



HEALTH CAREERS PROGRAM

MASSAGE THERAPY PROGRAM

REGISTRATION PACKET AND INFORMATION

Classes are offered at the following location:
Superstition Mountain Campus

Central Arizona College is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. Students may be eligible for Federal financial aid programs and Pell grants

A wide variety of careers exist in the Massage Therapy field. Massage Therapists use manual techniques and skilled manipulation of the soft tissue and/or connective tissue with the intent of maintaining or improving health by promoting relaxation, improved muscle tone and increased circulation. Massage Therapists may be self-employed or employed by medical facilities such as hospitals, multi-specialty medical groups, private physicians' practices, clinics, and chiropractors' offices, as well as salons, spas, resorts, health clubs and fitness centers, and nursing homes.

Overview – Massage Therapy Program

The Massage Therapy Program at Central Arizona College Health Careers is designed to provide educational experiences which prepare program completers for a professional career in the health care system. Students who complete this 735 hour program are qualified to apply for an Arizona State Massage Therapy license. The AAS degree gives the completer 1140 hours toward licensing. This may be helpful to those who may move to a state with higher hourly requirements than Arizona.

Students learn several massage modalities including relaxation, chair, sports, hot stones pregnancy and geriatric massage. As part of the Massage Therapy Program, students complete a state- approved Chiropractic Assistant Program. Together, these courses prepare certificate-completers for entry-level positions in a number of venues. Time in clinic (at least 180 hours) provides supervised, hands-on practice. In this safe environment, students learn to work with a wide variety of clients as they perfect their techniques.

Massage students are required to participate fully in all massage classes. This includes exchanging practice sessions with every student in the class. Class enrollment is limited and each student receives individual attention during class and clinic time.

Work Environment Conditions

Massage is practiced in a calm and relaxing environment. In a spa or clinical setting, massage therapists often work for several hours at a stretch. To insure endurance and longevity the therapist MUST manage his or her health correctly, by performing proper body mechanics, appropriate techniques for massage, exercise and using all massage tools.

Massage Styles/Techniques

The Massage Therapy Program offers classes which cover a variety of popular modalities. These include:

- Swedish/relaxation massage
- “Event” massage: chair and sports techniques
- Spa techniques: hot rocks, muds, scrubs, and wraps
- “Special populations”: pregnancy, geriatric, lymphatic massages plus reflexology
- Deep tissue massage for rehabilitation
- Chiropractic assistant certification

After certification and licensure for massage, the practitioner may take additional training to specialize in various techniques such as:

- Lomi Lomi
- Massage Body Walking
- Sports Stretching
- Acupressure
- Myofacial Release
- Aromatherapy

Qualifications and Training

Massage therapists are required to obtain a license through the Arizona Board of Massage Therapy before starting to practice professionally. The license requires 700 clock hours of training at an accredited school recognized by the Massage Board.

In addition to training, a successful therapist must be in good physical health and maintain a high level of professional and ethical standards in order to provide a good quality massage. Communication skills are essential for all aspects of work: with clients, other health care professionals, and with co-workers and employers.

Students learn anatomy and physiology with an emphasis on the musculoskeletal system. In the business skills class, students learn the basics of entrepreneurship as well as resume writing and techniques for developing a clientele.

Employment Opportunities

Entry-level opportunities include working at:

- Day spas such as *Massage Envy* or *Hand and Stone*
- Chiropractic offices
- Medical clinics
- Health clubs
- Private practice

Arizona is home to numerous world-class, 5-star resorts. Typically, they require two years of experience, often with a well-developed specialty.

It is common for massage therapists to have their own private practice. Massage may take place in a rented setting, at the therapist's home, or as outcall massage, in the client's home. Typically, private practices grow slowly and steadily over the years.

Salary

A beginning massage therapist can expect a salary of \$15-\$25 per hour depending on where the therapist is working, performance skills and various modalities in their tool box. Rates may rise with time. In private practice, typical payment is \$40-100 per hour. Those in private practice are responsible for laundry, record keeping, and payment of taxes.

