

# MISSION CAREER COLLEGE

## Massage Therapy



- Basic Massage Therapy
- Advanced Therapeutic
- Advanced Body Work
- Foot Reflexology
- Therapeutic Chair Massage

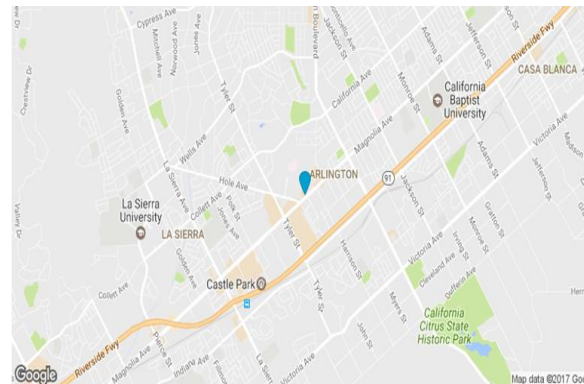
**Phone: (951) 736-7411**

[www.missioncareercollege.com](http://www.missioncareercollege.com)

HIGH SCHOOL DIPLOMA / GED  
REQUIRED

PAYMENT PLAN  
(Monthly Payments)

JOB PLACEMENT ASSISTANCE  
FOR  
ALL GRADUATES



**Mission Career College**

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### License Disclosure Statement

This institution is licensed to operate by the State of California Bureau for Private Postsecondary Education (BPPE).

### History

Mission Career College, Inc. is located at 9731 Magnolia Avenue, Riverside, CA 92503-3901 was founded February 22, 2006.

We provide training to residents of Riverside, San Bernardino, and Orange Counties. The latest teaching methods, curriculum and equipment are carefully researched and continuously updated to offer student quality training.



“MCC is an approved National Certification Examination Test Center. Exams are scheduled weekly”. *“Examination* can be taken at MCC Computer Laboratory’s”. Call for Appointment Date/Time

**“YOUR SUCCESS IS OUR MISSION”**

## PROGRAMS

**Massage Therapy Program** This 54.0 Semester Credit Units (720 clock hours) program requires 30 weeks of training and provides a healing art as well as a science. It requires a balance of academic technical knowledge, clinical skills, manual dexterity, sensitivity, and awareness. Everyone has the innate resources to touch another with care and confidence. However, it takes a sincere desire to help others, along with a commitment to the time, energy and focus necessary for the training process in order to become a solid practitioner. This program covers anatomy, physiology, kinesiology, theory and practice of massage therapy, hands-on practice under supervision, ethics and business practices.

**Basic Massage Therapy:** This is a 20 Semester Credit Units (200 clock hour) course offered to beginning students who wish to become Massage Therapist.

This course is taught through many media. It includes lectures and group discussions, scientific experiments and demonstrations, guest speakers, video and other teaching aids, computer software programs, and plenty of practice with massage techniques. An internet library is provided for students who wish to do research.

The student is closely supervised as they practice the basic massage strokes with partners. Near the end of the course, each student has established a full body massage sequence that can be tailored to the needs of their clients. Students will learn to use various bodywork modalities so that they can adjust their techniques to the therapeutic problems they encounter. This class requires five hours to be spent in documented massage sessions outside the classroom.

**Time/Days:** (mornings, evenings and weekends)

M-F 8:00 AM to 12:00 PM

M-F 6: 00 PM to 10:00 PM

Week-end F 6:00 PM to 10:00 PM

Week-end Sat. 8:00 AM to 5:00 PM.

**Advanced Therapeutic Massage:** \* This 14.5 Semester Credit Units (180 clock hours) course is designed for the massage therapist already in the field. The objective of the class is to help the current massage practitioners to remain competent in today's market. Especially important, it makes valuable training available in this local area. Most advanced courses are taught only in large cities. Many of the costs involved in taking these advanced courses in other areas can be avoided by taking classes here.

This advanced therapeutic massage class will review and expand upon the basic therapeutic approaches to soft tissue therapy in reducing pain, normalizing range of motion, improving quality of movement, and restoring normal function.

**Advanced Therapeutic Bodywork:** \* This 20 Semester Credit Unit (200 clock hours) course in bodywork is offered to the advanced student who has completed a basic massage course with a minimum of 100 hours, containing anatomy and physiology and massage practice. An applicant may be required to take an entrance examination if there is question as to their foundation to handle this class.

**Foot Reflexology Massage:** \* This 4.5 Semester Credit Unit (60 clock hours) course is offered to the advanced student who has completed a basic massage course with a minimum of 100 hours, containing anatomy and physiology and massage practice.

Foot Reflexology is science that deals with the principle that there are reflex areas that correspond with muscles, organs, and glands. In fact, these reflex points will activate every part of the body. There are approximately 7,200 reflex points in just one foot alone. Working these reflexes will relax tension and stress by improving the nerve and blood supply, thus helping the body to balance itself.

This class will help current massage therapist to

enhance their massage practice by developing an alternative to working directly on the overly sensitive part of the body. It allows for treating specific ailments in the body.

**Therapeutic Chair Massage:** \* This 3.0 Semester Credit Unit (80 clock hours) course in chair massage for the massage therapist who wants to perform a 15 minute massage in an ergonomically designed chair,, with the client fully clothed, using no oil. Chair massage is also known as "seated massage."

\*Prerequisite to taking this advanced course, the student must have had a least 100 hours of credit in massage therapy practice, having obtained certification of completion as a massage therapist. The applicant may be required to take an entrance examination if there is a question as to their foundation to handle the class. Upon successful completion of the advance course, the student will receive a certification of completion.



**"OUR MISSION IS YOUR SUCCESS"**