Massage Therapy - Career Certificate Program

(750 Clock Hours) **(CIP: 0351350102)**

Program Description

Massage therapy is a professional practice in which the therapist uses hands-on techniques—and may incorporate complementary therapies—to support and enhance a client's health and overall well-being. Therapeutic massage involves manipulating the body's soft tissues to help prevent and relieve pain, muscle tension, discomfort, and stress. It also promotes overall health and wellness by enhancing the function of the circulatory, lymphatic, muscular, skeletal, and nervous systems. Additionally, massage therapy may aid in speeding up the body's recovery from injury and illness.

Program Entry Requirements

- Have a high school diploma or GED certificate and submit an application to FGC.
- Be at least 18 years of age.
- Take the TABE entrance exam, and
- Pass the required drug screen and finger print based background check.
- Meeting with the Program Coordinator provides an opportunity to answer questions and provide the student with a Program Application package. Please bring the following information to your appointment:
    - Proof of Florida residency
    - Copies of TABE test scores
    - Proof of health insurance
    - Valid driver's license

The Massage Therapy program at FGC offers three tracks: Traditional, Healthcare Professional Bridge and Accelerated Bridge.

Traditional

The traditional option of the massage therapy program is a two-semester, full-time program designed for beginners with no prior experience in healthcare who wish to develop skills in therapeutic massage. This comprehensive two-semester curriculum introduces students to fundamental techniques including Swedish massage, deep tissue work, and athletic massage approaches. Students will gain essential knowledge of human pathologies and how massage techniques can facilitate healing processes. The program also covers hydrotherapy applications, neuromuscular therapy, myofascial techniques, flexibility enhancement, range of motion exercises, and introductory concepts from Eastern healing traditions including traditional Chinese medicine and Ayurvedic practices.

First Semester

Course	Course Title	Clock Hours
MSS 0215	History & Standards for Massage Therapy	30
MSS 0250	Introduction to Massage Therapy	30
MSS 0250L	Introduction to Massage Therapy Lab	180
MSS 0156	Anatomy & Physiology for Massage Therapy	75
MSS 0156L	Anatomy & Physiology for Massage Therapy Lab	75
	Total Semester Clock Hours	**390**

Second Semester

Course	Course Title`	Clock Hours
HSC 0003C	Basic Health Care Worker	90
MSS 0216	Legal, Ethical, and Business Practices	33
MSS 0300	Hydrotherapy Modalities	30
MSS 0300L	Hydrotherapy Modalities Lab	12
MSS 0281	Allied Modalities	105
MSS 0803C	Massage Therapy Clinical Practicum	90
	Total Semester Clock Hours	**360**
	Total Program Hours	**750**

Healthcare Professional Bridge

The Healthcare Professional Bridge pathway is specifically structured for licensed healthcare practitioners (including Paramedics, Licensed Practical Nurses, and Registered Nurses) seeking to expand their clinical capabilities with massage therapy skills. This part-time two-semester format accommodates working professionals while teaching essential massage modalities including Swedish techniques, deep tissue approaches, and athletic massage applications. Students will enhance their existing medical knowledge with specialized understanding of how therapeutic massage complements traditional treatment protocols. The program also covers hydrotherapy applications, neuromuscular therapy, myofascial techniques, flexibility enhancement, range of motion exercises, and introductory concepts from Eastern healing traditions including traditional Chinese medicine and Ayurvedic practices.

Articulated Credit for Professional Licensure: LPN, RN, Paramedic

Course	Course Title	Clock Hours
MSS 0156	Anatomy & Physiology for Massage Therapy	75
MSS 0156L	Anatomy & Physiology for Massage Therapy Lab	75
HSC 0003	Introduction to Health Care	75
HSC 0003L	Introduction to Health Care Lab	15
	Total Articulated	**240**

First Semester

Course	Course Title	Clock Hours
MSS 0215	History & Standards for Massage Therapy	30
MSS 0250	Introduction to Massage Therapy	30
MSS 0250L	Introduction to Massage Therapy Lab	180
	Total Semester Clock Hours	**240**

Second Semester

Course	Course Title	Clock Hours
MSS 0216	Legal, Ethical, and Business Practices	33
MSS 0300	Hydrotherapy Modalities	30
MSS 0300L	Hydrotherapy Modalities Lab	12
MSS 0281	Allied Modalities	105
MSS 0803C	Massage Therapy Clinical Practicum	90
	Total Semester Clock Hours	**270**
	Total Program Hours	**750**

Accelerated Bridge

The Accelerated Bridge pathway offers an intensive one-semester program exclusively for graduates of accredited Physical Therapist Assistant or Physical Therapy degree programs looking to incorporate massage therapy into their practice. This concentrated curriculum builds upon existing anatomical and physiological knowledge while developing proficiency in Swedish massage techniques, deep tissue approaches, and athletic massage applications. Students will integrate their rehabilitation expertise with complementary skills including hydrotherapy applications, myofascial release techniques, flexibility enhancement methods, range of motion protocols, and introductory concepts from Eastern healing traditions including traditional Chinese medicine and Ayurvedic practices.

Articulated Credit for Professional Licensure: LPN, RN, Paramedic

Course	Course Title	Clock Hours
MSS 0156	Anatomy & Physiology for Massage Therapy	75
MSS 0156L	Anatomy & Physiology for Massage Therapy Lab	75
HSC 0003	Introduction to Health Care	75
HSC 0003L	Introduction to Health Care Lab	15
MSS 0300	Hydrotherapy Modalities	30
MSS 0300L	Hydrotherapy Modalities Lab	12
MSS 0803C	Massage Therapy Clinical Practicum	90
	Total Articulated	**372**

First Semester

Course	Course Title	Clock Hours

MSS 0215	History & Standards for Massage Therapy	30
MSS 0216	Legal, Ethical, and Business Practices	33
MSS 0250	Introduction to Massage Therapy	30
MSS 0250L	Introduction to Massage Therapy Lab	180
MSS 0281	Allied Modalities	105
	Total Semester Clock Hours	**378**
	Total program Hours	**750**