



Complementary Health Care and Massage Therapy

Application & Information Packet

Thank you for considering a career in Complementary Health Care and Massage Therapy at Mount Wachusett Community College.

This information packet explains the admissions process, as well as the entrance requirements for the A.S. Complementary Health Care, Massage Therapy Degree (CHD), and the Massage Therapy Certificate (MTC) programs. Please read this information carefully. Admission to these programs is competitive and seats are limited. Therefore, everyone who applies may not be admitted to the program. Files must be complete in order to be eligible for review by the Admission Committee.

If after reading this information packet, you still have questions please call the admissions office at (978) 630-9284.

INFORMATION SESSIONS

General information sessions, as well as program open houses, are held throughout the year. These sessions will include program information, the admission process, and financial aid information. Please call the admissions office for a listing of dates and times.

Fall 2010

APPLICATION PROCESS:

Applicants must submit the following information to the **Admissions Office**:

- A completed college application accompanied by the **\$10.00 application fee**.
- An **official transcript from your high school or copy of GED** scores and/or GED certificate. (Documents must be received directly from high school or testing facility.)
- Official transcripts of all college-level courses** completed (if you intend to transfer credits).
- A completed:
 - **CHD/MTC Program Admission Form--**
- A copy of **College Placement Testing (CPT)** scores taken at MWCC or another college meeting criteria requirements. Previous college coursework may be used in place of CPT to meet English and math requirements.

APPLICATION DEADLINE:

March 1, 2010
(day only - fall entrance)

Completed applications received after this deadline will be reviewed on a monthly basis if seats remain available.

Note: Students accepted into CHD/MTC are required to keep pace with the incoming class and must take courses in sequential order.

Fall 2010

PROGRAM OVERVIEWS

Day Only Programs

Complementary Health Care - Massage Therapy Degree (CHD)

The Complementary Health Care Associate of Science degree is a broad grouping of courses reflecting various aspects of integrated health care. The curriculum is based upon the sound principles of biology, psychology, nutrition, integrative health care therapies, and massage therapy.

Massage therapy courses, as a part of the degree, will augment other course work and will allow the student to acquire the required competencies for completing the certification examination offered at the national level. Practica in massage therapy will be completed as internships in our own clinic and externships in the field.

Massage Therapy Certificate (MTC)

Massage Therapy Certificate students will learn methods of massage that promote good health and wellbeing. Whether seeking relief for a medical condition, searching for a method to help deal with the stresses of daily life, or a desire to maintain good health, more and more Americans are turning to therapeutic massage. Students who demonstrate strong backgrounds in areas of massage therapy, such as physical therapists and physical therapist assistants, nurses, occupational therapists, and human service practitioners will be offered advanced standing after review of their competencies.

Both the CHD and MTC program prepare students for successful performance on the National Certification Exam for Therapeutic Massage and Bodywork (NCETMB).

Students accepted into CHD/MTC are required to keep pace with the incoming class and must take courses in sequential order.

TECHNICAL STANDARDS

Students entering the Complementary Health Care Degree/Massage Therapy Concentration (CHD) or the Massage Therapy Certificate (MTC) programs must be able to demonstrate the ability to:

Technical Standards (Revised April 06)

1. Comprehend textbook material at the 11th grade level.
2. Communicate and assimilate information either in spoken, printed, signed or computer voice format.
3. Gather, analyze, and draw conclusions from data.
4. Continuously (2-4 hours) stand in place, twist, stoop, bend at the waist, pinch or grasp with hands, reach with arms overhead.
5. Lift, handle and carry massage therapy equipment including table, chair which can weigh up to 50 pounds.
6. Manipulate clients for positioning requiring lifting up to 40 pounds.
7. Demonstrate tactile ability commensurate with assessing muscle tonicity. In addition, tactile sensitivity to hotness/coldness, wetness/dryness, hardness/softness.
8. Demonstrate fine and gross motor skills commensurate with sustained pressure using thumbs, wrists and hands for up to 60 minutes.
9. Respond to spoken verbal communication, as well as sounds that indicate changes in the patient's physiological condition (i.e. breath sounds, slurred speech)
10. Identify behaviors that would endanger a person's life or safety and intervene quickly in a crisis situation with an appropriate solution
11. Remain calm, rational, and decisive and in control at all times, especially during emergency situations.
12. Exhibit behavioral and ethical skills appropriate to professional interactions.
13. Maintain cleanliness and personal grooming consistent with close personal contact.
14. Function without causing harm to self or others if under the influence of prescription or over the counter medications.

