



MYOTHERAPY  
MASSAGE COLLEGE

# COLLEGE INFORMATION





## OUR MISSION

Myotherapy Massage College provides students with high-quality education and experience, enabling them to join and thrive in the Massage Therapy profession.

Myotherapy Massage College opened its doors in 1987 and now has alumni throughout the U.S. serving as Licensed Massage Therapists (LMTs) in massage studios, spas, chiropractic offices, hospitals, wellness clinics, private practice, sports/fitness clinics and with a variety of sports teams and athletic organizations.

## PROGRAM OVERVIEW

**ACCREDITATION:** Since 1992, Myotherapy Massage College has been accredited by the Accrediting Commission of Career Schools and Colleges (ACCSC). MMC is state-approved and meets Utah's licensing requirements (as well as for most other states).

**LENGTH OF PROGRAM:** The Massage Therapy – Basic Core program requires students to complete 796 clock hours. Full-time students can complete the program in less than nine months. This includes a total of 30 weeks of classes—three ten-week terms plus breaks between terms. Part-time students can complete the program in less than 15 months. This includes 50 weeks of classes—five ten-week terms plus breaks between terms.

**EXPERIENCED INSTRUCTORS:** MMC's instructors are practicing Licensed Massage Therapists and bodyworkers with a passion for teaching. Our teachers average more than 15 years of both teaching and professional experience as massage therapists.

**SMALL CLASS SIZE AND PERSONAL ATTENTION:** MMC's teachers are able to provide personalized instruction and guidance as class sizes for bodywork classes do not exceed 16 students. Classes with 12 to 16 students have an additional LMT working with the instructor as a Teaching Assistant to maintain lower student/teacher ratios.

**FLEXIBILITY IN SCHEDULING:** MMC offers both day and evening classes Monday through Thursday. Day classes are held 8:30 a.m. to 3:15 p.m., and evening classes begin at 6:45 p.m. Generally full-time students attend during the day, and part-time students in the evening, but students may include both day and evening classes in their schedule and make adjustments from term to term.

## ADMISSIONS

To enroll in Myotherapy's **MASSAGE THERAPY – BASIC CORE** program, prospective students must:

1. Schedule a meeting with the Admissions Director for an interview and to tour the school facility;
2. Submit a completed Application for Enrollment Form; and
3. Pay the application and registration fees (\$25 and \$100 respectively).

Applicants for admission must have a high school diploma or the equivalent.

Prospective students may make an appointment to observe a specific class.

Any applicant wishing to apply previously earned credit must submit official copies of their transcripts for review by MMC's Director of Education prior to enrollment.

## TUITION

The total program cost is \$14,440. This includes tuition, books, massage table, and supplies. Payments can be scheduled over three terms for full-time students, and over five terms for part-time students. Students have the option to take additional electives during their program but are required to pay extra for courses beyond the 796 required hours.



## PAYMENT TERMS & METHODS

The following methods of payment are available for students, and students may combine funds from these sources:

- Cash (no-interest payment plans with monthly payments are available)
- Federal Financial Aid (including grants and loans for those who qualify)
- VA and other Federal or State programs
- Loans from the private sector

MMC's Financial Aid Director is available to consult with prospective students to help them explore options for covering program expenses.

## MYOTHERAPY COURSEWORK: A FOUNDATION FOR SUCCESS

MMC graduates consistently outperform state and national averages for passing the MBLEx, the qualifying exam for obtaining a license to practice massage in Utah and at least 43 other states. To prepare students for a successful career in massage therapy, MMC's program includes a core of required classes, including Student Clinic, and also offers a broad range of electives giving students an opportunity to explore different specialties within the massage profession.

## KEY PROGRAM ELEMENTS (REQUIRED)

**SWEDISH MASSAGE:** Students spend at least 140 clock hours developing a strong foundation in Swedish Massage, including Trigger Point and Chair Massage.

**STUDENT CLINIC:** Student Clinic is a series of three classes with a focus on practical experience. Once students complete their first term at MMC, they are able to participate in the Student Clinic throughout the rest of their program. Students provide massages to members of the public under the supervision of their instructor and other LMT supervisors. The Student Clinic is designed to give students experience in a professional setting and opportunities to apply what they are learning in their other classes.

**ANATOMY/PATHOLOGY:** Understanding the human body is prerequisite to working as a massage therapist. MMC's students complete 184 clock hours in classes to provide a basic foundation in this area, including the following courses:

- Anatomy & Physiology
- Applied Anatomy (including a Cadaver Lab session)
- Functional Anatomy
- Pathology I, II, and III

**GENERAL EDUCATION FOR  
MASSAGE THERAPISTS:**

in:

MMC's General Education program for  
Massage Therapists includes:

- Ethics
- Nutrition
- Career Planning and Development
- Body Mechanics & Self Care
- Survey of Bodywork
- Therapeutic Communication
- Postural Assessment
- First Aid/CPR
- Utah Laws, Rules, and Ethics

**BODYWORK:** In addition to Swedish Massage, MMC's core program also includes coursework

- Acupuncture
- Oriental Meridians/Shiatsu
- Polarity
- Reflexology
- Sports Massage
- Touch for Health

## ELECTIVE COURSES

**CLINICAL MASSAGE TECHNIQUES**

- Injury Recovery
- Myofascial Techniques  
(Lower Body, Upper Body)
- Positional Release
- Deep Tissue
- Sports Massage II
- Russian Massage
- Lymphatic Drainage I, II

**SUBTLE/ENERGY MODALITIES**

- Cranial I, II
- Energy Essentials
- Reiki
- Therapeutic Touch
- Spinal Touch I, II

**EASTERN MASSAGE MODALITIES**

- Thai Massage I, II, III
- TuiNa (Traditional Chinese Massage):  
Musculoskeletal & Systemic
- Acupressure
- Shiatsu II

**OTHER**

- Pre & Post Natal Massage
- Spa Techniques
- Aromatherapy

FOR ADDITIONAL MMC PROGRAM INFORMATION,  
USE THE LINKS BELOW OR VISIT [WWW.MYOTHERAPYCOLLEGE.COM](http://WWW.MYOTHERAPYCOLLEGE.COM):

2022 Academic Calendar  
Course Descriptions

Current Weekly Class Schedule  
Financial Aid