

# Massage & Spa Practitioner Diploma (1000 hrs)

## FULLY ONSITE PROGRAM

### Term 1 Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am	<b>Anatomy &amp; Physiology (I) *7</b> 10:00 – 12:00	<b>Study Day</b>	<b>Foundations of Massage *5</b> 10:00 – 11:30	<b>Study Day</b>	<b>Massage &amp; Spa Techniques (I) *7</b> 10:00 – 11:30
10:30am					
11:00am					
11:30am	<b>BREAK</b> 12:00 – 1:00		<b>Anatomy &amp; Physiology (I) *7</b> 12:30 – 2:00		<b>Massage &amp; Spa Techniques (I) *7</b> 12:30 – 4:00
12:00pm					
12:30pm	<b>Conscious Communication *5</b> 1:00 – 2:30		<b>Conscious Communication *5</b> 2:15 – 3:45		
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					

## Term 1 Course Descriptions

### **Anatomy & Physiology (I) \*7**

*Onsite Schedule:* Mondays, 10:00 – 12:00pm  
Wednesdays, 12:30 – 2:00pm

*Distance Hours:* 3.5 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**

*Onsite Schedule:* Wednesdays, 10:00 – 11:30am

*Distance Hours:* 3.5 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**

*Onsite Schedule:* Mondays, 1:00 – 2:30pm  
Wednesdays, 2:15 – 3:45pm

*Distance Hours:* 2 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**

*Onsite Schedule:* N/A

*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	<b>Anatomy &amp; Physiology (II) *7</b> 10:00 – 12:00	<b>Practicum I *7+</b>  184 hours Onsite Practicum Experience  Student Schedule Assigned on 1 <sup>st</sup> Day of Term 2  (7 hrs/week during regular term)  *extends 4 weeks after classes	<b>Assessment &amp; Case Mgmt. *5</b> 10:00 – 11:30	<b>Practicum I *7+</b>  184 hours Onsite Practicum Experience  Student Schedule Assigned on 1 <sup>st</sup> Day of Term 2  (7 hrs/week during regular term)  *extends 4 weeks after classes	<b>Massage &amp; Spa Techniques (II) *7</b> 10:00 – 11:30
10:30am					
11:00am					
11:30am					
12:00pm	<b>BREAK</b> 12:00 – 1:00		<b>BREAK</b> 11:30 – 12:30		<b>BREAK</b> 11:30 – 12:30
12:30pm	<b>Conscious Communication *5</b> 1:00 – 2:30		<b>Anatomy &amp; Physiology (II) *7</b> 12:30 – 2:00		<b>Massage &amp; Spa Techniques (II) *7</b> 12:30 – 4:00
1:00pm					
1:30pm					
2:00pm					
2:30pm			<b>Conscious Communication *5</b> 2:15 – 3:45		
3:00pm					
3:30pm					

## Term 1 Course Descriptions

### **Anatomy & Physiology (II) \*7**

*Onsite Schedule:* Mondays, 10:00 – 12:00pm  
Wednesdays, 12:30 – 2:30pm

*Distance Hours:* 3.5 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**

*Onsite Schedule:* Wednesdays, 10:00 – 11:30am

*Distance Hours:* 3.5 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**

*Onsite Schedule:* Mondays, 1:00 – 2:30pm  
Wednesdays, 2:15 – 3:45pm

*Distance Hours:* 2 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:* Mondays, 12:30 – 2:30pm  
Wednesdays, 2:25 – 3:45pm  
Fridays, 12:30 – 2:00pm

*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.