



HACC  
Massage

# Massage Therapy Program

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# 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.

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.



Member American Massage  
Therapy Association

and



Associated Bodywork and  
Massage Professionals

Our 600-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 32.

# COURSE DESCRIPTIONS

## **Musculoskeletal Anatomy and Palpation (MAP) for Massage Therapist**

During the first half of the program, MAP focuses on presenting the functional anatomy knowledge that a massage therapy student must learn for a career as a professional bodyworker. Particular emphasis is placed on developing palpation skills and understanding anatomical movements.

## **Physiology and Pathology for Massage Therapist**

During the second half of the program, systemic physiology is presented from the cellular to the organism level. 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.

## **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 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.

## **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.

## **MESSAGE THERAPY STUDIO**

Each student is required to complete a minimum of 50 supervised massages in the student clinic in addition to assigned classroom hours. The student clinic begins following the completion of 1-hour relaxation training and continues until the end of the program. Students are required to work at least 5.25 hours per week for 19 weeks in the clinic.

In the clinic, students learn how to interview clients and take their health history. The student and the clinic instructors 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 HACC massage polo shirt (one shirt is included with tuition), black or khaki pants, and clean, closed-toe shoes. 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.

### **Special Populations**

Devoted to learning to adapt massage therapy applications to accommodate clients with special needs, topics for this class include pregnancy, geriatrics and disability.

### **Spa Treatments**

Students learn a variety of spa treatments as an introduction to meet the rising demand for these specialty services.

### **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.

## CLASS TIMES

### Full-time day classes\*

- Begin in September.
- Meets Monday 11:30 a.m.- 3 p.m. and 9 a.m.-3 p.m. Tuesday through Thursday.

### Part-time evening/weekend classes\*

- Begin in January
- Meets 5:30-9:30 p.m. three nights a week.

\* Student studio hours are in addition to classroom times.

\* Volunteer chair events will be scheduled for students to practice chair massage.

## ADMISSION REQUIREMENTS AND PROCEDURES

### Admission Process

- Register for and attend an information session, offered throughout the year. Visit [www.hacc.edu/massage](http://www.hacc.edu/massage) Register in “Upcoming Events” or by using this link -<https://www.cognitofirms.com/HACC2/MassageTherapyInformationSession>
- Complete the massage application - provided at information session.

### Prospective massage therapy program students must:

- Be at least 18 years of age.
- Have a documented high school diploma or GED or equivalent foreign education as verified by a HACC-approved credential evaluation service
- Communicate verbally using clear and effective English
- Write legibly in clear and effective English using correct grammar, punctuation and spelling
- Quickly and accurately comprehend and follow verbal instructions in English
- Quickly and accurately read, comprehend and follow written instructions in English
- Actively participate in group discussions
- Use communication equipment – telephone, computer, other device used for communication.
- Be in adequate physical condition to perform and receive massage therapy.
- Attend an information session, offered throughout the year. Visit [www.hacc.edu/massage](http://www.hacc.edu/massage) Register in upcoming events.
- Apply with massage application, provided at information session.

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

## **ADDITIONAL REQUIREMENTS PRIOR TO STARTING THE PROGRAM (after acceptance)**

Additional information and required forms will be provided to you upon acceptance to the program. Failure to provide all the necessary documentation before the established deadline could lead to denial of admission into the clinical program. The following must be completed (at applicant's expense) after you have been accepted for, but prior to beginning the program:

- Pay \$200 to secure your seat. Upon acceptance you will be provided additional information.
- Apply for financial aid at <https://studentaid.gov/>
- Once Financial aid is awarded - Schedule an in-person meeting with massage program staff.
- Receive a professional massage before the start of class; contact the program coordinator for referrals if needed.
- Background Checks: All students accepted into the program must submit a Pennsylvania State Police Criminal Record Check. No student will be admitted with a disqualifying criminal history. Please review this link: <https://www.dos.pa.gov/ProfessionalLicensing/Pages/ACT-53-2020.aspx>. Completion of the Massage Therapy program does not guarantee licensing as a professional massage therapist.
- Drug and Alcohol Screens: No students may be under the influence of substance abuse. Students suspected of substance abuse may be subject to a drug test and that may result in termination from the massage program.

***Incomplete submissions or disqualifying criteria will result in denial of admission***

# TUITION AND FINANCES

## **Tuition**

The tuition for the massage therapy program is \$10,800, 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 <https://studentaid.gov/>

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 the Harrisburg campus.

## **CPR**

A CPR course is required and scheduled for students.

## **Refund policy**

- After the first day of class, the enrollment agreement fee is non-refundable.
- Students withdrawing within the first eight (5) 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 (5) (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.

# ADMINISTRATIVE POLICIES

## **Class hours and attendance requirements**

- Full-time classes meet from 11:30 a.m. – 3p.m and 9 a.m.-3 p.m. Monday-Thursday.
- Part-time January classes meet 5:30-9:30 p.m. Tuesday, Wednesday and Thursday
- Classes begin on time; please plan to arrive 15 minutes before the beginning of each class.
- Three (3) consecutive days of absence requires a doctor's note to return to class.
- Three (3) or more late arrivals or early departures constitute one full absence.
- If total absences exceed 40 hours, the student may be dismissed from the program.
- Clinic hours are scheduled after regular classroom hours and on weekends. Students are required to arrive 30 minutes prior to a scheduled clinic appointment to set up the space and prepare client files.

## **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.

**If a student fails the Musculoskeletal Anatomy and Palpation (MAP) for Massage Therapist they cannot move forward to advance techniques. Program options will be discussed with the student.**

## **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 a conclusion class. Students are strongly encouraged to participate in the college's formal commencement 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 600- 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. We hold a career day where local employers meet with students to share their business models. Area employers look to HACC for fulfillment of their massage therapy vacancies and students are asked to set-up an account at <https://www.collegecentral.com/hacc/>.

### **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!**