SUNY NIAGARA

Massage Therapy, A.A.S.

Overview

The licensed massage therapist (LMT) plays an important role in the wellness of their clients. Massage therapy is the manipulation of muscles and other soft tissues of the body for therapeutic purposes. Clients of the LMT benefit from decreased stress and increased relaxation, reduced pain, decreased muscle soreness and tension, improved circulation, improved energy and alertness, lowered heart rate and blood pressure, and improved immune function.

Careers

Careers related to your program of study:
- Chiropractic Office
- Cruise Ships
- Franchises (Massage Envy, etc.)
- Home Offices/ Professional Offices – Sole Proprietor
- Hospitals/Nursing Homes
- Massage Clinics
- On-site Chair Massage
- Palliative Care
- Physician's Office
- Spas, Salons and Resorts & Hotels
- Sports Teams/Health Clubs

Some careers may require more specialized education.

Contact

Program Coordinator
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Division
Nursing, Physical & Allied Health
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Visit full catalog for specific course offerings for each semester:
https://sunyniagara.edu/courses/massage-therapy-a-a-s/
https://tinyurl.com/zsyw5pan

Program Requirements

First Semester	Credits
BIO 117 - Human Biology	4
BIO 117L - Human Biology Lab	0
ENG 101 - Writing I	3
MAS 111 - Introduction to Massage Therapy	1
MAS 112 - Western Massage Therapy	2
MAS 112L – Western Massage Therapy Lab	2
MAS 113 - Myology	3
MAS 113L – Myology Lab	2
Total Credit Hours:	**17 Cr.**

Second Semester

MAS 114 – Professionalism in Massage Therapy	2
MAS 115 – Eastern Massage Therapy	1
MAS 115L - Eastern Massage Therapy Lab	2
MAS 130 – Human Body Fundamentals for Massage Therapists	4
PSY 110 – Introduction to Psychology	3
HED 214 - Advanced First Aid and CPR	2
Total Credit Hours:	**14 Cr.**

Third Semester

BUS 122 – Small Business Management	3
___ ___ - Communication – Oral (COMO) General Education Elective	3
MAS 116 - Kinesiology	2
MAS 116L – Kinesiology Lab	1
MAS 219 – Massage Therapy Modalities	1
MAS 219L – Massage Therapy Modalities Lab	1
MAS 230 - Massage Practicum I: Clinical Applications	3
PSY 210 - Lifespan Developmental Psychology	3
Total Credit Hours:	**17 Cr.**

Fourth Semester

MAS 215 – Neurology	3
MAS 218 – Pathology for Massage Therapists	3
MAS 218L - Massage for Pathological Conditions Lab	1
MAS 231 – Massage Practicum Additional Clinical App	3
MAT 105 - Mathematics for Consumers OR MAT 106 – Contemporary Mathematics OR MAT 164 - Introduction to Statistics	3
SOC 101 – Introduction to Sociology	3
Total Credit Hours:	**16 Cr.**

The information provided is subject to change throughout the academic year. 3/9/2026