapy – see essential functions/technical standards for details.
• Submit an application with an application fee of $75.
• Schedule a personal interview with the program coordinator at 717-221-1386.
• Submit official high school or college transcripts or a general educational development (GED) certification. If you need a GED, contact the program coordinator at 717-221-1386.
• Submit a criminal background check.
• Submit proof of a 2-step TB test.
• Receive a professional massage before the start of class; contact the program coordinator for referrals if needed.

Students may be accepted for admission to the program any time prior to the beginning of a new class on a space-available basis.
TUITION AND FINANCES

Tuition
The tuition for the massage therapy program is $11,800, which includes all supplies and one studio polo shirt. Registered nurses and licensed practical nurses receive reduced tuition for the program.

Financial Assistance
Federal financial aid is available. Contact the massage therapy department. You will be required to fill out a Free Application for Federal Student Aid (FAFSA) at www.fafsa.gov.

HACC offers a payment plan. Contact the massage therapy department for information. HACC’s massage therapy program is approved for veterans’ education benefits.

Textbooks
A list of required texts will be provided following acceptance into the program and will be available for purchase at the bookstores at both the York and Harrisburg campuses.

Refund policy
• For applicants who cancel within three (3) business days after signing the enrollment agreement, all monies will be fully refunded minus the application fee.
• After the first day of class, the application fee and enrollment agreement fee are non-refundable.
• Students withdrawing within the first eight (8) days of class will receive a refund of 100 percent of tuition paid to date minus the application and enrollment fees.
• Students withdrawing after class day eight (8) (before the completion of Swedish massage) will have an account balance totaling $80 per class day.
• Students withdrawing after completing Swedish massage will be responsible for the full tuition balance.
HACC Massage Therapy Program

Complete application in detail, sign, and return along with a non-refundable application fee of $75.00 to
HACC, One HACC Drive, Midtown I, room 213 Harrisburg, PA 17110.

Date   Name   (Last)   (First)   (Middle)   □ Male   □ Female

Address   (Street)   (City)   (State)   (Zip Code)   Home Telephone

Last four digits of social security no.   Birth Date   Work Telephone

Email Address   Cell phone Number (if applicable)

PERSON TO CONTACT IN CASE OF EMERGENCY (Parent, Guardian, Etc.)

Name   (Last)   (First)   (MI)   Relation to Student

Address   (Street)   (City)   (State)   (Zip code)   Home Telephone   Work Telephone

Applicants Place of Birth   (City)   (State)   How did you hear about this program?

I am interested in attending the   □ full time program   □ part time program

Have you ever been convicted of a crime? (Do not include minor traffic violations) ___________________
If “YES”, please explain:  ________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Have you had any contagious diseases in the last two-(2) years? ________________________________
If “Yes”, Please explain:  ________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

MT Application 5/17/18
Name of High School from which graduated or are currently attending ___________________________ Graduation Date ______________

Address (Street) ____________________________________________________________ (City) ____________________________ (State) ____________ (Zip code) __________

If applicant’s high school records were maintained under a name other than listed on front, state name used in high school.

TO BE COMPLETED IF ATTENDED COLLEGE OR OTHER TRAINING

Name of School __________________________ From ______ To ______ Degree or Certification __________________________

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Please list any previous experience in the health related field: (Please be concise and use additional paper if needed.)
______________________________________________________________________________________________________
______________________________________________________________________________________________________
______________________________________________________________________________________________________

AFTER COMPLETING THIS APPLICATION, I HAVE RE-READ IT AND STATE THAT ALL QUESTIONS HAVE BEEN ANSWERED AND ALL INFORMATION IS TRUE.