Students are expected to meet the technical standards for enrollment in college programs. In some cases, assessment and developmental courses may help students meet these standards. Technical standards must be met with or without accommodations. The college complies with the requirements of Section 504 of the Rehabilitation Act and the Americans with Disabilities Act of 1990. Therefore, the College will make a reasonable accommodation for an applicant with a disability who is otherwise qualified.

REQUIREMENTS FOR CONSIDERATION:

Complementary Health Care - Massage Therapy Degree (CHD) &

Massage Therapy Certificate (MTC)

Day Only Programs

All CHD/MTC applicants must meet the following criteria at time of application.*

1. **Demonstrated proficiency in English and mathematics** using one of the following:
 - a. Displayed proficiency on the College Placement Test (CPT) with a score of a
 - 5 or greater on WritePlacer Essay
 - 69 or greater on Reading Comprehension
 - 83 or greater on Algebra Placement(or)
 - b. **Completed college coursework** in fundamentals of reading and writing with a grade of a 'C+' or higher allowing entry into college level coursework and completion of MAT126 or higher with a minimum grade of C+.

Additional requirements for (MTC) include:

2. **Completion of a 4-credit (BIO115) Human Biology or (BIO203) Anatomy & Physiology I with a grade of a 'C+' or greater** completed at an accredited college within five years of application. College courses must have been completed at time of application to be considered.

*** Each applicant must submit all required information listed on page 1 of this application.**

PROGRAM COMPETENCIES

Students successfully completing the Complementary Health Care and/or Massage Therapy Certificate programs will attain the following goals/objectives:

- To attain skilled listening and physical skills for the delivery of service as health care workers.
- Integrate information obtained from professional literature review into clinical practice.
- Realize the importance of lifelong learning through continuing education in a specific or various fields of body work.
- Gain introductory knowledge in various types of bodywork modalities that comprise a holistic and complementary approach to maintaining health and treating injury and/or illness.

Students completing the Massage Therapy Certificate will attain the following additional goals and objectives:

- Attain the manual skills necessary to work as licensed massage therapists.
- Attain the business skills to work as a licensed massage therapist autonomously or as an employee of another.
- Communicate effectively and accurately through oral, written and electronic means.
- Identify the steps and meet the criteria necessary to attain a license to practice as a massage therapist.
- Practice within ethical and regulatory frameworks for massage therapy in accordance with the standards set by the American Massage Therapy Association.

SPECIAL PROGRAM REQUIREMENTS

- Health examination conducted within the past two years.
- Up-to-date proof of immunizations (DPT, MMR, Mantoux, Varicella, Hepatitis B series with follow-up TITRE and TB screening) must be provided to the Health Office. Contact the health office, ext. 136 for more information.
- Liability Insurance. Proof of \$1,000,000/\$3,000,000 coverage will be obtained through the Health Sciences Department. Specific information will be made available to students upon acceptance in the program.
- (CPR) Certification (Professional Rescuer, Health Provider) is required. A certificate of completion must be presented to the Health Sciences Department and certification must be maintained during enrollment.
- Health Insurance: All CHD/MTC students must participate in the Massachusetts Community College Health Insurance (unless they can provide accurate information regarding comparable coverage).
- Completion of CORI/SORI form
- Students must be 18 years of age prior to beginning the program or obtain parental consent.

Please note that the above information must be received before classes begin.

CORI POLICY (CRIMINAL OFFENDER RECORDS INFORMATION) / SORI POLICY (SEXUAL OFFENDER RECORDS INFORMATION)

Criminal Offender Records Information (CORI) check procedure has been implemented for students whose services entails the potential for unsupervised contact with persons from vulnerable population (i.e., children, the elderly, the disabled).

The Criminal History Systems Board has authorized MWCC to receive criminal record information regarding present or prospective employees working with the vulnerable populations, and for trainees/student who will need a CORI clearance to work in education work sites (i.e., day care centers, hospitals, and health care facilities, schools, etc.).

