

Benefit from TMCC's courses today

Your compassion drives your life and your career. Let Truckee Meadows Community College help you get more out of both. TMCC offers a wide range of massage and health-related courses, which last 7.5 to 60 hours, to help you further succeed in your profession.

TMCC courses are

- ✦ **offered in Reno,**
- ✦ **priced reasonably and**
- ✦ **taught by experienced professionals.**

Courses show up on the TMCC transcript, so you have a permanent record of all the courses you take with us.

Questions? Call TMCC Workforce Development and Continuing Education at 775-824-3830.

**Find massage class information at
www.tmcc.edu.**

TMCC is an equal opportunity/affirmative action institution and does not discriminate on the basis of sex, age, race, color, religion, disability, sexual orientation or national origin in the programs or activities which it operates.



Massage Therapy

Continuing Education Hours

***Keep
current with
these local
courses***

**Workforce Development and
Continuing Education Division**

**775-824-3830
www.tmcc.edu**

TMCC Courses

Note: Not all courses are offered every semester. Consult the TMCC class schedule for details and newly added courses.

MASG 105C--15 hours

ORIENTAL MASSAGE

Relieve stress and related problems with hands-on reflexology, shiatsu and soft tissue manipulation.

MASG 106C--15 hours

MERIDIANS OF ORIENTAL MEDICINE

Become familiar with the principles, history and theory of acupuncture. Learn about the 14 meridians and how the five elements relate to these meridians, the organs and yin and yang.

MASG 110C--15 hours

INTEGRATED MASSAGE

Learn an effective sequence that fluidly integrates Swedish, Esalen, deep tissue, reflexology and more with a holistic perspective.

MASG 111C--15 hours

INTEGRATED DEEP TISSUE MASSAGE

Study this effective technique which uses deep sculpting with hands, knuckles and elbows; contact release; cross fiber; and friction. Learn about common musculoskeletal problems and how you can give the appropriate pain relief.

MASG 112C 7.5 hours

TOUCHING BONE ENERGY

Learn how to access the whole body and identify energy obstructions in the skeletal structure and discover how to release bone energy.

MASG 113C 7.5 hours

REFLEXOLOGY, INTRODUCTION

Discover how to release neck and lower back tension while achieving full body relaxation.

MASG 116C--15 hours

INTRODUCTION TO ORTHO-BIONOMY--

NEW!

Explore its history and principals, along with positioning techniques for the neck, thoracic, lumbar, sacrum, ribs and psoas. Learn how to find and release tension without the use of force, find deeply relaxing positions and more.

MASG 117C--7.5 hours

AROMATHERAPY FOR MASSAGE

Learn how to extract essential oils and use specific application techniques.

MASG 125C--7.5 hours

REIKI

Find out how Reiki complements modern medicine and ways to achieve healthy body balance while learning about its principles, initiations, practicums and more.

MASG 130C--15 hours

SPORTS MASSAGE

NEW!

Practice using the five major massage applications of sports massage. Learn how to use strokes and stretches used in sports settings.

MASG 132C--15 hours

HOT STONE MASSAGE

NEW!

Learn about restorative thermotherapy and an adjunctive therapy that can be used with all styles of massage.

MASG 134C--7.5 hours

STRUCTURAL INTEGRATION

NEW!

Gain an understanding of Ida Rolf's structural integration principles.

MASG 137C--15 hours

OSTEO SYMMETRY THERAPY

Find out how to release structural tension patterns and disperse energy blockages from the bones. You'll find this therapy can increase flexibility and restore natural mobility and posture. Prerequisite: Touching Bone Energy

MASG 205C--45 hours

KINESIOLOGY FOR MASSAGE THERAPISTS

Take part in this systematic, hands-on study of kinesiology and palpatory anatomy.

MASG 203C--45 hours

PATHOLOGY FOR MASSAGE PROFESSIONALS

NEW!

Review the body systems and learn conditions within those systems as related to pathology. Find out which conditions/pathologies are indicated and contraindicated.

MASG 118C--7.5 hours

PNF FOR MASSAGE THERAPY

NEW!

Learn how to use proprioceptive neuromuscular facilitation in your massage. Practice basic PNF techniques during hands-on training.

MASG 215C--45 hours

BUSINESS AND MARKETING FOR THE MASSAGE/FITNESS PROFESSIONAL

Learn about bookkeeping systems, time management, customer service practices, client rescheduling techniques, target markets and business plan formation.

PT 124C--15 hours

CADAVER ANATOMY AND BIOMECHANICS

NEW!

Experience the musculoskeletal system in three dimensions, while examining the mechanical ability of all the tissues involved in motion. Also explore function outside of anatomical position by examining muscular participation with respect to axes of motion and attachment sites.

ALSO AVAILABLE

BIOLOGY 141B--60 hours

HUMAN STRUCTURE AND FUNCTION I

BIOLOGY 142B--60 hours

HUMAN STRUCTURE AND FUNCTION II

NUTRITION 121--45 hours

HUMAN NUTRITION

NURSING 140--45 hours

MEDICAL TERMINOLOGY