

DIVISION OF ALLIED HEALTH AND PROFESSIONS

Massage Therapy

Make your opportunity.

Today's more holistic, patient-centric approach to healthcare means more than doctor's visits, prescriptions and hospital stays. There's a growing movement toward the use of massage therapy techniques to help improve stress management, surgical rehabilitation and recovery, and overall wellness.

As the population grows older and the healthcare industry begins to accept its use more and more, massage therapy is a field that continues to grow. For example, local hospitals like Sisters of Charity are adding massage therapists to their staff to help with post-op pain, pregnancy and muscle pains.

Trocaire offers the only program in Western New York that allows its students the option of either earning a massage therapy certificate or an associate degree, as well as credits to apply to future education.

What does it take to succeed in this field?

Massage Therapists are responsible, committed to their work and extremely compassionate toward the patients they work with. If you want to help others heal, this hands-on career is perfect for you.

What careers will this degree prepare you for?

Whether you choose to own your own business or be employed alongside other providers like physical therapists, massage therapists can find work everywhere from hospitals and doctor's offices to hotels, spas, resorts, cruise ships, sports teams and more.

What are the admission requirements?

Trocaire College evaluates students using a holistic admissions review approach, which gives them the best opportunity to highlight their strengths and potential for success in the program. Students are evaluated based on academic metrics, experience, and personal attributes.

- High school diploma (minimum 75% average) or HSE (High School Equivalency) diploma
- Biology
- Minimum final semester average of 2.0 with minimum grades of "C" in laboratory sciences for current and transfer students
- Official transcripts from all high schools and colleges and/or universities attended



Between 2014 and 2024 there is an expected job growth of 14.7% for Massage Therapists in WNY.

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Massage Therapy Certificate: Curriculum

Degree Levels: Certificate
Time to Completion: 10–24 Months

Time of Program: Day
Mode of Delivery: On-site/Seated

Semester 1

Anatomy and Physiology I
Anatomy and Physiology I Laboratory
Western Massage Therapy Theory & Application I
Anatomy and Physiology II
Anatomy and Physiology II Laboratory
Western Massage Therapy Theory & Application II
Professional Development
Massage Therapy Practicum I

Semester 2

Applied Pathophysiology
Myology
Myology/Kinesiology
Massage Therapy Practicum II
Eastern Massage Therapy I

Semester 3

Massage Therapy Elective
Neurology

Massage Therapy Associate: Curriculum

Degree Levels: Associate
Time to Completion: 24–30 Months

Time of Program: Day
Mode of Delivery: On-site/Seated

Semester 1

Anatomy and Physiology I
Anatomy and Physiology I Laboratory
English Composition or Advanced Composition
College Seminar or College Success
Western Massage Therapy Theory & Application I
Western Massage Therapy Theory & Application II

Semester 2

Anatomy and Physiology II
Anatomy and Physiology II Laboratory
Introduction to Literature
Myology
Myology/Kinesiology

Semester 3

Neurology
Massage Therapy Elective
Eastern Massage Therapy I
Clinical Practicum I
Introduction to Philosophy
General Psychology

Semester 4

Professional Development
Applied Pathophysiology
Clinical Practicum II
Mathematics Elective
Ethics in Health Care
Social Science Elective

In keeping with the mission, values and traditions of Trocaire College, all students **must complete at least one (1) Mercy Action Project learning experience prior to graduation.** MAP is a tuition-free, non-credit, value-added, co-curricular learning experience that provides service opportunities that integrate the College's mission through an action-reflection approach connecting service to your career path.

Immunizations/Physicals: Updated medical records from within one year of the start of the program are required and are to be submitted prior to the start of the semester.

Cardiopulmonary resuscitation (CPR) training is required prior to clinical experiences, and First Aid certification is mandatory prior to graduation.

Technical standards for the profession can be found on the College's website and should be reviewed by all interested students: <https://trocaire.edu/program-technical-standards/>