Beginning September 1, 2002 individuals requiring CORI checks will also have Sexual Offender Records Information) SORI checks completed as well, consistent with current Commonwealth of Massachusetts law M.G.L.C. §§ 178C-178P. Record storage and

usage will be in compliance with (M.G.L. C. 275 § 4). Depending upon the results of a CORI or SORI check, a person's eligibility to participate in the CHD/MTC program may be affected.

Compliance with licensure laws in the state of Massachusetts require all Complementary Health Care Degree-Massage Therapy Concentration (CHD) and Massage Therapy Certificate (MTC) applicants to furnish satisfactory proof of "good moral character" (M.G.L. Chapter 112, Sections 74 and 74A). Students will be required to complete a CORI (Criminal Offender Record Information) check. It must be understood that a conviction in a court of law may prevent them from being placed in a clinical agency or MWCC student clinic. This then will not allow successful completion of the CHD/MTC programs. In addition, it will delay and may prohibit their eligibility to take the National Certification Exam for Therapeutic Massage and Bodywork (NCETMB).

FAMILY EDUCATION RIGHTS AND PRIVACY ACT OF 1974

As in any healthcare environment, students in Health Care Programs may have risks of exposure to infectious diseases. Our Health Care Programs adhere to all state and federal regulations to reduce the risk of health care associated infections. Also the student may be prone to the disability associated with repetitive motion.

Individuals who disclose the presence of bloodborne infectious diseases will be shown the same consideration as non-infected individuals and will be offered reasonable accommodation. Information regarding health status of an individual is considered confidential, and protected by the Family Education Rights and Privacy Act of 1974.

QUESTIONS & ANSWERS

How do I make an appointment to complete my placement testing?

Once you have submitted a college application with your \$10.00 application fee, you may contact the College Success Center to schedule a time to complete your placement testing by calling (978) 630-9244. Placement testing is available both day and evening. If you completed placement testing in the past two years, these scores can be used if they meet the program requirements. An additional fee of \$10.00 will be charged for those individuals who request to retest.

(continued on next page)

QUESTIONS & ANSWERS

How is my file going to be evaluated?

The CHD Admissions Committee evaluates complete application files within 45 days of the March 1 application deadline. Applicants are rated on a point scale in the following categories:

1. Laboratory science GPA
2. Overall GPA (high school and/or college)
3. Placement from the MWCC assessment test
5. Previous MWCC credits
6. Previous credits from other colleges

What is the length of each program?

The first year of the CHD program runs on a traditional academic schedule. Students accepted into CHD/MTC are required to keep pace with the incoming class and must take courses in sequential order. See the enclosure outlining curricula options.

The Massage Therapy Certificate (MTC) and second year portion of the CHD program runs for 9-10 months from September through June. Typically, Massage I, II, III, and IV classes are offered two days per week for six hours per day. Courses are sequential and require pre- and co-requisites.

Can I work and attend classes full-time?

CHD/MTC and science coursework is complex and requires a personal commitment. Part-time employment may be appropriate, but will need to be flexible in order to accommodate school requirements. Students are encouraged to balance their employment and school responsibilities.

Are Massage Therapists licensed?

Both in New Hampshire and Massachusetts, Massage therapists are licensed. Students can become familiar with the licensure requirements through the AMTA website at http://www.amtamassage.org/government/state_laws.html. Student will be assisted in the licensure process through their course work.

Where do I attend a clinical setting or placement and how do I get there?

Students perform most clinical practicum at the MWCC student clinic located on campus. CHD/MTC students are responsible for their own transportation should they choose to attend clinical sites which are located throughout north central Massachusetts and southern New Hampshire. A complete listing of clinical sites will be available to CHD/MTC student from the program's coordinator.

What would be some of my career options and my earning potential?

Massage therapists may be employed by physicians, chiropractors, rehabilitation centers, in business and industry, or conduct their own practice. Earnings vary widely (\$10,000 part-time and up to \$50,000 full-time per year) depending on level of expertise and number of hours employed.

Is there an interview for admission?

