

Therapeutic Massage

Fall 2024 Deadline: July 26, 2024

Therapeutic Massage is a limited enrollment program beginning each fall semester. The program begins with a series of two certificates that can be completed in two semesters on the Day/Full-Time Track, or in four semesters on the Night/Part-Time Track. Each track accepts **16 students** for the fall. Successful completion of both the **Massage Practitioner I Certificate** and the **Massage Practitioner II Certificate** allows students to acquire the skills and clinical hours necessary to be eligible for North Carolina licensure as a massage therapist. **Graduates of the certificate series then have the option to earn an associate degree by meeting additional course requirements (see page 4).**

Therapeutic Massage is a first-qualified, first accepted curriculum. Applicants must meet the program's **minimum readiness levels** and submit a **Minimum Admissions Requirements (MAR) Application** to be considered for admission. Students who complete a MAR review will be admitted to the program until all seats are filled. After that point, students who complete a MAR review will be added to an alternate list. While not guaranteed admission, alternates would have the opportunity to fill seats if any open later in the process.

Once the admissions process is complete, applicants who are accepted into the program must then meet additional **Therapeutic Massage clinical requirements (see page 6)** by **August 16, 2024** to maintain their seat in the program. **We strongly encourage students to complete the admissions process well ahead of the deadline in order to allow for a reasonable amount of time to meet these additional program requirements!**

The instructional facility for the Therapeutic Massage program is located at the **Grady P. Swisher Center, 1108 Swisher Center Road in Kernersville, NC**. Please see pages 7-8 for the program schedule and driving directions.

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Special Note: While this packet guides you through the process of meeting the requirements to enter the full program for fall 2023, you can enroll in any semester as a **Pre-Health Tech** student. This gives you the opportunity to meet any admissions requirements you have not yet met, as well as possibly getting a head start on your degree by completing general education (or "related") courses. Please refer to **page 4** for a list of these related courses. However, keep in mind that these classes are **not required** before entering the program! Only the minimum admissions requirements must be met prior to program entry.

Steps for Applying to Therapeutic Massage

1. Complete an application to Forsyth Tech (if you are not a current student)
2. Check that you meet the minimum readiness levels
3. Submit official transcripts
4. Submit the MAR application
5. Review additional requirements for accepted students (see page 6) ***Details for each step are outlined below***

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1. Complete an application to Forsyth Tech

New and Former students must complete the online application at <https://www.forsythtech.edu/apply-ft/> Complete NC Residency at www.ncresidency.org

Currently enrolled students do not need to do a new application. Just make sure the NC Residency is current.

2. Check that you meet the minimum readiness levels

All Health Program applicants are required to demonstrate English and Mathematics college readiness by one of the following methods:

COLLEGE ENGLISH READINESS	COLLEGE MATHEMATICS READINESS
<input type="checkbox"/> Option 1: You have completed or received transfer credit for ENG 111. <input type="checkbox"/> Option 2: You have completed or received waiver credit for <u>all</u> of the following: DRE 096, DRE 097, DRE 098 <input type="checkbox"/> Option 3: You have completed or received waiver credit for ENG 002 with a minimum grade of P2 <input type="checkbox"/> Option 4: You have completed or received waiver credit for ENG 011 or are currently enrolled in ENG 111/011 <input type="checkbox"/> Option 5: An earned Associate or Bachelor's degree from a regionally accredited institution <input type="checkbox"/> Option 6: Completion of placement test and achievement of appropriate scores. If you <u>took the</u> placement test elsewhere, you MUST submit those scores to Forsyth Tech Admissions & Records	<input type="checkbox"/> Option 1: You have completed or received transfer credit for <u>one</u> of the following -- MAT 143, MAT 152, MAT 171 (or a higher-level math). <input type="checkbox"/> Option 2: You have completed or received waiver credit for <u>all</u> of the following: DMA 010, DMA 020, DMA 030, DMA 040, and DMA 050 <input type="checkbox"/> Option 3: You have completed or received waiver credit for MAT 003 with a minimum grade of P2 <input type="checkbox"/> Option 4: You have completed or received waiver credit for MAT 043 or are currently enrolled in MAT 143/043 <input type="checkbox"/> Option 5: An earned Associate or bachelor's degree from a regionally accredited institution <input type="checkbox"/> Option 6: Completion of placement test and achievement of appropriate scores. <u>If you took the</u> placement test elsewhere, you MUST submit those scores to Forsyth Tech Admissions & Records <input type="checkbox"/> Option 7: Graduate of a US high school with an unweighted GPA of 2.5 or higher

3. Submit official transcripts

Submit all **official transcripts from high school or high school equivalency**. You cannot apply to the program until we have your high school/high school equivalency transcript.

