

A Major Academic Plan (MAP) is one way to complete a degree in a set number of semesters. The *example* below is an efficient strategy only. Actual plans for individual students will vary based on advisor recommendations and academic needs. Official Program Requirements including Major, General Education, Elective, and university requirements (see pg.2) are based on Catalog Year.

**Catalog Year 2019-2020**

AAS, Massage Therapy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Course Subject and Title** | **Cr.** | **Min.**  **Grade** | **\*GE,**  **UU or UM** | **\*\*Sem. Offered** | **Prerequisite** | **Co Requisite** |
| Semester One (Prerequisite courses) | | | | | | |
| HO 0106 Medical Terminology | 2 | C- |  | F,S |  |  |
| HO 0111 Introduction to Anatomy and Physiology | 4 | C- |  | F,S,Su |  |  |
| MSTH 0100 Massage Therapy Career Exploration | 2 | C- |  | F,S,Su |  |  |
|  |  |  |  |  |  |  |
| Total | **8** |  |  |  |  |  |
| Semester Two | | | | | | |
| MSTH 0104 Introduction to Kinesiology | 3 | C- |  | F | Admission to Program |  |
| MSTH 0105 Principles of Therapeutic Massage | 2 | C- |  | F | Admission to Program |  |
| MSTH 0107 Professional Massage Techniques | 6 | C- |  | F | Admission to Program |  |
| MSTH 0121A Massage Therapy Lab I | 1 | C- |  | F | MSTH 0100, HO 0111 | MSTH 0104, 0105, 0107 |
| MSTH 0170 Spa Techniques | 2 | C- |  | F | Admission to Program |  |
| MSTH 0210 Business Skills for Massage Therapy | 2 | C- |  | F |  |  |
| Total | **16** |  |  |  |  |  |
| Semester Three | | | | | | |
| HO 0208 Introduction to Pathology | 3 | C- |  | F,S | HO 0111 |  |
| MSTH 0121B Massage Therapy Lab II | 3 | C- |  | S |  | MSTH 0140, 0160 |
| MSTH 0140 Clinical Techniques and Assessment | 4 | C- |  | S |  |  |
| MSTH 0160 Advanced Therapeutic Massage Techniques | 4 | C- |  | S |  |  |
| MSTH 0203 Asian Bodywork Theory and Techniques  or  MSTH 0230 Sports Massage | 2  2 | C-  C- |  | S  S |  |  |
| MSTH 0205 Case Report Research Project | 2 | C- |  | S |  |  |
| Total | **18** |  |  |  |  |  |
| Semester Four | | | | | | |
| GE Objective 1: ENGL 1101 English Composition | 3 | C- | GE |  |  |  |
| GE Objective 2: COMM 1101 Principles of Speech | 3 | C- | GE |  |  |  |
| GE Objective 3: | 3 | C- | GE |  |  |  |
| Elective GE Course: Any Objective not Previously Applied | 3 | C- | GE |  |  |  |
| GE Objective 6: | 3 | C- | GE |  |  |  |
| Select 1 from: BT 0120, BT 0144, BT 0170, BT 0171, OR HO 0107 | 3 | C- |  |  |  |  |
| Total | **18** |  |  |  |  |  |
| \*GE=General Education Objective, UU=Upper Division University, UM= Upper Division Major  \*\*See Course Schedule section of Course Policies page in the e-catalog (or input F, S, Su, etc.) | | | | | | |

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| **2019-2020 Major Requirements** | **CR** | **GENERAL EDUCATION OBJECTIVES**  **\*Satisfy Objective Requirements in 1, 2, 3, 5, and 6 only** | | | | | | **15 Cr.**  **Min** |
| **Massage Therapy, AAS - MAJOR REQUIREMENTS** | **45** | 1. Written English (6 cr. min) ENGL 1101 (or equivalent) | | | | | | 3 |
| HO 0208 Introduction to Pathology | 3 |  | | | | | |  |
| MSTH 0104 Introduction to Kinesiology | 3 | 2. Spoken English (3 cr. min) COMM 1101 | | | | | | 3 |
| MSTH 0105 Principles of Therapeutic Massage | 2 | 3. Mathematics (3 cr. min) | | | | | | 3 |
| MSTH 0107 Professional Massage Techniques | 6 | 4. Humanities, Fine Arts, Foreign Lang. **(1 courses; 3 cr. min.)** | | | | | | |
| MSTH 0121A Massage Therapy Lab I | 1 |  | | | | | | 3 |
| MSTH 0121B Massage Therapy Lab II | 3 |  | | | | | |  |
| MSTH 0140 Clinical Techniques and Assessment | 4 | 5. Natural Sciences **(2 lectures-different prefixes; 1 lab; 7 cr. min)** | | | | | | |
| MSTH 0160 Advanced Therapeutic Massage Techniques | 4 |  | | | | | |  |
| MSTH 0170 Spa Techniques | 2 |  | | | | | |  |
| MSTH 0203 Asian Bodywork Theory and Techniques  or  MSTH 0230 Sports Massage | 2  2 | 6. Behavioral and Social Science **(2 courses; 6 cr. min)** | | | | | | |
| MSTH 0205 Case Report Research Project | 2 |  | | | | | | 3 |
| MSTH 0210 Business Skills for Massage Therapy | 2 |  | | | | | |  |
| **Select 3 cr. from the following Courses:** | 3 | **One Course from EITHER Objective 7 OR 8 (1 course; 3 cr. min.)** | | | | | | |
| BT 0120 Basic Accounting OR |  | 7. Critical Thinking | | | | | |  |
| BT 0144 Business Document Processing OR |  | 8. Information Literacy | | | | | |
| BT 0170 Computer Literacy and Business Software OR |  | 9. Cultural Diversity **(1 course; 3 cr. min.)** | | | | | | |
| BT 0171 Computerized Accounting OR |  |  | | | | | |  |
| HO 0107 Medical Law and Ethics |  | General Education Elective to reach 15 cr. min. | | | | | | |
|  |  |  | | | | | |  |
| **Program Acceptance - Pre-Requisite Courses:** |  | **Total GE** | | | | | | **15** |
| HO 0106 Medical Terminology | 2 | Undergraduate Catalog and GE Objectives by [Catalog Year](https://www.isu.edu/advising/academic-support/general-education/) | | | | | | |
| HO 0111 Introduction to Anatomy and Physiology | 4 |
| MSTH 0100 Massage Therapy Career Exploration | 2 |
|  |  | **MAP Credit Summary** | | | | | **CR** | |
|  |  | Major | | | | | 45 | |
|  |  | General Education | | | | | 15 | |
|  |  | Free Electives | | | | | 0 | |
|  |  | TOTAL | | | | | 60 | |
|  |  |  | | | | | | |
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|  |  | **Graduation Requirement Minimum Credit Checklist** | | | **Confirmed** | | | |
|  |  | Minimum 15 cr. General Education Objectives | | |  | | | |
|  |  | Minimum 60 cr. | | |  |  | | |
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| **Advising Notes** | | ***MAP Completion Status (for internal use only)*** | | | | | | |
| Prerequisite courses must be completed prior to acceptance into the | |  | *Date* | | | | | |
| program. | | *Department:* |  | | | | | |
|  | | *CAA or COT:* | TIM 06/17/2019 | | | | | |
|  | | *Registrar:* |  | | | | | |
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Form Revised 1.24.2018