An interview is not required for admission. An applicant may request an interview with the CHD/MTC Department Coordinator, Margaret Jaillet, by calling (978) 630-9292 or Eileen Costello at 978-630-9265.

If I am not accepted into my program of choice, will my application automatically be considered for another program at the college?

No. If you would like your application considered for another major, you must indicate this choice on your CHD/MTC Application Form.

Can I apply for Financial Aid?

Yes. Inquire at the Financial Aid Office, (978) 630-9169.

I still have more questions, how do I get them answered?

Appointments may be made with the Coordinator, Margaret Jaillet, by calling (978) 630-9292; email: mjaillet@mwcc.mass.edu; Division Dean: Eileen Costello, (978) 630-9229; email: ecostello@mwcc.mass.edu. You can also receive information by calling Admissions at (978) 630-9110.

Additionally, what must I be aware of?

- It is up to the applicant to read the Technical Standards and understand that it is his/her responsibility to discuss any accommodation that he/she may need by contacting the Counselor for Students with Disabilities at 978-630-9120.
- The applicant is responsible for ensuring that his/her application file is complete and that all items are received by the deadlines. Late submissions will be accepted, but the student's file will be evaluated only if space becomes available in the program.
- The applicant must read the statement on the inside cover of the application packet regarding the CORI/SORI Policies. CHD/MTC students are required to complete this form. A court conviction may prevent a student from successfully completing the CHD/MTC program. In addition, it will delay and may prohibit their eligibility to take the National Certification Exam for Therapeutic Massage and Bodywork (NCETMB).

In compliance with the Clery Act (20 U.S.C. 1092(a) and (f)), all prospective students are entitled to review the MWCC Annual Security Report. This report may be accessed online at www.mwcc.mass.edu or by request through the Office of Admissions.

Mount Wachusett Community College is an affirmative action/equal opportunity educational institution, and does not discriminate on the basis of race, creed, religion, color, gender, sexual orientation, age, disability, veteran status, or national origin.



Admissions Office
444 Green Street, Gardner, MA 01440
(978) 630-9284 FAX: (978) 630-9554
Email: admissions@mwcc.mass.edu

Complementary Health Care and Massage Therapy

Program Requirements

A.S. COMPLEMENTARY HEALTH CARE DEGREE- MASSAGE THERAPY CONCENTRATION (CHD)

MASSAGE THERAPY CERTIFICATE (MTC) - day only programs, fall entrance

The Associate in Science Degree in Complementary Health Care is designed to combine a well-planned series of courses that support student understanding of the history, philosophy, theory, and practical application of complementary health care skills as defined by the industry. Included in content will be modes of therapeutic bodywork such as Swedish massage, sports massage, as well as energy therapies. In addition, course work in stress management, reflexology, nutrition, and other complementary health care modalities are included, as well as aspects related to setting up a successful business. Practicum experiences will be required in massage therapy. Massage Therapy (I, II, III, IV) courses are offered in seven-week cycles over the course of one year.

A college placement test score of 83 or higher on the Algebra component or completed a math course equal to MAT126 or higher is required prior to MTC101. All BIO, PTA, MTC courses require a 77 (C+) in order to be eligible for promotion to the next level.

Massage Therapy Certificate students complete year two of the CHD program. **Students accepted into CHD/MTC are required to keep pace with the incoming class and must take courses in sequential order.**

Year One - CHD Program

Semester I

	Credits
ENG101 English Composition I	3
BIO115 Human Biology	4
CHC101 Complementary Health Care	3
PSY105 Introduction to Psychology	3
Professional Elective*	3
Business Elective ***	3
Semester Total:	19

Semester II

CHC220 Mind/Body/Spirit Connection	3
NUT101 Introduction to Nutrition	3
ENG102 English Composition II	3
HST140 Counseling Methods & Interviewing Techniques	3
**PER126/130 Health, Fitness, and Wellness	2/3
Professional Elective*	3
Semester Total:	17/18

Transferring of Credits to MWCC

Please note: All courses must be taken at an accredited college and must be approved for transfer through the Office of Enrollment Services (978-630-9238) prior to enrollment into the semester in which they are required.

