

Therapeutic Massage Therapy Diploma (1200 hrs)

1200 hr Diploma is Level 2 in Program, resulting in 2200 hr Program Hours

DISTANCE & ONSITE COMBINED PROGRAM

Term 1 Weekly Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--------|---|-----------|---|---|
| 10:00am | | | | | Therapeutic Massage & Exercise *7 10:00 – 11:30 |
| 10:30am | | | | | |
| 11:00am | | | | | |
| 11:30am | | Clinical Practicum I *5+ 86 hours Onsite Practicum Experience Student Schedule Assigned on 1 st Day of Term 1 (5 hrs/week) | | Clinical Practicum I *5+ 86 hours Onsite Practicum Experience Student Schedule Assigned on 1 st Day of Term 1 (5 hrs/week) | BREAK 11:30 – 12:30 |
| 12:00pm | | | | | |
| 12:30pm | | | | | Therapeutic Massage & Exercise *7 12:30 – 4:00 |
| 1:00pm | | | | | |
| 1:30pm | | | | | |
| 2:00pm | | | | | |
| 2:30pm | | | | | |
| 3:00pm | | | | | |
| 3:30pm | | | | | |

Term 1 Course Descriptions

Advanced Anatomy & Physiology (I) *7

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

Advancing further into study of the body, you will begin to appreciate the body as a complex network. Focus of this course is in-depth study of the musculoskeletal anatomy, including muscles, bones and ligaments.

Clinical Massage Theory & Practice (I) *5

Distance Hours: 5 Hours per week
Pre-requisite: Assessment & Case Management

Continuing with client studies, you will focus on integration of intake, assessment & treatment planning. Further to basic skills in client relation and communication, you will develop advanced assessment techniques, massage techniques & treatment planning, advanced charting & client follow-up and scope of practice & client referrals.

Conscious Communication & Practice (III) *5

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

As self-awareness and development grows, we will address the study of neuro-anatomy & its relation to individual experience. Furthering our studies is the focus on client communication skills (verbal & non-verbal) as well as personal intuition, perception & actuality.

Pathology & Kinesiology *7

Distance Hours: 7 Hours per week

This introductory study of Pathology & Kinesiology is approached in terms of treating the body as a whole. Studies in nutrition will also be addressed and include nutritional requirements, deficiencies and metabolism.

Therapeutic Massage & Exercise *7

Onsite Schedule: Fridays, 10:00 – 11:30am and 12:30 - 4:00pm

Distance Hours: 2 hours

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

Learning by doing is the approach in this hands-on course, which will introduce new therapeutic treatment techniques. The focus is on developing outcome-based treatments, and addresses numerous orthopaedic treatments, as well as providing techniques/approaches to pain & stress management.

Clinical Practicum (I) *5+

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

Distance Hours: Not applicable

Our comprehensive practicum prepares you in becoming a skilled and practiced Therapeutic Massage Therapist. Focus is hands-on application of therapeutic & relaxation massage procedures as well as hydrotherapy and understanding business practices & client communication.

Therapeutic Massage Therapy Diploma (1200 hrs)

1200 hr Diploma is Level 2 in Program, resulting in 2200 hr Program Hours

Term 2 Weekly Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--------|--|-----------|--|--|
| 10:00am | | | | | Therapeutic Massage & Treatment Techniques (II) *7 10:00 – 11:30 |
| 10:30am | | | | | |
| 11:00am | | Clinical Practicum II *7+ | | Clinical Practicum II *7+ | |
| 11:30am | | | | | |
| 12:00pm | | 138 hours Onsite Practicum Experience | | 138 hours Onsite Practicum Experience | BREAK 11:30 – 12:30 |
| 12:30pm | | | | | |
| 1:00pm | | Student Schedule Assigned on 1 st Day of Term 2 | | Student Schedule Assigned on 1 st Day of Term 2 | |
| 1:30pm | | (7 hrs/week) | | (7 hrs/week) | Therapeutic Massage & Treatment Techniques (II) *7 12:30 – 4:00 |
| 2:00pm | | *extends 4 weeks after classes | | *extends 4 weeks after classes | |
| 2:30pm | | | | | |
| 3:00pm | | | | | |
| 3:30pm | | | | | |

Term 2 Course Descriptions

Advanced Musculoskeletal Anatomy *7

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

Further to your advanced studies in anatomy & physiology, this course will provide you with in-depth knowledge of musculoskeletal anatomy including muscle origins & insertions and body landmarks. Focus in this course is hands-on understanding of musculoskeletal anatomy.

Conscious Communication & Practice (IV) *3

Distance Hours: 3 Hours per week
Pre-requisite: Conscious Communication & Practice (III)

A consciousness-based approach to the Massage Therapy profession includes personal, professional and community development. In this course, we will address professional conduct & strategies for problem resolution. Expanding our scope, we will address business practices & development, as well as community development & maintenance.

Neuroanatomy & Physiology *5

Distance Hours: 5 Hours per week
Pre-requisite: Advanced Anatomy & Physiology (II)

The study of the brain & higher function is more than the functional aspects of learning & memory. It also includes the subtle features of awareness, development and brain communication.

Special Populations – Maternal & Pediatric Massage *3

Distance Hours: 3 Hours per week

As your therapeutic treatment skills develop, it is important to readily adapt to different populations. Addressed in this Maternal & Pediatric Massage course are the indications & contraindications to treatment as well as hands-on practice of basic techniques.

Therapeutic Massage & Treatment Techniques (II)*7

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

Distance Hours: Not applicable

Pre-requisite: Therapeutic Massage & Exercise

Continuing to build upon the foundation of massage & treatment techniques learned, this course covers advanced therapeutic treatment techniques, sports massage & athletic treatments, pain & stress management and comprehensive orthopaedic treatments. Focus is hands-on technique practice and developing outcome-based treatments.

Clinical Practicum (I) *7+

Onsite Schedule: Tuesdays and Thursdays, schedule determined prior to start of practicum
7 hours per week for 16 weeks (regular term)
7 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 Therapeutic Massage Therapist. Focus is hands-on application of therapeutic & relaxation massage procedures, assessment techniques, as well as hydrotherapy and understanding business practices & client communication.