

# PROGRAMS

## THERAPEUTIC MASSAGE

The Therapeutic Massage Curriculum prepares graduates to work in direct client care settings to provide manipulation, methodical pressure, friction and kneading of the body for maintaining wellness or treating alterations in wellness throughout the lifespan.

Courses will include content in normal human anatomy and physiology, therapeutic massage, ethical/legal issues, business practices, nutrition, and psychology.

Employment opportunities include hospitals/rehabilitation centers, health departments, home health, medical offices, nursing homes, spas/health/sports clubs, and private practice. Graduates may be eligible to take the Massage and Bodywork Licensing Exam.

The North Carolina Board of Massage and Bodywork Therapy may deny a license to practice massage and bodywork therapy if an applicant has a criminal record or there is other evidence that indicates the applicant lacks good moral character.

### Diploma Program

		Course Hours Per Week			Semester Hours
		Class	Lab	Clinic	Credit
<b>First Semester (Fall)</b>					
ACA-115	Success & Study Skills	0	2		1
BIO***	Take BIO-163 or BIO-168	4-3	2-3		5-4
MED-120	Survey of Med Terminology	2	0		2
MTH-110	Fundamentals of Massage	6	9	3	10
	<b>Credit Hours</b>	<b>12-11</b>	<b>13-14</b>	<b>3</b>	<b>18-17</b>
<b>Second Semester (Spring)</b>					
BIO***	BIO-169 (if BIO-168 taken)	0-3	0-3		0-4
ENG-111	Writing and Inquiry	3	0		3
MTH-120	Ther Massage Applications	6	9	3	10
PSY-150	General Psychology	3	0		3
	<b>Credit Hours</b>	<b>12-15</b>	<b>9-12</b>	<b>3</b>	<b>16-20</b>
<b>Third Semester (Summer)</b>					
MTH-125	Ethics of Massage	2	0		2
MTH-130	Therapeutic Massage Mgmt	2	0		2
	<b>Credit Hours</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>
Total Required Minimum Semester Hours Credit					38

[View Catalog Archives](#)

**Professor Samantha Allen, Therapeutic Massage Coordinator**  
116A Meyer Hall

910.695.3996

[allens@sandhills.edu](mailto:allens@sandhills.edu)