



## University of New Mexico-Taos Certificate in Integrative Massage Therapy

The Certificate in Integrative Massage Therapy is designed for individuals who would like to sit for the state licensure exam which is required for entry-level employment in massage therapy. The 650 hour program meets the minimum requirements to sit for the licensure exam. Formal application and acceptance into the program is required before enrolling in class with a MAS prefix. **UNM-Taos reserves the right to make necessary changes as needed.** *Students should consult with an advisor prior to enrollment.*

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| <b>Required Courses</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>36 credit hours</b> |
| <p>Massage Therapy (MAS) 280 Massage Anatomy and<br/>         Massage Therapy (MAS) 254 Myofascial and Myoskeletal Techniques in Massage Therapy</p> <p>Holistic Health and Healing Arts (HHHA) 106 Introduction to Massage<br/>         Massage Therapy (MAS) 250 Massage Therapy I<br/>         Massage Therapy (MAS) 251 Massage Therapy II<br/>         Massage Therapy (MAS) 252 Massage Therapy III<br/>         Massage Therapy (MAS) 253 Deep Tissue Techniques in Massage Therapy I<br/>         Massage Therapy (MAS) 255 Clinical Practicum in Massage Therapy<br/>         Massage Therapy (MAS) 255L Clinical Practicum in Massage Therapy Lab<br/>         Massage Therapy (MAS) 259 Exercise Physiology<br/>         Massage Therapy (MAS) 260 Cultural Diversity and Cross Cultural Ethics</p> <p><i>You can choose one or both of the following (at least one must be taken to fulfill requirements):</i><br/>         Holistic Health and Healing Arts (HHHA) 116 Oriental Medicine: An Introduction<br/>         Massage Therapy (MAS) 270 Oriental Medicine: Hands On Techniques</p> |                        |
| <b>Electives</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>8 credit hours</b>  |
| <p><i>Choose eight (8) credit hours from the following:</i></p> <p>Holistic Health and Healing Arts (HHHA)101 Intro to Healing Arts<br/>         Holistic Health and Healing Arts (HHHA)102 Meditation, Conscience and Self-Healing<br/>         Holistic Health and Healing Arts (HHHA)103 Kundalini Yoga<br/>         Holistic Health and Healing Arts (HHHA) 104 Hatha Yoga<br/>         Holistic Health and Healing Arts (HHHA)105 Tai Chi<br/>         Holistic Health and Healing Arts (HHHA) 118 Ayurveda<br/>         Holistic Health and Healing Arts (HHHA) 262 Yoga and Anatomy Trains<br/>         Holistic Health and Healing Arts (HHHA) 263 Yoga and Psychology of Chakras<br/>         Holistic Health and Healing Arts (HHHA) 293 Various Topics</p>                                                                                                                                                                                                                                                                                                                                    |                        |

**Electives (continued)**

Massage Therapy (MAS) 257 Balinese Traditional Massage  
Massage Therapy (MAS) 258 Traditional Thai Massage  
Massage Therapy (MAS) 261 Cranial Sacral II  
Massage Therapy (MAS) 264 Yoga and the Myofascial Body  
Massage Therapy (MAS) 265 Cranial Sacral I  
Massage Therapy (MAS) 293 Various Topics  
Nutrition (NUTR) 1110 Nutrition for Health

**TOTAL CREDIT HOURS REQUIRED 44**

**\*\*In addition to tuition, there is a \$1,000 program fee associated with enrollment in this program.**