



21250 Stevens Creek Blvd.
Cupertino, CA 95014
408-864-5678
www.deanza.edu

Massage Therapy
Program Assistant
408-864-8205

Physical Education and
Athletics Division
PE-4 Rm. 41C
408-864-8751

Counseling Center
Student and Community
Services Bldg. 2nd Fl.
408-864-5400

Career Services Info.
Student and Community
Services Bldg. 2nd Fl.
408-864-5400

Certificate of Achievement Level Requirements

A minimum "C" grade in each major course.
Note: A maximum of six (6) quarter units may be transferred from other academic institutions.

Certificate of Achievement-Advanced Level Requirements

1. A minimum "C" grade in each major course.
2. Demonstrated proficiency in English and mathematics as evidenced by eligibility for EWRT 1A or ESL 5 and eligibility for MATH 114.
Note: A maximum of 18 quarter units may be transferred from other academic institutions.

A.A./A.S. Degree Requirements

1. Completion of all General Education (GE) requirements (31-42 quarter units) for the A.A./A.S. degree. GE units must be completed with a minimum 2.0 GPA ("C" average).
2. Completion of all major requirements. Each major course must be completed with a minimum "C" grade.
Major courses can also be used to satisfy GE requirements (except for Liberal Arts degrees).
Note: A maximum of 22 quarter units from other academic institutions may be applied toward the major.
3. Completion of a minimum of 90 degree-applicable quarter units (GE and major units included). All De Anza courses must be completed with a minimum 2.0 GPA ("C" average).
All De Anza courses combined with courses transferred from other academic institutions must be completed with a minimum 2.0 GPA ("C" average).
Note: A minimum of 24 quarter units must be earned at De Anza College.

Major courses for certificates and degrees must be completed with a letter grade unless a particular course is only offered on a pass/no-pass basis.

Massage Therapy

Certificate of Achievement

This program prepares students with the knowledge, skills and abilities necessary for entry-level massage therapist positions.

Student Learning Outcomes - upon completion, students will be able to:

- demonstrate knowledge of the various systems of the body and pathologies of these systems that can contraindicate or benefit from massage.
- utilize the results of health intake forms and physical assessments to formulate and administer effective individualized massage treatments.

Complete the following and meet the requirements for this certificate level.

Students must present current First Aid and CPR cards to receive a certificate or degree in Massage Therapy.

BIOL 40A	Human Anatomy and Physiology (84 hours)	5
PE 11	Stretching (24 hours)	0.5
PE 53	Stress Management (24 hours)	2
PE 54	Introduction to Massage (72 hours)	4
PE 54A	Intermediate Massage (60 hours)	3
PE 54B	Sports Massage (60 hours)	3
PE 54C	Advanced Massage Skills (72 hours)	4
PE 54D	Clinical Practicum in Massage Therapy (84 hours)	3

Complete a minimum of one (1) unit from the Massage Therapy Internship courses.

Note: Enrollment in these internship courses requires consent of the Instructor or Massage Program Coordinator.

PE 54H	Internship in Adapted Physical Education Lab (1)	(36 hours)
PE 54J	Internship in Adapted Physical Education Lab (2)	(72 hours)
PE 54K	Internship in Adapted Physical Education Lab (3)	(108 hours)
PE 54L	Teacher's Assistant Internship (1)	(36 hours)
PE 54M	Teacher's Assistant Internship (2)	(72 hours)
PE 54N	Teacher's Assistant Internship (3)	(108 hours)
PE 54P	Sports Massage Internship (1)	(36 hours)
PE 54Q	Sports Massage Internship (2)	(72 hours)
PE 54R	Sports Massage Internship (3)	(108 hours)
Total Units Required (516 hours min.)		25.5

Massage Therapy

Certificate of Achievement-Advanced

This program builds on the instruction of the certificate of achievement and provides students training in advanced treatment modalities and fitness concepts and more experience administering therapeutic treatments in a variety of professional settings.

Student Learning Outcomes - upon completion, students will be able to:

- integrate advanced modality and treatment concepts into their treatments.
- utilize advanced theories, methods and procedures to design and administer effective clinical treatments in a variety of professional settings with diverse populations.
- demonstrate increased physical strength and endurance to meet the rigors of the profession.

Complete the following and meet the requirements for this certificate level.

Students must present current First Aid and CPR cards to receive a certificate or degree in Massage Therapy.

BIOL 40A	Human Anatomy and Physiology (84 hours)	5
BIOL 40B	Human Anatomy and Physiology (84 hours)	5
PE 11	Stretching (24 hours)	0.5
PE 35	Care and Prevention/Athletic Injuries (72 hours)	4
PE 53	Stress Management (24 hours)	2
PE 54	Introduction to Massage (72 hours)	4
PE 54A	Intermediate Massage (60 hours)	3
PE 54B	Sports Massage (60 hours)	3
PE 54C	Advanced Massage Skills (72 hours)	4
PE 54D	Clinical Practicum in Massage Therapy (84 hours)	3
PE 54E	Table Shiatsu (72 hours)	4

Complete a total of three (3) units from the Massage Therapy Internship courses. One (1) unit must be in applied "hands on" massage. The additional two (2) units may be either in applied massage or teaching assistant internships.

