

Massage & Spa Practitioner Diploma (1000 hrs)

DISTANCE & ONSITE COMBINED PROGRAM

Term 1 Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am					Massage & Spa Techniques (I) *7 10:00 – 11:30
10:30am					
11:00am					
11:30am					BREAK 11:30 – 12:30
12:00pm					Massage & Spa Techniques (I) *7 12:30 – 4:00
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					

Term 1 Course Descriptions

Anatomy & Physiology (I) *7

Distance Hours: 7 Hours per week

In this comprehensive course, you will gain a thorough understanding of the body as a dynamic and interconnected system. Many important terms, references & body systems will be covered, with focus on the Musculoskeletal System.

Foundations of Massage *5

Distance Hours: 5 Hours per week

Starting at the beginning, you will cover the history of massage. From there, you will learn skills for approaching clients, indications & contraindications of massage, client & therapist roles, self-care, introduction to massage skills, hygiene and draping.

Conscious Communication & Practice (I) *5

Distance Hours: 5 Hours per week

This course sets our program apart as a consciousness-based approach to Massage Therapy. You will learn the importance of self-awareness in positive communication. Also discussed is interpersonal relationship development & boundaries, as well as the role of touch in therapeutic & personal relationships.

Universal Precautions *3

Distance Hours: 3 Hours per week

Universal precautions are the standards set that uphold public health. Topics covered in this course include public hygiene as well as health & safety requirements of Massage Therapists.

Introduction to Relaxation Massage & Spa Techniques (I)*7

Onsite Schedule: Fridays, 10:00 – 11:30am; AND
Fridays, 12:30 – 4:00pm

Distance Hours: 2 Hours per week

This hands-on course will provide you with the skills you need to develop as a conscious Massage Therapist. Important topics covered include body landmarks, palpation & touch, basic techniques of massage, and an introduction to pathology & kinesiology.

Massage & Spa Practitioner Diploma (1000 hrs)

Term 2 Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am					Massage & Spa Techniques (II) *7 10:00 – 11:30
10:30am					
11:00am		Practicum I *7+		Practicum I *7+	
11:30am					BREAK 11:30 – 12:30
12:00pm		184 hours Onsite Practicum Experience		184 hours Onsite Practicum Experience	
12:30pm		Student Schedule Assigned on 1 st Day of Term 2		Student Schedule Assigned on 1 st Day of Term 2	
1:00pm					Massage & Spa Techniques (II) *7 12:30 – 4:00
1:30pm		(7 hrs/week during regular term)		(7 hrs/week during regular term)	
2:00pm		*extends 4 weeks after classes		*extends 4 weeks after classes	
2:30pm					
3:00pm					
3:30pm					

Term 1 Course Descriptions

Anatomy & Physiology (II) *7

Distance Hours: 7 Hours per week
Pre-requisite: Anatomy & Physiology (I)

Building on the knowledge you gained in Anatomy & Physiology (I), this second level relates pathologies to specific body systems and uncovers a deeper understanding of the body systems.

Assessment & Case Management *5

Distance Hours: 5 Hours per week

Preparing you to manage your Massage Therapy cases, this course covers intake & assessment, charting & client follow-up, scope of practice & client referrals, and business requirements of the practicing Massage Therapist.

Conscious Communication & Practice (II) *5

Distance Hours: 5 Hours per week
Pre-requisite: Conscious Communication & Practice (I)

Continuing in the program's unique approach to self-development, this course covers topics including resolving conflict, action & reaction responses, professional conduct & strategies, and community development & maintenance.

Relaxation Massage & Spa Techniques (II)*7

Onsite Schedule: Fridays, 10:00 – 11:30am; AND
Fridays, 12:30 – 4:00pm

Distance Hours: Not applicable

Pre-requisite: Relaxation Massage & Spa Techniques (I)

Building on the techniques learned in Term 1, this course covers the discovery of different massage & spa modalities, hydrotherapy & spa applications, relaxation massage routine & techniques, as well as an introduction to Swedish massage, Ayurvedic treatments, acupressure and reflexology.



Massage & Spa Practicum (I) *7+

Onsite Schedule: Tuesdays and Thursdays, schedule determined prior to start of practicum
7 hours per week for 16 weeks (regular term)
18 hours per week for 4 weeks (extends after regular term)

Distance Hours: Not applicable

Our comprehensive practicum prepares you in becoming a skilled and practiced Massage Therapist. Focus is hands-on application of massage & spa procedures as well as client care & communication.