While only the high school transcript is required, you can also request **official college transcripts from regionally accredited schools** if you would like to seek transfer credit. This is optional, but we recommend you provide previous college transcripts because your transfer credit may help you meet the English/Math Readiness levels described in Step 2.

If you provide college transcripts, they **ONLY** need to be through bachelor's degree level. We do not need graduate level transcripts.

- **Electronic transcripts** can be sent through a secure service to admissions@forsythtech.edu.
- **Paper transcripts** can be mailed to Forsyth Technical Community College Attn: Admissions 2100 Silas Creek Parkway Winston Salem, NC 27103-5197

- Paper transcripts can also be **hand delivered** in a **sealed** envelope to the Admissions & Records Office in the Robert L. Strickland Center on the Main Campus.

4. Submit the MAR application

Access the online application here:

[Fall 2024 Therapeutic Massage MAR Application](#)

- Applicants can submit their MAR application between May 1, 2024 and the final July 26, 2024 deadline. **** However, we strongly encourage students to complete the admissions process well ahead of the deadline in order to allow for a reasonable amount of time to meet the clinical requirements listed on page 6.**
- Once you have submitted the MAR application, you are on the list and we will send the paperwork as soon as we are able to complete it. Please note that you will not get a notification when you submit it.
- Your place in line for a spot in the program is based on the date you submit the MAR application, provided you have already met the minimum English and Math readiness levels and turned in all the required documents described in Steps 2 and 3 before submitting the application.
- Your paperwork will be emailed to you when your MAR application is reviewed. This can happen throughout the application process -- even after the deadline if you apply close to the final day -- so do not expect to be notified immediately.
- **Check your Forsyth Tech email and keep your phone and address updated with the school.** We will email your MAR application paperwork to your Forsyth Tech email.
- You will be notified of your status – admitted, alternate, or not admitted – when we complete the review of your application.
- If you are admitted to the program, there will be instructions in your admission letter with requirements that apply to admitted students – **make sure to meet any of those deadlines/requirements or you can lose your seat in the program.**
- If you are an alternate, we will contact you by phone or email if any seats open in the program.

Pre-Health Tech:

General Education/Related Courses for Therapeutic Massage

When you are first admitted to the school and indicate **Therapeutic Massage** as your program choice, you are accepted as a **Pre-Health Tech** student. While you are not fully in the program yet, as a Pre-Health Tech student you can do two things to prepare yourself for entering Therapeutic Massage:

- If you are not already eligible for the program, you can take courses that help you meet the **minimum admissions requirements**. This would be the priority!
- If the admissions deadline has already passed, or you are beginning school in a different semester than when the program begins—for example, you are starting classes in spring 2024 ahead of the full Therapeutic Massage program beginning in fall 2024—you can get a **head start** on the program’s **general education/related courses**.

These are the general education/related courses for Therapeutic Massage:

Related Courses for Certificate Series:

Additional Related Courses for Associate Degree:

ENG 111

PSY 150 or PSY 118*
BIO 163 or BIO 168 & 169
PED 110
BUS 152

English Elective (choose one): ENG 112, ENG 114, ENG 115*, COM 120, or COM 231

Humanities/Fine Arts Elective (choose one): ART 111, ENG 231, HUM 115, HUM 120, HUM 130, HUM 220, MUS 110, PHI 215, PHI 240, or REL 110

** Please note that while ENG 115 and PSY 118 will fulfill requirements, we recommend choosing the alternative options because those two classes are not financial-aid eligible for pre-health students.*

Please remember, though, that **these general education/related courses are NOT required before you begin the Therapeutic Massage program!**

As long you have met the **minimum admissions requirements**—the paperwork and English/Math Readiness requirements covered in steps 1 through 3 in this packet—you are eligible to do a MAR review and enter Therapeutic Massage even if you haven't taken any of the related courses. You will be able to take them while you are in the program.

