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.

Contacts:

Linda Kerwin, ’07, Ed.D., CST, RN, MA, MSN
Dean of Allied Health and Professions
kerwinl@trocaire.edu

Office of Admissions
info@trocaire.edu
716-827-2545
## Massage Therapy Certificate: Curriculum

**Degree Levels:** Certificate  
**Time to Completion:** 10–24 Months  
**Time of Program:** Day  
**Mode of Delivery:** On-site/Seated

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Semester 2</th>
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</table>
| 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 | Applied Pathophysiology  
Myology  
Myology/Kinesiology  
Massage Therapy Practicum II  
Eastern Massage Therapy I |

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<thead>
<tr>
<th>Semester 3</th>
<th>Semester 4</th>
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</thead>
</table>
| Massage Therapy Elective  
Neurology | Professional Development  
Applied Pathophysiology  
Clinical Practicum II  
Mathematics Elective  
Ethics in Health Care  
Social Science Elective |

## Massage Therapy Associate: Curriculum

**Degree Levels:** Associate  
**Time to Completion:** 24–30 Months  
**Time of Program:** Day  
**Mode of Delivery:** On-site/Seated

<table>
<thead>
<tr>
<th>Semester 1</th>
<th>Semester 2</th>
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</thead>
</table>
| 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 | Neurology  
Massage Therapy Elective  
Eastern Massage Therapy I  
Clinical Practicum I  
Introduction to Philosophy  
General Psychology |

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<thead>
<tr>
<th>Semester 3</th>
<th>Semester 4</th>
</tr>
</thead>
</table>
| Neurology  
Massage Therapy Elective  
Eastern Massage Therapy I  
Clinical Practicum I  
Introduction to Philosophy  
General Psychology | 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/