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| Student Name (First Last):       Staff Initials:       Date:       |
| Massage Studies Degree |
| Associate of Applied Technologies Degree (AAT)  |
| **Admissions Date:** Fall Quarter (Day), Spring Quarter (Evening)  |
| **Contact email:** yvonne.meziere@cptc.edu **Program Counselor:** carolyn.vanbeek@cptc.edu |
| **Prerequisites:** A medical statement of health status from a primary care provider stating the student is able to safely participate in all aspects of the class is required to enter the program. That statement must be submitted to the instructor on the first day of class. Potential students entering the program must test at college level in reading on the Accuplacer Assessment test or have completed English 94. Documentation of training in standard first-aid and CPR and a four-hour HIV/AIDS/Bloodbourne pathogens class, and a Washington State Patrol background check is required to progress to the second quarter. Some results from the background check may prevent individuals from participating in certain classes.  |
| AAT Required General Education Courses | **Credits** | **Quarter****Taken** |
| ENGL& 101 English Composition, **or** CMST& 220 Public Speaking ***(pre-req ENG 094 or placement scores)*** | 5 |       |
| PSYC& 100DIV , **or** SOC& 101DIV , **or** PSY 112DIV ***(pre-req ENG 094 or placement scores)*** | 5 |       |
| MAT 108 Math for Health Occupations, ***(pre-req MAT 094 or placement scores)*** **or** MAT 103 ***(pre-req MAT 092 or placement scores)*** | 5 |       |
| CAH 105 Comp App, or CAS 115 Intro to Comp, or other approved computer literacy course, (Or successfully pass the computer literacy exam). For more information go to: [www.cptc.edu/computer literacy](http://www.cptc.edu/computerliteracy) | 3 |       |
| COLL 102 College 102 College Success for All  | 3 |  |
|  ***AAT Required General Education Courses Total Credits*** | ***21*** |  |
| ***\*Indicates a course appropriate for a first-quarter student*** |
| Technical Program Courses | **Credits** | **Quarter Taken** |
|  |  MASST 112 Swedish Massage Theory\* | 4 |       |
|  MASST 120 Swedish Massage Practice\* | 4 |       |
|  MASST 116 Complementary Massage Modalities I | 3 |       |
|  MASST 110 Anatomy, Physiology & Pathology I | 5 |       |
|  MASST 126 Kinesiology: Upper Extremity\* | 2 |       |
|  MASST 130 Kinesiology: Trunk\* | 1 |       |
|  MASST 143 Massage Business Ethics I\* | 2 |       |
|  |  MASST 132 Deep Tissue Massage Theory4 | 3 |       |
|  MASST 135 Deep Tissue Massage Practice | 4 |       |
|  MASST 111 Anatomy, Physiology & Pathology II | 5 |       |
|  MASST 136 Complementary Massage Modalities II | 2 |       |
|  MASST 137 Kinesiology: Head and Neck | 1 |       |
|  MASST 146 Kinesiology: Lower Extremity | 2 |       |
|  MASST 148 Massage Business and Ethics II | 1 |       |
|  MASST 162 Student Clinic I | 2 |       |
|  |  MASST 115 Clinical Massage Techniques | 4 |       |
|  MASST 123 Clinical Application of Massage Therapy | 4 |       |
|  MASST 131 Assessment and Treatment of the Back | 2 |       |
|  MASST 139 Clinical Massage Business and Ethics I | 1 |       |
|  MASST 145 Orthopedic Assessment | 4 |       |
|  MASST 158 Practicum I | 3 |       |
|  MASST 147 Clinical Massage Anatomy and Physiology I | 3 |       |

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| ***Continued from page 1*** |
|  | MASST 150 Clinical Massage Theory: Special Populations | 4 |       |
| MASST 152 Clinical Massage Practice: Special Populations | 3 |       |
| MASST 153 Assessment and Treatment: Upper Extremity | 2 |       |
|  MASST 155 Assessment and Treatment: Lower Extremity | 2 |       |
|  MASST 157 Assessment and Treatment: Head and Neck | 2 |       |
|  MASST 159 Clinical Massage Business and Ethics II | 1 |       |
|  MASST 160 Practicum II | 3 |       |
|  MASST 163 Clinical Massage and Anatomy and Physiology II | 3 |       |
| ***Massage Studies Technical Program Courses Credits*** |  ***82*** |
| ***Total Credits for Completion*** |  ***103*** |
| Identify additional preparatory math or English courses you may need to take: If placement scores are below English 91 and/or Math 92, contact the Adult Basic Education (ABE) for classes, Building 10 (253) 589-5702 |
| **Developmental Math** |  |  |
| * MAT 092 Pre-Algebra ***(must complete prior to MAT 105, MAT 103, MAT 111)***
 | 5 |       |
| * MAT 094 Introduction to Algebra ***(must complete prior to MAT 108)***
 | 5 |       |
| * MAT 99 Intermediate Algebra ***(must complete prior to MAT 110, MATH& 141, MATH& 146)***
 | 5 |       |
| **Developmental English** |  |  |
| * ENG 091 Basic Reading & Writing
 | 5 |       |
| * ENG 094 Advanced Reading & Writing
 | 5 |       |
| Quarterly Self Planning Grid |
| **Quarter 1** | **Quarter 2** | **Quarter 3** | **Quarter 4** |
| Class:       | Class:       | Class:       | Class:       |
| Class:       | Class:       | Class:       | Class:       |
| Class:       | Class:       | Class:       | Class:       |
| Class:       | Class:       | Class:       | Class:       |
| **Quarter 5** | **Quarter 6** | **Quarter 7** | **Quarter 8** |
| Class:       | Class:       | Class:       | Class:       |
| Class:       | Class:       | Class:            | Class:       |
| Class:       | Class:       | Class:       | Class:       |
| Class:            | Class:       | Class:       | Class:       |
| **Notes:**       |

***\*Please check in periodically with Advising and Counseling regarding any potential changes to program course requirements***