



**Wellness and Therapeutic Massage  
Associate in Applied Science**  
(Must apply to Therapeutic Massage Program to Pursue Degree)

Semester	Course Prefix and Number	Course Description	Credit Hours	Area
1	*BIO 111	Survey of Human Biology	4	III
	ENG 101	English Composition	3	I
	MSG 101	Intro to Therapeutic Massage	3	V
	MSG 102	Therapeutic Massage Lab I	3	V
	MSG 104	Musculoskeletal & Kinesiology	3	V
		Semester Total	16	
2	ENG 102	English Composition II	3	I
	**IDS 102	Ethics (Preferred) or Fine Arts or Humanities Elective	3	II
	PED 100	Fundamentals of Fitness	3	V
	MSG 202	Therapeutic Massage Lab II	3	V
	MSG 204	Musculoskeletal & Kinesiology II	3	V
	MSG 105	Therapeutic Massage Clinical I	2	V
		Semester Total	17	
3	PSY 200 or PSY 210	General Psychology or Human Growth and Development	3	IV
	HPS 116	Complementary and Alternative Therapies	3	V
		Wellness and Sport Sciences Elective	3	V
	MSG 203	Pathology	3	V
	MSG 205	Therapeutic Massage Clinical II	2	V
	MSG 201	Massage for Special Populations	2	V
	MSG 206	National Certification Exam Review	1	V
		Semester Total	17	
4	***MTH 100	Intermediate Algebra or Higher	3	III
	HEC 140 or PED 224	Principles of Nutrition	3	V
	PED 105	Personal Fitness	1	V
	HED 226	Wellness	3	V
	HED 231	First Aid	3	V
	PED 223	Methods of Instruction	3	V
		Semester Total	16	
	<b>Total Hours</b>		<b>66-70</b>	

NOTE: Wellness and Academic classes may be taken in any semester if prerequisites are met. All courses in the curriculum must be completed with a grade of C or higher.

\*Students that have completed BIO 201 and BIO 202 with a grade of C or higher are not required to take BIO 111.

\*\*Any approved Fine Arts or Humanities Elective will be accepted.

\*\*\*If planning to transfer to a 4-year school, MTH 110 is recommended.

Updated 6/01/2026



### Therapeutic Massage Certificate – 29 Hours

Course Prefix and Number	Course Description	Credit Hours	Area
MSG 101	Intro to Therapeutic Massage	3	V
MSG 102	Therapeutic Massage Lab 1	3	V
*BIO 111	Survey of Human Biology	4	V
MSG 104	Musculoskeletal & Kinesiology I	3	V
MSG 202	Therapeutic and Massage Lab II	3	V
MSG 204	Musculoskeletal & Kinesiology II	3	V
MSG 105	Therapeutic Massage Clinical I	2	V
MSG 203	Pathology	3	V
MSG 205	Therapeutic Massage Clinical II	2	V
MSG 201	Massage and Special Populations	2	V
MSG 206	National Certification Exam Review	1	V
	<b>Total Hours</b>	<b>29</b>	

NOTE: \*Students that have completed BIO 201 and BIO 202 with a grade of C or higher are not required to take BIO 111.

### Wellness and Personal Trainer Certificate – 22 Hours

These courses may be taken in any sequence. However, it is recommended that PED 100 be taken first and PED 223

Course Prefix and Number	Course Description	Credit Hours	Area
HED 226	Wellness	3	V
HED 231	First Aid	3	V
PED 100	Fundamentals of Fitness	3	V
HPS 116	Complementary and Alternative Therapies	3	V
HEC 140 or PED 224	Principles of Nutrition	3	V
PED 105	Personal Fitness	1	V
PED 223	Methods of Instruction	3	V
	Any elective in Wellness and Sport Sciences	3	V
	<b>Total Hours</b>	<b>22</b>	

### Academic Courses – 15 Hours

Course Prefix and Number	Course Description	Credit Hours	Area
ENG 101	English Composition I	3	I
ENG 102	English Composition II	3	I
IDS 102	Ethics (Preferred) or Fine Arts or Humanities Elective	3	II
MTH 100	Intermediate Algebra or Higher	3	III
PSY 200 or 210	General Psychology or Human Growth and Development	3	IV
	<b>Total Hours</b>	<b>15</b>	