

DIPLOMA IN THERAPEUTIC MASSAGE—OMAHA (DTMNE)

(Please see the *Undergraduate Program Offerings by Campus* chart in the catalog or on the Herzing Website at www.herzing.edu/career-programs/downloads for a list of Herzing campuses offering this program.)

PROGRAM DESCRIPTION

This program provides instruction in anatomy, physiology, kinesiology, therapeutic massage theory and practice, hydrotherapy, and the appropriate health and safety issues that are required of a massage therapist. The program prepares students to write National Certification Examination for Therapeutic Massage and Bodywork (NCTMB) required for licensure as a licensed massage therapist in the state of Nebraska. After passing the National Certification Examination, the graduate will be qualified for entry-level work in spas, health clubs, gyms, cruise ships, and medical offices, or they could become self-employed by going into private practice.

PROGRAM OBJECTIVES

Upon completion of this program, the graduate should be able to:

1. Demonstrate knowledge and understanding of human anatomy and physiology in order to understand the principles and benefits of massage, to effectively discuss massage issues with clients, and to communicate client health issues with other healthcare professionals when required.
2. Understand clinical pathology, and recognize conditions, indications, and contraindications for massage applications in order to provide safe and beneficial service to the client.
3. Utilize theory and application of massage therapy and bodywork and the application of appropriate methodologies in a safe and beneficial manner for the practitioner and the client.
4. Demonstrate the ability to apply ethical and business practices and professional standards in a therapeutic massage environment.
5. Demonstrate knowledge and understanding of kinesiology in order to understand the principles and benefits of massage therapy strategies and modalities to affect the integrity of soft tissues and their effects of joint mobility.

POTENTIAL OCCUPATIONAL TITLES

Potential occupational titles for this program include, but are not limited to, massage therapist.

PROGRAM CONTENT

A minimum of 1,027.50 clock hours is required for graduation.

REQUIRED COURSES

All courses, 922.50 clock hours, are required.

Course Number	Course Name	Prerequisites/Corequisites	Clock Hours
SC 106	Anatomy and Physiology I for Allied Health Professionals	None/Corequisite SC 106L	45.00
or	or	or	
SC 126	Anatomy and Physiology for Therapeutic Massage I	None/Corequisite SC 126L	
SC 106L	Anatomy and Physiology I Lab for Allied Health Professionals	None/Corequisite SC 106	30.00
or	or	or	
SC 126L	Anatomy and Physiology for Therapeutic Massage I Lab	None/Corequisite SC 126	
SC 206	Anatomy and Physiology II for Allied Health Professionals	SC 106 and SC 106L/ Corequisite SC 206L	45.00
or	or	or	
SC 226	Anatomy and Physiology for Therapeutic Massage II	SC 126 and SC 126L/ Corequisite SC 226L	

Course Number	Course Name	Prerequisites/Corequisites	Clock Hours
SC 206L or SC 226L	Anatomy and Physiology II Lab for Allied Health Professionals or Anatomy and Physiology for Therapeutic Massage II Lab	SC 106 and SC 106L/ Corequisite SC 206 or SC 126 and SC 126L/ Corequisite SC 226	30.00
TN 115	Cardiopulmonary Resuscitation (CPR) and First Aid	None	7.50
TN 125	Massage Theory and Practice I	None	60.00
TN 200	Business Principles and Health Service Management	None	60.00
TN 215	Pathology for the Massage Therapist	(SC 206 or SC 226) and (SC 206L or SC 226L)	60.00
TN 225	Massage Theory and Practice II	TN 125	60.00
TN 235	Kinesiology: Upper Body	(SC 206 or SC 226), (SC 206L or SC 226L) and TN 225	60.00
TN 236	Kinesiology: Lower Body	(SC 206 or SC 226), (SC 206L or SC 226L) and TN 225	60.00
TN 249	Therapeutic Strategies and Decision Making	TN 215, TN 235, TN 236 and TN 252	60.00
TN 251	Massage Therapy Clinic I	(SC 206 or SC 226), (SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	45.00
TN 252	Massage Therapy Clinic II	TN 251	45.00
TN 253	Massage Therapy Clinic III	TN 252	45.00
TN 254	Massage Therapy Clinic IV	TN 253	45.00
TN 255	Eastern Wellness	(SC 206 or SC 226), (SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	60.00
TN 265	Hydrotherapy	(SC 206 or SC 226), (SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	60.00
TN 270	Advanced Spa Therapies	TN 265	45.00

ELECTIVE COURSES

A minimum of 60.00 clock hours is required.

Course Number	Course Name	Prerequisites/Corequisites	Clock Hours
TN 155	Integrative Reflexology	(SC 206 or SC 226), (SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	15.00

Course Number	Course Name	Prerequisites/Corequisites	Clock Hours
TN 156	Reiki	(SC 206 or SC 226), (SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	15.00
TN 157	Hot Stone Massage	(SC 206 or SC 226), (SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	15.00
TN 158	Neuromuscular and Deep Tissue Therapy Massage	(SC 206 or SC 226), (SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	15.00
TN 159	Thai Massage	(SC 206 or SC 226), (SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	15.00
TN 160	Sports Massage	(SC 206 or SC 226, SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	15.00
TN 204	Massage Therapy for Pregnancy, Labor, and Post-Partum Practice	(SC 206 or SC 226), SC 206L or SC 226L), (TN 115 or valid CPR license), and TN 225	15.00
TN 205	Save Your Hands	None	15.00

PERSONAL AND PROFESSIONAL DEVELOPMENT COURSES

45.00 clock hours are required.

Course Number	Course Name	Prerequisites/Corequisites	Clock Hours
PD 122	Professional Development I	None	15.00
PD 160	Customer Service for Therapeutic Massage	None	15.00
PD 203	Professional Development II	None	15.00

Distribution of Clock Hours by Course				
Course or Category	Lecture	Lab	Clinical	Total Clock Hours
SC 106 or SC 126	45.00			45.00
SC 106L or SC 126L		30.00		30.00
SC 206 or SC 206	45.00			45.00
SC 206L or SC 226L		30.00		30.00
TN 115	7.50			7.50
TN 125	60.00			60.00
TN 155	15.00			60.00
TN 156	15.00			

Distribution of Clock Hours by Course				
Course or Category	Lecture	Lab	Clinical	Total Clock Hours
TN 157	15.00			
TN 158	15.00			
TN 159	15.00			
TN 160	15.00			
TN 204	15.00			
TN 205	15.00			
TN 200	60.00			60.00
TN 215	60.00			60.00
TN 225	60.00			60.00
TN 235	60.00			60.00
TN 236	60.00			60.00
TN 249	60.00			60.00
TN 251			45.00	45.00
TN 252			45.00	45.00
TN 253			45.00	45.00
TN 254			45.00	45.00
TN 255	60.00			60.00
TN 265	60.00			60.00
TN 270	45.00			45.00
Personal/Professional Development	45.00			45.00
Totals	787.50	60.00	180.00	1,027.50

For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at <http://www.herzing.edu/career-programs/undergraduate-degrees/healthcare/therapeutic-massage>.