However, if you have the opportunity to begin work on these courses as a Pre-Health Tech student before you enter Therapeutic Massage, taking them with the guidance of your advisor can help you reduce your course load once the full program begins.

Academic Progression Policy

A grade of a "D" or "F" in a related course does not prevent a student from being eligible for the 2024 Therapeutic Massage program. However, if a grade of "D" or "F" is earned prior to or after acceptance, the course must be repeated with a "C" or higher while enrolled in the program and prior to graduation.

Students must also earn a final grade of an 80 or higher in the core MTH courses that become available once accepted into the program to remain eligible for graduation.

Deferred Action Childhood Arrival (DACA) and Undocumented Students Policy

Current NCCCS policy allows DACA and undocumented applicants to enroll at Forsyth Tech at the out of state tuition cost. However, acceptance to the college does not guarantee acceptance to a specific program.

DACA students are eligible to apply to an Allied Health/Nursing program.

Undocumented students are not eligible for consideration to Allied Health or Nursing programs. According to North Carolina and Federal law, undocumented students are not eligible for North Carolina professional licensure.

This policy is subject to change without notice based upon federal and state regulations.

NOTE: The information provided in this packet is subject to change annually.

Technical Standards for Therapeutic Massage

Our program technical standards have been developed to help students understand nonacademic standards, skills, and performance requirements expected of a student in the Therapeutic Massage Program.

If an accommodation is necessary to participate in the program, it is imperative to identify reasonable accommodations to those students who qualify under the Americans with Disabilities Act (ADA). Reasonableness is determined by the Disability Services Office (DSO) and the program on a case-by-case basis utilizing the program technical standards. The accommodation needs to be in place prior to the start of the program, or it may delay your ability to start the program. It is the student's responsibility to contact the DSO and request accommodation.

Skills	Description	Specific Examples
Sensory	Visual, auditory, and tactile senses must be sufficient to provide client care, monitor and assess therapeutic needs, and to maintain a safe environment.	<ol style="list-style-type: none"> 1. Visually distinguish data from assessing clients. 2. Perceive color variations and depth. 3. Observe and individual's presentation. 4. Perceive a variety of odors. 5. Perceive variations of touch (i.e., texture differences, hot/cold, pulsations, etc.).
Communication	Communication abilities sufficient for interaction with faculty, students, clients, etc. in verbal and written form. Candidates will be required to communicate with and respond to clients, faculty and other students as well as observe clients.	<ol style="list-style-type: none"> 1. Elicit information (i.e., questioning of the client). 2. Describe changes in mood, activity, posture. 3. Perceive nonverbal communication
Motor and Function Abilities	Requirements of a candidate include gross and fine muscular movements, equilibrium, strength, and functional use of the senses of touch, and vision for the safe handling of the client, and self	<ol style="list-style-type: none"> 1. Elicit information from patients by palpation, percussion, testing muscle strength and function. 2. Safely perform therapeutic procedures 3. Provide other client services and client-associated services.
Intellectual: Conceptual, Integrated, and Quantitative Abilities	The Candidate must have these abilities to accurately calculate, analyze, synthesize, and report appropriate physiologic client data	<ol style="list-style-type: none"> 1. Solve problems (i.e., client care problem solving). 2. Relationships (i.e., anatomical relations). 3. Understand the spatial relationship of structures.

Skills	Description	Specific Examples
Behavioral and Social Skills	The Candidate must have these abilities to provide empathic support to clients and to interact with clients, and colleagues	<ol style="list-style-type: none"> 1. Ability to develop mature, sensitive, and effective relationships with clients, and fellow therapists. (Interpersonal skills) 2. Tolerate physically and mentally taxing workloads. 3. Function effectively under stress. 4. Adapt to changing environments. 5. Display flexibility and ability to function during uncertainty inherent in health care (i.e., emergency conditions). 6. Display compassion, empathy, integrity, concern for others, interest and motivation, and professional demeanor.
Technological	The Candidate must be able to effectively use a computer with manual keyboarding, mouse, and viewing a monitor/screen.	<ol style="list-style-type: none"> 1. Review, record, research client information and pre-existing conditions.