Note: Enrollment in these internship courses requires consent of the Instructor or Massage Program Coordinator.

PE 54H	Internship in Adapted Physical Education Lab (1)	(36 hours)
PE 54J	Internship in Adapted Physical Education Lab (2)	(72 hours)
PE 54K	Internship in Adapted Physical Education Lab (3)	(108 hours)
PE 54L	Teacher's Assistant Internship (1)	(36 hours)
PE 54M	Teacher's Assistant Internship (2)	(72 hours)
PE 54N	Teacher's Assistant Internship (3)	(108 hours)
PE 54P	Sports Massage Internship (1)	(36 hours)
PE 54Q	Sports Massage Internship (2)	(72 hours)
PE 54R	Sports Massage Internship (3)	(108 hours)

<i>Complete a minimum of four (4) units from the following:</i>		4
BUS 55	Intro. to Entrepreneurship (5)	(60 hours)
NUTR 62	Nutrition & Athletic Performance (2)	(24 hours)
PE 2Q	Tai Chi (0.5)	(24 hours)
PE 54F	Introduction to Chair Massage (3)	(60 hours)
PE 70A	Orientation to Lifetime Fitness (2)	(24 hours)
PE 71	Lifetime Wellness and Fitness Center Lab (1)	(36 hours)
PE 77*	Special Projects in Physical Education (0.5)	(18 hrs)
PE 77X*	Special Projects in Physical Education (1)	(36 hrs)
PE 77Y*	Special Projects in Physical Education (1.5)	(54 hrs)
Total Units Required (876 hours min.)		44.5

* Special Projects in Physical Education for the Massage Therapy program need approval from the Massage Program Coordinator.

Massage Therapy

A.A. Degree

This program builds on the instruction of the certificate of achievement-advanced and provides students with additional knowledge, hands-on experience and fitness training to help them succeed as a massage therapist or to transfer to a four-year institution as a Kinesiology major.

Student Learning Outcomes - upon completion, students will be able to:

- integrate advanced modality and treatment concepts into their treatments.
- utilize advanced theories, methods and procedures to design and administer effective clinical treatments in a variety of professional settings with diverse populations.
- demonstrate increased physical strength and endurance to perform consecutive massage treatments without difficulty.
- demonstrate effective entrepreneurial and oral and written communication skills to increase success in their careers.

Complete the following and meet the A.A./A.S. degree requirements.

Students must present current First Aid and CPR cards to receive a certificate or degree in Massage Therapy.

BIOL 40A	Human Anatomy and Physiology (84 hours)	5
BIOL 40B	Human Anatomy and Physiology (84 hours)	5
PE 11	Stretching (24 hours)	0.5
PE 35	Care and Prevention/Athletic Injuries (72 hours)	4
PE 53	Stress Management (24 hours)	2
PE 54	Introduction to Massage (72 hours)	4
PE 54A	Intermediate Massage (60 hours)	3
PE 54B	Sports Massage (60 hours)	3
PE 54C	Advanced Massage Skills (72 hours)	4

PE 54D	Clinical Practicum in Massage Therapy (84 hours)	3
PE 54E	Table Shiatsu (72 hours)	4
PE 54F	Chair Massage (60 hours)	3

Complete a total of four (4) units from the Massage Therapy Internship courses. One (1) unit must be in applied "hands on" massage. The additional three (3) units may be either in applied massage or teaching assistant internships. 4

Note: Enrollment in these internship courses requires consent of the Instructor or Massage Program Coordinator.

PE 54H	Internship in Adapted Physical Education Lab (1)	(36 hours)
PE 54J	Internship in Adapted Physical Education Lab (2)	(72 hours)
PE 54K	Internship in Adapted Physical Education Lab (3)	(108 hours)
PE 54L	Teacher's Assistant Internship (1)	(36 hours)
PE 54M	Teacher's Assistant Internship (2)	(72 hours)
PE 54N	Teacher's Assistant Internship (3)	(108 hours)
PE 54P	Sports Massage Internship (1)	(36 hours)
PE 54Q	Sports Massage Internship (2)	(72 hours)
PE 54R	Sports Massage Internship (3)	(108 hours)

Complete a minimum of 7.5 units from the following: 7.5

BIOL 40C	Human Anatomy and Physiology (5)	(84 hours)
BUS 55	Introduction to Entrepreneurship (5)	(60 hours)
NUTR 62	Nutrition and Athletic Performance (2)	(24 hours)
PE 2Q	Tai Chi (0.5)	(24 hours)
PE 70A	Orientation to Lifetime Fitness (2)	(24 hours)
PE 71	Lifetime Wellness and Fitness Center Lab (1)	(36 hours)
PE 77*	Special Projects in Physical Education (0.5)	(18 hrs)
PE 77X*	Special Projects in Physical Education (1)	(36 hrs)
PE 77Y*	Special Projects in Physical Education (1.5)	(54 hrs)

* Special Projects in Physical Education for the Massage Therapy program need approval from the Massage Program Coordinator.

Major	Massage Therapy	52 units
GE	General Education (31-42 units)	
Electives	Elective courses required when major units plus GE units total is less than 90	
Total Units Required (1,020 hours)		90 units