

Massage Therapy



Massage Therapy is the manipulation of the soft tissues of the body including muscles, tendons, ligaments and joints. Massage therapy is appropriate for the promotion of health and wellness, stress reduction, and the treatment of acute and chronic conditions that affect the soft tissues of the body. The motivation to provide health care assistance to others through touch is a necessary component for considering a career in massage therapy.

Massage Therapy Diploma Program
Program Length: 2200 hours
Program Start : September/January
Full-time and Part-time Options Available

YEAR I

ANAT100 - Anatomy

This course introduces students to the study of gross anatomy and emphasizes a functional approach to the study of body structure. The course focuses on the skeletal, neuromuscular and cardiovascular systems. Palpation classes focus on location, function and terminology used to describe the musculoskeletal system.

CATS100 - Clinical Assessment & Treatment Skills

This course focuses on the development of fundamental skills, knowledge and attitudes required of massage therapists, including communication skills, professionalism, ethics and jurisprudence. The course emphasizes the treatment of basic musculoskeletal and systemic conditions integrating clinical anatomy, pathophysiology, assessment and treatment.

MAHT100 - Massage & Hydrotherapy

This course introduces students to the safe and effective application of massage techniques and hydrotherapy modalities, with special attention to correct therapist ergonomics.

PATH100 - Pathophysiology

This course integrates the study of normal body function (physiology), dysfunction (pathology) and the relationship between them. Lectures focus on topics relevant to the study of massage therapy: soft tissue, musculoskeletal, nervous and cardiovascular systems. The course provides a theoretical foundation for understanding the effects of massage therapy applications.

TECL100 - Teaching Clinic

This course introduces students to diverse aspects of clinical practice under the supervision of qualified Massage Therapists. Students provide massage treatments to members of the public with a relaxation focus for simple musculoskeletal conditions, and have an opportunity to apply and develop various skills learned in class.



YEAR II

CATS200 - Clinical Assessment & Treatment Skills

This course builds on knowledge acquired in Year I and requires increased proficiency in clinical assessment and treatments. The course focuses on the treatment of advanced musculoskeletal conditions, neuropathies and systemic conditions.

CLSK200 - Clinical Skills

This module is an integral component of CATS200 and focuses on enhancement of anatomical palpation and assessment skills, emphasizing an effective and rationale approach to assessment and clinical decision making.

CLDM200 - Clinical Decision-Making

Introduction to research literacy – reading, assessing and applying research findings. Students also hone skills in developing and implementing a systematic approach to forming valid clinical impressions based on key parameters and comparing clinical data. Study case methodology supports learning.

ELCT200 - Electives

The series of elective modules introduce students to different focus areas enabling them to expand upon their basic knowledge and understanding in specific areas, and enhances their ability towards achieving excellence in the practice of massage therapy. Course offering is subject to change.

MAPD200 - Myofascial Approach to Postural Dysfunction

This course introduces students to myofascial techniques focusing on selective and appropriate use of techniques, and their integration into a massage treatment.

PATH200 - Pathophysiology

The focus of the course is on understanding pathophysiological processes in various body systems. Special topics relevant to the practice of massage therapy are introduced, including neuroanatomy, neuropathies, pain and stress.

PRMT200 - Practice Management

This course introduces students to the issues related to career development and practice management in massage therapy.

TECL200 - Teaching Clinic

The Clinical Education component of the program enables students to assess and treat members of the public in a safe and supportive learning environment. Professionalism and effective communication with clients is an integral part of the course.

The unique ICT program introduces students to Student-Centered-Interactive-Learning (SCIL) which enhances one's understanding of process and encourages the development of critical thinking skills essential to valid clinical decision making, which are the key to the safe and effective practice of massage therapy.

PROGRAM COURSE HOURS

YEAR I	Hours	YEAR II	Hours
ANAT100	270	CATS200	430
CATS100	356	CLSK200	80
MAHT100	140	CLDM200	40
PATH100	264	ELCT200	40
TECL100	70	MAPD200	40
		PATH200	210
		PRMT200	40
		TECL200	220

CAREER ATTRIBUTES:

- You must enjoy providing health care.
- You must be compassionate.
- You are comfortable with touching others.
- You possess an analytical mind.
- You are good at sciences.
- You can work as part of a team or independently.

WORK SETTINGS:

Massage therapists work in various settings including interdisciplinary health care clinics, hospitals, private practice, Spas, and corporate health and wellness facilities.

ADMISSION REQUIREMENTS:

- Must hold a secondary school diploma/ certificate or its equivalent.
- A candidate who does not fulfill these minimum requirements but is 18 years of age or older may apply as a mature student. A mature student must submit a copy of proof of age with the application. Candidates who apply as a mature student will be required to pass an adult literacy test.

PROVINCIAL LICENSING/ PROFESSIONAL MEMBERSHIP:

Graduates are eligible to apply for provincial registration examinations in Ontario and Newfoundland and Labrador. Graduates may work as massage therapists in unregulated provinces and territories upon graduation. Graduates may join national or provincial professional massage therapy associations across Canada and the United States.

ATHABASCA UNIVERSITY - Degree in Health Sciences:

Graduates of the ICT Schools Massage Therapy Program can apply up to 30 credits towards a Bachelor of Science Degree in Human Sciences at Athabasca University. Let the tuition for your Massage Therapy Diploma also pay for the first year of your university degree.

For more information contact:

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