Massage therapists can have anywhere between 2 -7 clients per day, depending on the work place and client volume. Some places provide a minimum wage for the shift plus a low commission on services rendered. Most establishments pay a flat fee or commission. The rate the therapist receives can vary based on the establishment, the volume and even the demand.

Benefits

Health insurance may be provided in larger establishment such as hotel/resorts and even in some medical practices. Health insurance discounts are offered through professional associations such as the American Massage Therapy Association (AMTA).

It is strongly recommended that therapists associate themselves with a professional bodywork group, for liability insurance for protection against lawsuits. This is usually required for employment. The two most popular groups are:

- **ABMP:** Associated Bodywork & Massage Professionals
- **AMTA:** American Massage Therapy Association

These companies offer membership for \$200-\$400 depending on the level of membership. They also offer other services and support to their members.

Job Outlook

Years ago massage therapy treatments were only requested by the wealthy, those vacationing, athletes or those individuals with health issues. People are finding the benefits of massage for health and wellness are astounding. That is motivating more people with varied incomes to receive treatment. This is creating a need for more massage therapists in the massage therapy field.

Massage Therapy as a Profession

- According to AMTA 2015 consumer survey, an average of 18 percent of adult Americans received at least one massage between July 2014 and July 2015, and an average of 27 percent of adult Americans received a massage in the previous five years.
- Eighteen percent of massage consumers reported receiving their last massage at a massage therapist's office or location in 2015, surpassing spas as the top place to receive massage for the first time.
- Research estimates that massage therapy was \$12.1 billion industry in the country in 2015.
- By comparison in 2005, massage therapy was projected to be a \$6 to \$11 billion a year industry.
- It is estimated that there are 300,000 to 350,000 massage therapists and massage school students in the United States.
- From 2011 to 2015, revenue from alternative health care providers, which includes massage therapists, increased 14 percent, and employment increased 19 percent. Revenue growth is projected to continue at an average rate of 3.6 percent per year through 2020.

- Between July 2014 and July 2015, roughly 39.1 million adult Americans (18 percent) had a massage at least once.
- Therapists were charging an average of \$68 for one hour of massage in 2014.
- Earning an average of \$47 an hour (including tips) for all massage-related work.

Certificate and Degree programs at Central Arizona College

Certificate:

- Completion time, one year (735 hours)
- With certificate from this program, completers are qualified for licensing in Arizona
- Includes Chiropractic Assistant program
- Courses apply toward a Bachelor's degree in Health Sciences at Northern Arizona College
- Ability to start working quickly
- Good wage/income potential
- Certificate program has different requirements and expectations as it is a clock hour program.

Degree:

- Completion time, two years for full-time students (1140 hours)
- Good wage/income potential
- Well-rounded education with courses applying toward a Bachelor's degree

Career opportunities include teaching (with five years' experience in most schools) and advancement into management.

Massage classes are offered at:

- Superstition Mountain Campus in Apache Junction (SMC) on Tuesdays and Thursdays

Massage Practicum are offered at:

- SMC: Mondays and Wednesdays all day and Tuesdays and Thursdays in the mornings.

Requirements for the massage therapy program are:

Supplies:

- 1 set of twin sheets, 3 hand towels and 2 bath towels

For Massage V, Spa, offered in Spring:

- Additional set of twin sheets
- 2 beach towels and 14 hand towels
- 1 sealed container and 3 clear plastic drop cloths
- 2 re-sealable gallon bags

Supply requirements vary for individual classes.

Uniforms,

- **Grey Scrubs**, with **clean** closed toed shoes

The student must be able to:

- Stand for a minimum of 5 hours at a time
- Lift 50 pounds of equipment
- Handle hot stones
- Speak clearly and concisely with clients
- Participate in all hands-on classes

Cost estimate for the massage therapy education:

- Price per credit hour is \$86.00
- Certificate program is 39 credits = \$3,490.00
- AAS degree program is 65 credits = \$5,590.00
- Books, background check, and massage supplies are extra, approximately \$2,000.00

The cost of attending a private massage school for 700 hours is \$12,000-\$18,000.

