



Master Massage Practitioner (MT 1000) - Therapeutic Track

Diploma

1000 Classroom Hours
 39.5-47.25 Credit Hours
 55 Instructional Weeks/60-62 Calendar Weeks
 14 Months Full Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
MT 115	Anatomy	60	4.00		
BC 110	SOAP Notes	6	0.25		
MT 500	Physiology	60	4.00		
MT 151	Kinesiology - Anatomical Applications	36	2.25	MT 115	
BC 304	Business Practices for Massage Therapists	20	1.25		
MT 520	First Aid	7	0.25		
MT 540	Comprehensive CPR	5	0.25	MT115	
PC 100	Polarity- Basic 1	20	1.00		
PC 400	Polarity Communications, Resonance & Relations 1	32	2.00		
BC 301	Ethics for Massage Therapists	8	0.50		
BC 441	Resiliency and Self Care for Massage Therapists	7	0.50		
SC 415	Pathology - BW	40	2.50		
	MASSAGE CORE COURSES SUBTOTAL	301	18.75		
MT 200	Swedish Massage	40	1.25		
PC 850	Cranial Unwinding I ***	20	1.00		
MT 400	Myotherapy - 7 Step Release System	40	1.25	MT 200	
TE 220	Deep Tissue Sculpting	24	0.75	MT 200	
RF 201	Reflexology - A Western Approach	20	0.75		
EV 003	Massage Clinic Orientation	-	-		
MT 993a	Massage Clinic – Supervised MT 1000 Block 1	23	0.50	MT 200	
MT 993b	Massage Clinic - Supervised MT 1000 Block 2	23	0.50	MT 200	
MT 993c	Massage Clinic - Supervised MT 1000 Block 3	23	0.50	MT 200	
MT 993d	Massage Clinic - Supervised MT 1000 Block 4	22	0.50	MT 200	
	MASSAGE CORE HANDS-ON COURSES SUBTOTAL	235	5.50		
THERAPEUTIC MASSAGE TRACK					
AR 100	Aromatherapy - Intro	20	1.25		
EC 146*	SpaLomi Massage*	24	0.75		
EC 700	Reiki I - Traditional	16	0.50		
TE 340	Lymphatic Massage	16	0.50		
TE 320	Lower Back Pain Release	8	0.25		
TE 600	Rock & Unlock	12	0.25		
TE 650	Sports Massage - Intro	8	0.25		
TE 364	Massage - Sideline Techniques with Deep Listening	16	0.50		
TE 146	Breast Health Intro	8	0.50		
TE 402	Medical Massage for Cancer Survivors	16	0.75		
MT 301	Corporate Chair	8	0.25		
TE 225	Rotator Cuff/Shoulder Joint	8	0.25		
TE 662	Hydrotherapy / Injury Management	20	0.75	APP MT*	
TE 380	Neck Release	8	0.25		
TE 160	Carpal Tunnel/Thoracic Outlet Release	8	0.25		
TE 690	Trigger Point	16	0.50		
TE 260	Fibromyalgia Therapy	16	0.50		
TE 302	Elder Touch - Medical	16	0.50		
	THERAPEUTIC TRACK MASSAGE CLASSES	244	8.75		
CHOOSE A COMBINATION OF SPECIALTIES AND ELECTIVES TO TOTAL 220 HOURS*					
AR	Aromatherapy	80	4.25		
CRA	Cranial Unwinding	180	7.50		
HN	Holistic Nutrition Specialist	200	11.50		
HY	Hypnotherapy	100	4.75		
MEDM	Medical Massage	16	1.00		
TM1	Myotherapy	48	1.50		
POL-APP	Polarity - Associate Polarity Practitioner	180	8.00		

RF	Reflexology	100	3.75		
RE	Reiki	84	2.50		
ST	Spa Treatments	104	6.50		
SPT	Special Touch	36	1.00		
WFC	Whole Foods Culinary Specialist	100	3.50		
YO-N	Yoga Nidra	100	4.50		
YO-BP	Yoga Body Psychology	100	4.50	YTT 200, APP MT*	
YO	Yoga Teacher Training	200	6.25		
	SPECIALITY SUBTOTAL	225			
	PROGRAM TOTAL	1000	39.5-47.50		

OTHER AVAILABLE MESSAGE ELECTIVE COURSES

EL 220	Face Lift Acupressure	4	0.25		
EL 600	Canine Massage	4	0.25		
MT 363	Massage - Sideline Techniques	16	0.50		
MT 300	Corporate Chair Introduction	4	0.25	MT 200 or Licensed	
MT 600	Safe-Touch for Massage Therapy	16	0.75		
MT 605	Neurotouch	20	1.00		
MT 604	Advanced Lymphatic Massage	8	0.25		
OE 640	Thai Foot Massage	20	0.50		
RF 202	Reflexology - Pathology & Assessment for Bodyworkers	20	0.75		
RF 203	Reflexology - Emotional Balance & Being for Bodyworkers	20	0.75		
OE 620	Thai Massage	40	1.25		
TE 142	Scar Tissue	8	0.25		
TE 422	Medical Conditions - Deep & Light Touch	16	1.00		
TE 662	Hydrotherapy/Injury Management	20	0.75		

* Arizona State Board of Massage requires 700 hrs of Bodywork coursework - choose specialties accordingly.

Student date

Advisor date

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