



College of Health and Wellness

Certificate in Relaxation Massage

Daytime Schedule

Trimester 1		Credits	Contact Hrs.	Lecture Hrs.	Lab Hrs.	Clinic Hrs.
SBS1001	Anatomy and Physiology 1	4.00	75.00	45.00	30.00	
BLS1001	Basic Life Support		4.50		4.50	
SMT1160	Ethics and Professionalism	2.00	30.00	30.00		
SMT0040	First Aid		4.00		4.00	
SMT2200	Foundations of Evidence-Informed Practice	1.00	15.00	15.00		
SMT1162	Legal Aspects of Therapeutic Massage	0.50	7.50	7.50		
SBS1500	Medical Terminology	1.00	15.00	15.00		
SMT1900	Pre-Clinic Workshop	1.50	30.00	15.00	15.00	
SMT1700	Relaxation Massage 1	2.50	60.00	15.00	45.00	
SMT1701	Relaxation Massage 2	2.00	60.00		60.00	
Totals		14.50	301.00	142.50	158.50	0.00
Trimester 2		Credits	Contact Hrs.	Lecture Hrs.	Lab Hrs.	Clinic Hrs.
SBS1002	Anatomy and Physiology 2	4.00	75.00	45.00	30.00	
SMT1935-1	Clinic Rotation 1: Foundational Skills	1.00	45.00			45.00
SMT1610	Clinical Placement Externship	1.00	45.00			45.00
SMT1600	Transition to Clinical Massage	2.00	45.00	15.00	30.00	
SMT1750	Introduction to Special Populations	1.00	15.00	15.00		
SMT1171	Professional Identity Development	0.50	7.50	7.50		
Totals		9.50	232.50	82.50	60.00	90.00
Totals for Entire Program						
Total Credits (includes 3 credits of electives)		24.00				
Total Hours			535.50			

NOTE: Courses subject to change. Please visit Northwestern's website for latest course information: NWHEALTH.EDU

Evening Schedule

Trimester 1

		Credits	Contact Hrs.	Lecture Hrs.	Lab Hrs.	Clinic Hrs.
SBS1001	Anatomy and Physiology 1	4.00	75.00	45.00	30.00	
BLS1001	Basic Life Support		4.50		4.50	
SMT1160	Ethics and Professionalism	2.00	30.00	30.00		
SMT0040	First Aid		4.00		4.00	
SBS1500	Medical Terminology	1.00	15.00	15.00		
SMT1700	Relaxation Massage 1	2.50	60.00	15.00	45.00	
Totals		9.50	188.50	105.00	83.50	0.00

Trimester 2

		Credits	Contact Hrs.	Lecture Hrs.	Lab Hrs.	Clinic Hrs.
SBS1002	Anatomy and Physiology 2	4.00	75.00	45.00	30.00	
SMT1162	Legal Aspects of Therapeutic Massage	0.50	7.50	7.50		
SMT1900	Pre-Clinic Workshop	1.50	30.00	15.00	15.00	
SMT1701	Relaxation Massage 2	2.00	60.00		60.00	
Totals		8.00	172.50	67.50	105.00	0.00

Trimester 3

		Credits	Contact Hrs.	Lecture Hrs.	Lab Hrs.	Clinic Hrs.
SMT1935-1	Clinic Rotation 1: Foundational Skills	1.00	45.00			45.00
SMT1610	Clinical Placement Externship	1.00	45.00			45.00
SMT2200	Foundations of Evidence-Informed Practice	1.00	15.00	15.00		
SMT1750	Introduction to Special Populations	1.00	15.00	15.00		
SMT1171	Professional Identity Development	0.50	7.50	7.50		
SMT1600	Transition to Clinical Massage	2.00	45.00	15.00	30.00	
Totals		6.50	172.50	52.50	30.00	90.00

Totals for Entire Program

Total Credits (includes 3 credits of electives)	24.00
Total Hours	535.50

NOTE: Exact course offerings per trimester will vary. Please visit Northwestern's website for latest course information: NWHEALTH.EDU

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