All the above abilities, skills and knowledge in a candidate will be continually tested by evaluation during the educational process of this program.

This document is intended to serve as a guide regarding the physical, emotional, intellectual, and psychosocial expectations placed on a student. This document cannot include every conceivable action, task, ability, or behavior that may be expected of a student. Meeting these technical standards does not guarantee employment in this field upon graduation. Ability to meet the program's technical standards does not guarantee a student's eligibility for any licensure, certification exam, or successful completion of the degree program.

AFTER ADMISSIONS:
THERAPEUTIC MASSAGE CLINICAL REQUIREMENTS

Clinical Requirements Deadline: August 16, 2024

Once students are admitted to the program, they will be directed to Therapeutic Massage staff for guidance on clinical documentation and registration. In addition to attending a **mandatory orientation**, accepted students must also meet clinical requirements in order to maintain their seat in the program.

The deadline for meeting these requirements is **August 16, 2024**, the first day of classes for the fall 2023 semester.

If you are unable to complete these clinical requirements by this deadline, you will lose your seat in the program. Therefore, we **strongly recommend** you complete the admissions process well ahead of the July 26, 2024 admissions deadline in order to have enough time to complete these additional requirements. Some of the requirements listed below,

such as the immunization report and medical physical with your primary care physician, may take several weeks to months to complete, so the sooner you are able to begin the process the easier it will be to meet the deadline. All clinical documentation must be completed by August 16, 2024.

Also, since space in the full-time day program and part-time evening programs is limited to 16 seats each, completing the admissions process early increases the likelihood that seats will still be available in the program.

If you have questions about these requirements, please direct them to the Therapeutic Massage program:

Larry Ball, **interim Program Coordinator:** (336) 734-7916 or lball@forsythtech.edu

The clinical requirements are as follows. The necessary paperwork and instructions will be provided by Therapeutic Massage staff after acceptance into the program:

Therapeutic Massage Student Orientation

The program orientation is mandatory. If you miss the orientation, you must attend a SOAR Orientation session through the Student Success Center to be able to register for courses: <http://www.forsythtech.edu/student-services/student-resources/student-success-center/>

American Heart Association – Healthcare Provider CPR Copy of AHA CPR certification card (approximate cost of \$50).

Professional Massage Session

Students must complete a form documenting a session received from a licensed massage therapist (approximate cost \$50 to \$70, form will be provided by Larry Ball via email or appointment).

Student Medical Health Form / Immunizations Records

You are required to have a medical doctor complete the form (approximate cost of \$100) and must include your immunization records.

For the **CPR requirement**, Forsyth Tech offers classes through our West Campus. The classes are typically run for a single day. For more information, including class registration, you can reach out to our West Campus at **(336) 734-7023**. Make sure to sign up for the American Heart Association Basic Life Support Healthcare Provider CPR class.

Keep in mind that current CPR certification is required. Certification is good for two years. If your certification has just expired within the last three months, you may be able to complete a refresher/renewal course.

PROGRAM SCHEDULE

The **Day/Full-Time** program track follows this schedule for the certificate series, with a graduation date of May 2024 for students beginning in fall 2023. Any related/general education courses (see page 4) for the certificate series not completed before program entry will be included in the times frames listed below.

Fall 2023

Monday-Thursday: 9:00 AM to 4:00 PM

Friday: 9:00 AM to 12:00 PM

Spring 2024

Monday-Thursday: 9:00 AM to 4:00 PM

Friday: 8:00 AM to 3:00 PM

The **Evening/Part-Time** program track follows this schedule for the certificate series, with a graduation date of May 2025 for students beginning in fall 2023. Any related/general education courses (see page 4) for the certificate series not completed before program entry will be included in the times frames listed below.

Fall 2023

Monday-Thursday: 6:00 PM to 9:00 PM

Spring 2024

Monday-Thursday: 6:00 PM to 9:30 PM

Fall 2024

Monday-Thursday: 6:00 PM to 9:30 PM

Spring 2025

Monday-Thursday: 6:00 PM to 9:30 PM

Students who complete the certificate series and then choose to continue with the program to earn an **Associate in Applied Science degree** will follow this schedule in **an additional year of classes**. Any related/general education courses for the Associate degree (see page 4) not completed before program entry must be added to the times frames listed below.