Applicant’s Signature __________________________ Date ______________

PLEASE INCLUDE THE FOLLOWING WITH THIS APPLICATION

☑ Your high school or secondary education transcripts (May be sent after application)
☑ $75.00 non-refundable application fee
☑ A brief explanation of why you wish to become a massage therapist (attach sheet)

DO NOT WRITE BELOW THIS LINE

Application Reviewed by __________________________ Date ______________

Accepted by __________________________ Date ______________

Comments: ______________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
Grading
Students will be evaluated by both written and practical examinations. The grading scale is A=100-90 percent, B=89-80 percent and C=79-70 percent. Below 70 percent is considered failing. Students must achieve a passing grade in all classes and modalities.

Make-up procedures
Students are expected to attend all classes and to be in class on time. If a student is absent for any reason, it is the student’s responsibility to call the instructor, get any missed information and make up the missed hours. Until the time is made up, the student is considered incomplete in that class.

Students who receive an incomplete are placed on academic probation and are ineligible to graduate until all requirements are met.

In the event the student is “incomplete” in the Swedish massage modality, the student may be asked to withdraw from the program.

Make-up requirements are at the discretion of the instructor. If make-up work requires instructor supervision, the student will be charged at the rate of $45 per hour.

Leave of absence
A leave of absence or interruption of training, not to exceed 33 hours, may be granted only by prior arrangement with the program coordinator. All tests, assignments and studio work missed during the term for any reason must be made up on a schedule approved by the program coordinator.

Requirements for graduation
- Complete all written coursework with a grade of C or higher (70 percent).
- Receive a passing grade in all massage modalities.
- Complete any make-up work/class time.
- Pay in full all tuition and fees.

An official transcript and certificate of completion will be awarded during the graduation ceremony.

Withdrawal
A student withdrawing from the program is required to have an interview with the program coordinator and sign a statement documenting the date of the withdrawal for his/her academic and financial records.

Conditions for dismissal
- Failure to maintain a C average.
- Failure to receive a passing grade in any massage modality.
- Failure to make full payment of tuition or other fees.
- Attending class under the influence of alcohol or drugs.
- Non-compliance with the attendance requirements.
- Behaving in any manner that may be harmful to the learning environment or the reputation of the class, students and/or HACC.
- Inappropriate verbal communication or touch.
- Unexcused absence for a scheduled student studio day.
A student who has been dismissed for any of the above reasons may be reinstated only after an interview with the program coordinator. Reinstatement is at the discretion of the administration.

**Placement services and state licensure**
Pennsylvania requires a state-issued license to practice massage therapy. HACC’s 900-hour program exceeds state requirements for massage therapy schools.

Although the staff offers guidance for employment and examination preparation for licensure, the program cannot guarantee employment or licensure. Area employers look to HACC for fulfillment of their massage therapy vacancies and students receive all emails advertising such vacancies.

**Grievance policy and procedure**
Student complaints or concerns should be brought to the attention of the instructor. If the complaint does not receive a satisfactory resolution, the student should take the complaint to the program coordinator. If the complaint or concerns are still not resolved, they should be taken to the director of health care education.

**Additional policies**
For information on all other HACC policies, including code of conduct and harassment, please refer to the HACC Student Handbook.

**Articulation**
Upon completing the HACC Massage Therapy Program, graduates will take a licensing exam for therapeutic massage. Upon becoming licensed in Pennsylvania, graduates can apply to HACC’s health careers department and may be granted 30 credit hours toward an associate degree in health science.

**Accreditation**
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Career Opportunities

Our 900-hour program of study prepares students for employment in healthcare as massage therapists in:

• Private or group massage practices.
  • Health clubs.
  • Fitness centers.
• Chiropractic or medical offices.
  • Nursing homes.
  • Health spas and resorts.
  • Cruise ships.
• Sports medicine facilities and physical therapy centers.

Start with a certificate in massage therapy... end with an associate degree in health science. Ask us how!
HACC does not discriminate in employment, student admissions, and student services on the basis of race, color, religion, age, political affiliation or belief, sex, national origin, ancestry, disability, place of birth, General Education Development Certification (GED), marital status, sexual orientation, gender identity or expression, veteran status or any other legally protected classification.