Massage therapy practicum cost:

- Uniform/scrubs: \$60.
- Background check and Drug Screen: \$136.
 - Urine Test: varies, may be covered by insurance
- Physical, Immunization and CPR: approximate \$100

Required Practicum Hours

A minimum total of 180 hours is required for completion of the massage practicums. Massage practicums are competency-based. There is a minimum of 45 hours for each practicum. Additional hours may be added on at the discretion of the Massage Clinic Supervisor, Class Instructor, or Director of the program in order for the student to meet the competency requirements.

Upon completion and passing of all class work and practicum's, the student will be eligible to apply for licensing as a Massage Therapist from the Arizona Board of Massage Therapy.

Drug testing

As part of the Castlebranch Background Check, students are required to perform a drug test (urine test). Results must be negative for illegal drugs in order for a student to begin working in the massage clinic.

A student may be required to be drug tested at any time during the program should his or her behavior indicate the possibility of illicit drug use. In the event of a positive result, the student may be asked to leave the program.

Students may be removed from the program based on the following criteria. This criterion is not all inclusive and may need administrative approval.

1. Stealing
2. Drug use
3. Castlebranch Background falsification
4. Breach of confidentiality
5. Felony convictions or numerous misdemeanors
6. Serious unprofessional conduct

**For additional information, please contact Christina Brown,
Massage Therapy Program Director,
At (480) 677-7745.**

APPLICATION FOR ADMISSION

(Circle One)

MASSAGE THERAPY CERTIFICATE
MASSAGE THERAPY DEGREE

PERSONAL Please Print or Type #880_____ (CAC School ID #)

**** PLEASE SUBMIT A COPY OF YOUR TRANSCRIPTS WITH YOUR APPLICATION ****

Name: _____
(Last) (First) (Middle)

Address: _____
(Street) (City, State) (Zip Code)

Telephone Numbers: _____
(Home) (Work) (Cell)

Email Address: _____

EDUCATION

Name and Location of School	Dates Attended		Degree Awarded
	From Mo/Yr	To Mo/Yr	
High School			
College			
Other			

EMPLOYMENT HISTORY

Name and Address of Employer	Position	From Mo/Yr	To Mo/Yr	Reason for Leaving
1.				
2.				

Please use this space to explain your interest. Include specialty, full or part-time attendance and start date.

Please Enter Your Program Enrollment Date: _____ / _____

Please Check One:

Full Time Student (12 or More Credits) or Part Time Student (6 or Less Credits)

PLEASE READ CAREFULLY AND SIGN BELOW

I certify that the information on this application is complete and accurate to the best of my knowledge. I understand that withholding information or giving false information may make me ineligible for admission and enrollment. I release from all liability or damages those persons, agencies, or organizations who may furnish information in connection with my application for admission. If accepted, I agree to read and abide by all school policies and procedures.

Signature: _____ Date: _____

Massage Therapy Professional Skills and Attributes Checklist:

Print this form and place a check in the second column boxes and place initials in the 3rd column boxes. Add comments if desired in 4th column boxes. Save in Word and email to the Massage Therapy Director Christina Brown, at christina.brown2@centralaz.edu

Massage Therapy Job Description and Recommendations	Student Name: (Print)	Student Name: (Sign)	Date submitted:
Massage students must be able to perform the following professional skills and attributes in order to be successful in the program.	Check off this box verifying that you are able to perform these tasks and/or have these attributes.	Place your initials in each box to acknowledge you have read and understand the importance of these standards.	Comments If you need to clarify something please do so in the space provided.
Stand and walk at least 80% of the time.			
Possess sufficient manual dexterity and the ability to reach and lift arms above shoulders.			
Able to read patient information materials, any equipment instructions, and testing results, etc.			
Ability to adequately hear and interact with patients/clients and healthcare team members, carry on phone conversations, etc.			
Coordination to lift 50 pounds and the ability to carry 50 pounds			
Work in stressful situations while maintaining clear thinking and composure.			
Interact with care and compassion with patients/clients.			
Perform emergency procedures and first aid as the situation requires.			
I am aware that the practicum site does NOT have to make special accommodations for me during the practicum.			