Year Two - CHD Program & Massage Therapy Certificate (MTC)

Beginning each September

MTC101	Massage Therapy I* (7 week)	4
PTA104	Applied Anatomy and Kinesiology (14 weeks - Sept - Dec)	4

Beginning each November

MTC102	Massage Therapy II* (7 week)	4
MTC201	Massage Therapy Practicum (7 week)	2

Beginning each January

MTC103	Massage Therapy III (7 week)	4
MTC110	Professional Issues & Ethics Bodyworkers (14 week - Jan - May)	3
PTA109	Human Disease and Pathology (14 week - Jan - May)	4
MTC202	Massage Therapy Practicum (to the completion of 200 clinical hours)	4

Beginning each March

MTC104	Massage Therapy IV (7 weeks)	4
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Total Credits Year Two CHD and MTC requirements: 33

Total Credits (CHD): 70/71

** For students planning to transfer to another college, PER130 is highly recommended.

*Professional electives: CHC104, CHC105, CHC108, CHC110, CHC111, CHC220, BIO203, BIO204, HST101, PHL210, ASL101, PSY280. Electives should be chosen in connection with career goals.

***Business elective includes prefixes ACC, BSS, BUS, CIS, ECO, MAS, MGT, MKT, and PLS.

The College reserves the right to make appropriate changes and amendments as necessary.



Mount Wachusett Community College

Office use only:
Date Received _____

Complementary Health Care and Massage Therapy Admisson Form

Social Security Number: _____ - _____ - _____ Current Email Address: _____

MWCC Student ID Number: _____

Name: _____
Last Name First Name Middle Initial Previous Last Name

Mailing Address: _____
Street & Apt. # City State Country Postal/Zip Code

Telephone Numbers: Home () _____ Work () _____

Program to which you are applying: CHC MTC CHD

Students must complete the Complementary Health Care Certificate Program (CHC) or Massage Therapy Certificate program (MTC) prior to being accepted to the CHD Program.

Gender (optional): Male Female

Ethnicity/Race: _____ (optional) Date of Birth (optional): ____/____/____

Citizenship (REQUIRED):

I am a U.S. Citizen.
 I am a Non-Citizen. Country of Birth _____ Country of Citizenship _____

(check all that apply)

- Resident Alien (presentation of card required)
- In the country with a (presentation of current visa required) visitor visa student visa other _____
- I wish to obtain a student visa (must submit International Student Application with additional documentation)

Residency Information: (Required by all applicants)

- I have lived in Massachusetts continuously since, ____/____/____. If less than (6) months, previous state of residence _____.
- I am over the age of 60 and have lived in Massachusetts continuously for (1) year.
- I do not reside in Massachusetts, but have a natural parent who provides financial support and who is a legal Massachusetts resident. Therefore, I qualify for in-state residency. (Documentation is required and applies only to students 24 years of age or younger.)

Natural Parent/Legal Resident Information

Name: _____ Parent/Guardian Signature: _____

Address: _____

I am not a resident of Massachusetts, I am a resident of _____.

Have you completed courses at MWCC? Yes No
If Yes, approximately how many credits have you completed at MWCC? _____

Will you be asking the Committee to review college transcripts from college(s) other than MWCC? Yes No
If Yes, from which college(s)? _____

Have either of your parents attended college? Yes No Don't Know

Is English your native language? Yes No
If No, did you attend school from K-12 or a baccalaureate in the U.S.? Yes No

Have you met the math requirement?
 Completed a college course equal or greater than MAT 121/124 with a grade of 'C+' or greater at _____ college name
 Met with College Placement Testing

How have you met the science requirement?
 Completed BIO 115 (Human Biology) or BIO 203 (Anatomy & Physiology) with a grade of C+ or greater at _____ college name

I have read the Technical Standards and understand that it is my responsibility to discuss any accommodation that I may need with the appropriate College representative. Yes No

I certify that the all information stated on this application form is accurate and complete. Concealment of facts or false statements may result in dismissal.

