



College of Health and Wellness

Certificate in Therapeutic Massage and AAS Program

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		
SNU1112	Fundamentals of Nutrition	2.00	30.00	30.00		
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		16.50	331.00	172.50	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	
SMT1210	Applied Anatomy	2.00	45.00	15.00	30.00	
SMT1170	Business and Practice Management	1.50	22.50	22.50		
SMT1935-1	Clinic Rotation 1: Foundational Skills	1.00	45.00			45.00
SMT1935-2	Clinic Rotation 2: Enhancement of Therapeutic Skills	1.00	45.00	15.00		
SMT1163	Massage Therapy's Evolving Role in Healthcare	1.00	15.00	15.00		
SMT1702	Clinical Massage 1	3.50	90.00	15.00	75.00	
Totals		14.00	337.50	112.50	135.00	90.00

Trimester 3		Credits	Contact Hrs.	Lecture Hrs.	Lab Hrs.	Clinic Hrs.
SMT1703	Clinical Massage 2	3.50	90.00	15.00	75.00	
SMT1935-3	Clinic Rotation 3: Refinement of Therapeutic Skills	1.00	45.00			45.00
SMT1935-4	Clinic Rotation 4: Mastery of Therapeutic Skills	1.00	45.00			45.00
SMT1800	Hydrotherapy	0.50	11.25	3.75	7.50	
SMT2621	Massage Therapy for Special Populations	2.00	30.00	30.00		
SBS2100	Pathology	2.00	30.00	30.00		
SMT1703	Professional Identity Development	0.50	7.50	7.50		
Totals		10.50	258.75	86.25	82.50	90.00

Totals for Entire Program

Total Credits (includes 3 credits of electives)	44.00
Total Hours	964.25

To get your AAS in Massage Therapy you only need to add the following credits:

- 15 Credits of General Education
- 3 Credits of Electives

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	
SMT2200	Foundations of Evidence-Informed Practice	1.00	15.00	15.00		
SNU1112	Fundamentals of Nutrition	2.00	30.00	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		14.00	337.50	112.50	135.00	90.00

Trimester 3

		Credits	Contact Hrs.	Lecture Hrs.	Lab Hrs.	Clinic Hrs.
SMT1210	Applied Anatomy	2.00	45.00	15.00	30.00	
SMT1170	Business and Practice Management	1.50	22.50	22.50		
SMT1935-1	Clinic Rotation 1: Foundational Skills	1.00	45.00			45.00
SMT1935-2	Clinic Rotation 2: Enhancement of Therapeutic Skills	1.00	45.00	15.00		
SMT1163	Massage Therapy's Evolving Role in Healthcare	1.00	15.00	15.00		
SMT1703	Professional Identity Development	0.50	7.50	7.50		
SMT1702	Clinical Massage 1	3.50	90.00	15.00	75.00	
Totals		10.50	270.00	75.00	105.00	90.00

Trimester 4

		Credits	Contact Hrs.	Lecture Hrs.	Lab Hrs.	Clinic Hrs.
SMT1703	Clinical Massage 2	3.50	90.00	15.00	75.00	
SMT1935-3	Clinic Rotation 3: Refinement of Therapeutic Skills	1.00	45.00			45.00
SMT1935-4	Clinic Rotation 4: Mastery of Therapeutic Skills	1.00	45.00			45.00
SMT1800	Hydrotherapy	0.50	11.25	3.75	7.50	
SMT2621	Massage Therapy for Special Populations	2.00	30.00	30.00		
SBS2100	Pathology	2.00	30.00	30.00		
Totals		10.50	251.25	78.75	376.00	180.00

Totals for Entire Program

Total Credits (includes 3 credits of electives)	44.00
Total Hours	964.25

To get your AAS in Massage Therapy you only need to add the following credits:

- 15 Credits of General Education
- 3 Credits of Electives

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

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