



Master Massage Practitioner (MT 1000) - Therapeutic Track

Diploma

1000 Classroom Hours
 39.5-47.25 Credit Hours
 55 Instructional Weeks/60-62 Calendar Weeks

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
Massage Core Courses					
BC 110	SOAP Notes	6	0.25		
BC 301	Ethics for Massage Therapists	8	0.50		
BC 304	Business Practices for Massage Therapists	20	1.25		
BC 441	Resiliency and Self-Care for Massage Therapists	7	0.50		
MT 115	Anatomy	60	4.00		
MT 151	Kinesiology - Anatomical Applications	36	2.25	MT 115	
MT 500	Physiology	60	4.00		
MT 520	First Aid	7	0.25		
MT 540	Comprehensive CPR	5	0.25		
PC 100	Polarity – Basic I	20	1.00		
CC 105	Trauma Informed Communication and Ethics for Bodyworkers	32	2.00		
SC 415	Pathology - BW	40	2.50		
Massage Core Courses Subtotal		301	18.75		
Massage Hands-On Core Courses					
EV 003	Massage Clinic Orientation	0	0.00		
MT 200	Swedish Massage	40	1.25		
MT 400	Myotherapy - 7 Step Release System	40	1.25	MT 200 or Licensed	
MT 993a	Massage Clinic - Supervised - Block I	23	0.50	MT 200 & MT 115	
MT 993b	Massage Clinic - Supervised - Block II	23	0.50	MT 200 & MT 115	
MT 993c	Massage Clinic - Supervised - Block III	23	0.50	MT 200 & MT 115	
MT 993d	Massage Clinic - Supervised - Block IV	23	0.50	MT 200 & MT 115	
PC 850	Cranial Unwinding I	20	1.00		
RF 201	Reflexology - A Western Approach for Body Workers	20	0.75		
TE 220	Deep Tissue Sculpting	24	0.75	MT 200 or Licensed	
Massage Hands-On Core Courses Subtotal		236	7.00		
Massage Therapeutic Track Courses					
AR 100	Aromatherapy - Intro	20	1.25		
EC 146	SpaLomi Massage	24	0.75	MT 200 or Licensed	
EC 700	Reiki I - Traditional	16	0.50		
TE 146	Breast Health Intro	8	0.50	MT 200 or Licensed	
TE 160	Carpal Tunnel/Thoracic Outlet Release	8	0.25	MT 200 or Licensed	
TE 225	Rotator Cuff/Shoulder Joint	8	0.25	MT 200 or Licensed	
TE 260	Fibromyalgia Therapy	16	0.50	MT 200 or Licensed	
TE 302	Elder Touch - Medical	16	0.50	MT 200 or Licensed	
TE 320	Lower Back Pain Release	8	0.25	MT 200 or Licensed	
TE 340	Lymphatic Massage	16	0.50	MT 200 or Licensed	
TE 364	Massage Sideline with Deep Listening	16	0.50	MT 200 or Licensed	
TE 380	Neck Release	8	0.25	MT 200 or Licensed	
TE 402	Medical Massage for Cancer Survivors	16	0.75	MT 200 or Licensed	
TE 600	Rock & Unlock	12	0.25	MT 200 or Licensed	
TE 650	Sports Massage - Intro	8	0.25	MT 200 or Licensed	
TE 662	Hydrotherapy / Injury Management	20	0.75	MT 200 or Licensed	
TE 690	Trigger Point	16	0.50	MT 200 or Licensed	
Massage Therapeutic Track Courses		236	8.50		

Choose 227 Hours of Specialties and/or Electives

AR	Aromatherapy	80	4.25		
CRA	Cranial Unwinding	148	5.50		
HN	Holistic Nutrition Specialist	200	11.50		

SWIHA's mission is to inspire individuals to discover their gifts and graces, and support them as they

share their talents with the world in a loving and profitable way.

HY	Hypnotherapy	100	4.75		
MEDM	Medical Massage	16	1.00		
POL-APP	Polarity - Associate Polarity Practitioner	128	5.00		
RF	Reflexology	100	3.75		
RE	Reiki	84	2.50		
YO-N	Yoga Nidra	100	4.50		
YO-BP	Yoga Body Psychology	100	4.50	YTT, APP MT	
YO	Yoga Teacher Training	200	6.25		
EL 220	Face Lift Acupressure	4	0.25		
EL 600	Canine Massage	4	0.25		
MT 301	Corporate Chair Introduction	8	0.25	MT 200 or Licensed	
MT 605	Neurotouch	20	1.00	MT 200 or Licensed	
MT 604	Advanced Lymphatic Massage	8	0.25	MT 200 or Licensed	
OE 640	Thai Foot Massage	20	0.50		
RF 202	Reflexology - Pathology & Assessment for Bodyworkers	20	0.75	RF 201	
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	MT 200 or Licensed	
Specialties & Electives Subtotal		227	Varies		
TOTAL		1000			

These program requirements fulfill the requirements for the state of AZ. If you plan to obtain a massage license in another state, you will need to check with that state's board for their specific requirements.

Student

Date

Advisor Initials