Applicant Signature _____ Date _____

Parent or Guardian Signature (if applicant is under 18) _____ Date _____



Office use only:
 Date Received _____

Admissions Office
 444 Green Street, Gardner, MA 01440
 (978) 630-9284 FAX: (978) 630-9554
 Email: admissions@mwcc.mass.edu

**Estimated Cost and
 Classroom/Clinical Schedule**

Complementary Health Care and Massage Therapy

Outline below are estimated expenses and classroom/clinical schedule requirements associated with the Complementary healthcare degree/Massage Therapy certificate program. This estimate is based upon Fall 2008 Massachusetts resident tuition and fee day rates of \$165/Credit. Additional per semester fees have been added that include a registration fee, technology access fee, student activity (if applicable), and LEM-Library, equipment and materials fee (if applicable).

CHC Complementary Health Care Degree

Semester 1			
ENG 101	English Comp	3	480
BIO 115	Human Biology	4	656
Chc 101	Complementary Health	3	480
PSY 105	Intro. To Psycho.	3	480
	Professional Elective	3	480
	Business Elective	3	480
	Per Semester Fees		75
	Approximate tuition/fee cost		3131
Semester 2			
CHC 220	Mind/Body/Spirit Conn.	3	480
	NUT 101Intro. To Nutrition	3	480
ENG 102	Eng. Comp. II	3	480
HST 140	Counseling Method and Interviewing Techniques	3	480
PER 126/130	Health, Fitness and Wellness Elective	2/3	320/480
	Professional Elective	3	480
	Per Semester Fees		75
	Approximate tuition/fee cost		2727/2955
			5858/6086

Massage Therapy Certificate

Semester 1 MTC			
MTC 101	Massage Therapy I (7 weeks)	4	656
	PTA 104 Applied Anatomy and Kinesology	4	656
MTC 102	Massage Therapy II (7 weeks)	4	656
MTC 201	Massage Therapy Practicum I (30-100 clinical hrs)	2	320
	Per Semester Fees		75
	Approximate tuition/fee cost		2363
Semester 2			
MTC 103	Massage Therapy III (7 weeks)	4	656
MTC 110	Professional Issues and Ethics for Bodyworkers	3	480
PTA 109	Human Disease and Pathology	4	656
MTC 202	Massage Therapy Pract.II (to the completion of 220 clinical hours)	4	656
MTC 104	Massage Therapy IV (7 weeks)	4	656
	Per Semester Fees		75
	Approximate Tuition/fee cost		3179
			5542

Approximate total tuition/fee cost:	\$11,400/\$11,628
College Health Insurance Plan (\$881/ year)	
Note: if you already have health insurance, You will not need to purchase college insurance.	
Miscellaneous	
Program Expenses:	\$2,000
Professional Equipment including Massage table Sheets, oils, towels, Khaki style pants, polo shirts and shoes CPR Certification Professional Liability Ins. Textbooks 2 Professional Massages to be complete in October/April	
Approximate Total Program Cost for CHD	\$15,162/ 15,390
Approximate Total MTC Cost	\$8,423



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Date Received _____

Complementary Health Care and Massage Therapy

CORI/SORI Request Form

Mount Wachusett Community College is requesting all the available criminal offender record information on the following individual from the Criminal History Systems Board pursuant to Chapter 6 §172c that mandates agencies which employ or accept as a volunteer or refer for employment any individual who will provide care, treatment, education, training, transportation, delivery of meals, instruction, counseling, supervision, recreation or other services in a home or in a community based setting for any elderly person or disabled person or who will have any direct or indirect contact with such elderly or disabled persons or access to such person's files shall obtain all available CORI/SORI from the Criminal History Systems Board prior to employing such individual, accepting such individual as a volunteer or referring such individual for employment.

CANDIDATE INFORMATION (PLEASE PRINT CLEARLY OR TYPE)

LAST NAME _____ FIRST NAME _____ MIDDLE NAME _____

MAIDEN NAME OR ALIAS (IF APPLICABLE) _____ MOTHER'S MAIDEN NAME _____

FATHER'S NAME _____

DATE OF BIRTH: ____ - ____ - ____ SOCIAL SECURITY NUMBER: ____ - ____ - ____

ADDRESS: _____
Street Address City State Zip

Applicants Signature: _____

List any state you have lived in over the past 10 years. _____

MWCC Use Only:

REQUESTED BY: _____
Signature of CORI Authorized Employee

Date Sent: _____

____ Eligible ____ Ineligible

Date Received: _____