Fall

Monday, Tuesday and Wednesday: 9:00 AM to 4:00 PM

Thursday and Friday - online

Spring

Tuesday and Wednesday: 9:00 AM to 4:00 PM

Work-Based Learning and online coursework on Monday, Thursday, and Friday

DIRECTIONS TO GRADY P. SWISHER CENTER

Therapeutic Massage Program Headquarters

1108 Swisher Center Road

Kernersville, NC 27284

Office: (336) 734-7902

Fax: (336) 992-1049

Traveling **East on I-40 Business** to Kernersville, take exit 16 (Colfax) bears left from Business 40 to **Hwy 421**. Bear 1st right on **Old Greensboro Road as you enter the round-about**. Turn right on Swisher Center Road past Dudley Products Drive and proceed to the end of the road to the Swisher Center.

Traveling from **East Mountain Street**, turn left on **Hwy 421**. Bear 1st right on **Old Greensboro Road as you enter the round-about**. Turn right on Swisher Center Road past Dudley Products Drive and proceed to the end of the road to the Swisher Center.

Traveling **East on I-40 Bypass**, take **Hwy 66** exit 203. Turn left on **Hwy 66**. At 3rd stoplight, turn right on **Industrial Park Drive**. At stop sign, turn left on **Macy Grove Road**. At stop sign, turn left on **Old Greensboro Road**. Turn left on Swisher Center Road before Dudley Products Drive and proceed to the end of the road to the Swisher Center.

Traveling **East on I-40 Business**, take **Hwy 66** exit. Turn left on Hwy 66 and go across I-40 bridge. Turn right on **East Mountain Street** (Parks Chevrolet is on your right). Turn left on **Hwy 421**, Bear 1st right on **Old Greensboro Road as you enter the round-about**. Turn right on Swisher Center Road past Dudley Products Drive and proceed to the end of the road to the Swisher Center.

Traveling **West on I-40 Bypass**, take **Hwy 66** exit 203. Turn right on **Hwy 66**. At 2nd stoplight, turn right on **Industrial Park Drive**. At stop sign, turn left on **Macy Grove Road**. At stop sign, turn left on **Old Greensboro Road**. Turn left at the **Forsyth Tech Entrance** on Swisher Center Road before Dudley Products Drive and proceed to the end of the road to the Swisher Center.

Traveling **West on I-40 Business**, take **Hwy 66** exit and turn left. Turn right on **East Mountain Street** (Parks Chevrolet is on your right). Turn left on **Hwy 421** (you will see DCU Inn and Dudley Products on your right). Bear 1st right on **Old Greensboro Road as you enter the round-about**. Turn right at the **Forsyth Tech Entrance** on Swisher Center Road past Dudley Products Drive and proceed to the end of the road to the Swisher Center.

Traveling **from High Point – Highway 311** towards Kernersville to **Hwy 66**. Turn right on Hwy 66 and proceed to Kernersville. Cross over Business 40 and turn right on **East Mountain Street**. Turn left on **Hwy 421**. Bear 1st right on **Old Greensboro Road as you enter the round-about**. Turn right at the Forsyth Tech Entrance on Swisher Center Road past Dudley Products Drive and proceed to the end of the road to the Swisher Center.

Traveling **from High Point – Highway 311** towards Kernersville to **Hwy 66**. Turn right on Hwy 66. At 2nd stoplight, turn right on **Industrial Park Drive**. At stop sign, turn left on **Macy Grove Road**. At stop sign, turn left on **Old Greensboro Road**. Turn left at the **Forsyth Tech Entrance** on Swisher Center Road before Dudley Products Drive and proceed to the end of the road to the Swisher Center.

Hwy 52 South to Business 40 East, take exit 16 (Colfax) bears left from **Business 40** to **Hwy. 421**. Bear 1st right on **Old Greensboro Road as you enter the round-about**. Turn right at the **Forsyth Tech Entrance** on Swisher Center Road past Dudley Products Drive and proceed to the end of the road to the Swisher Center.