

# MASSAGE THERAPY

---

## Program Outline

<b>Major:</b>	MASG MASF (Fast Track)
<b>Length:</b>	3 Years 2 Years (MASF)
<b>Delivery:</b>	6 Semesters
<b>Credential:</b>	Ontario College Advanced Diploma
<b>Effective:</b>	2014-2015
<b>Location:</b>	Barrie (MASF), Barrie (MASG)
<b>Start:</b>	Fall (Barrie (MASF), Barrie (MASG)), Winter (Barrie (MASF))

---

### Description

This program provides students with the knowledge and skills necessary to meet the entry-level standards of practice as set out by the College of Massage Therapists of Ontario through a blend of theoretical and effective treatment instruction. Students will participate in clinics and outreach practice settings that enable them to develop the necessary skills to perform an effective plan of care. This program is offered with both traditional and fast-track deliveries. Students can take the program in either the traditional delivery consisting of 6 semester offered over 3 years with a break during the summers, or elect to fast-track by studying 6 semesters straight over a 2 year period without any breaks.

NOTE: Applicants following the fast track will apply through OCAS using the major MASF. Winter intake is offered as fast track only; Fall intake regular and fast track.

### Career Opportunities

A Massage Therapist is a valued member of the Health Care Team. Graduates will be able to work in a health care profession that supports and promotes the health, well being, and quality of life of their clients. Graduates may give direct client care in the following settings: Chiropractic Clinics, Physiotherapy Clinics, Hospitals, Medical and Health Centres, Private Physicians' Offices, Long Term Care Facilities, Professional and

Amateur Sports Teams, Fitness Institutes, Aesthetic and Health Spas, Private Corporations/Industries, Teaching Environments.

### **Program Learning Outcomes**

The graduate has reliably demonstrated the ability to:

- apply critical thinking processes in problem solving and decision-making in client assessment, development of treatment plan, treatment, and on-going care;
- access current and pertinent research to self-reflect, self-direct and create best practices and current outcomes;
- apply generic skills for life-long learning and for personal and professional growth;
- establish professional relationships with Massage Therapy colleagues and members of interdisciplinary and community teams;
- influence the advancement of the Massage Therapy profession;
- practice and promote Massage Therapy within the Code of Ethics and the Standards of Practice;
- promote and evaluate the benefits of Massage Therapy treatment to the public;
- define professional development strategies that lead to the enhancement of work performance, career opportunities and keep pace with industry and environmental changes;
- maintain professional readiness to ensure quality care;
- apply appropriate business principles to a massage therapy practice;
- recognize and stress the importance of utilizing environmentally friendly products and supplies within the work environment;
- respond to environmental issues related to the Massage Therapy trade and keeps pace with industry and environmental changes.

### **External Recognition:**

The graduate of this program will be recommended to the College of Massage Therapists of Ontario to write the provincial registration examinations. Successful completion of these examinations and compliance with the Regulated Health Professions Act will entitle you to become a Registered Massage Therapist and a member of the College of Massage Therapists of Ontario.

Please note: The College of Massage Therapists of Ontario (CMTO) is the body responsible for regulating massage therapy in Ontario and sets entry to practice requirements that massage therapists must meet to become registered in Ontario. The CMTO is dedicated to excellence in protecting the public, serving its members, and promoting the highest possible quality of the practice of massage therapy in a safe and ethical manner.

**The Program Progression:**

Fall Intake - Barrie (MASG)

Sem 1	Sem 2	Sem 3	Sem 4	Sem 5	Sem 6
Fall 2014	Winter 2015	Fall 2015	Winter 2016	Fall 2016	Winter 2017

Fall Intake - Barrie (MASF)

Sem 1	Sem 2	Sem 3	Sem 4	Sem 5	Sem 6
Fall 2014	Winter 2015	Summer 2015	Fall 2015	Winter 2016	Summer 2016

Winter Intake - Barrie (MASF)

Sem 1	Sem 2	Sem 3	Sem 4	Sem 5	Sem 6
Winter 2015	Summer 2015	Fall 2015	Winter 2016	Summer 2016	Fall 2016

**Articulation:**

A number of articulation agreements have been negotiated with universities and other institutions across Canada, North America and internationally. These agreements are assessed, revised and updated on a regular basis. Please contact the program co-ordinator for specific details if you are interested in pursuing such an option. Additional information can be found on our website at

<http://www.georgianc.on.ca/academics/articulations/>

**Admission Requirements:**

You must meet ONE of the following requirements to be eligible for admission to these programs:

Secondary school applicants:

- OSS Curriculum: OSSD or equivalent with Grade 12 English C or U (ENG4C, ENG4U); plus Grade 11 C or U, or 12 U Biology (SBI3U/C, SBI4U) or Grade 12 U Exercise Science (PSE4U). Also recommended: Grade 11 or 12 U Chemistry or Grade 12 C Chemistry (SCH3U, SCH4C, SCH4U) OR Grade 11 or 12 U Physics or Grade 12 C Physics (SPH3U, SPH4U, SPH4C).

Non-Secondary school applicants (19 years or older):

- Any credit Communication course and most credit biology courses taken at Georgian College  
 - College preparatory programs including those taken at Georgian College: Pre-health Sciences\*

- Equivalent courses in English and biology taken through secondary school or Independent Learning Centres (at the general, advanced, college or university level)
- Academic and Career Entrance Certificate (ACE) program with communications and biology
- Mature student testing in English and testing/challenge exam in biology that meets the minimum standards for admission (available through most testing services)\*
- Ontario High School Equivalency Certificate (GED) plus biology.
- English, Literature or Communication credit courses and most biology credit courses from accredited colleges/universities
- If home schooled, applicants can write the mature student testing in English and testing/challenge exam in biology that meets the minimum standards for admission (available through testing services)\*

\* available from Georgian College. For a complete listing please contact the Office of the Registrar.

Non-secondary school applicants who are 19 years of age or over by the first day of classes, and who lack the academic entrance qualifications, may be considered for entrance to an appropriate post-secondary diploma or certificate program as mature applicants. Mature applicants must meet all program specific prerequisites including all selection criteria; equivalencies are stated above. Applicants who are unsure whether they meet admission requirements should contact the Office of the Registrar. In addition, those applying as mature students and having no documentation of Grade 12 education must supply, if required, proof of age, such as a copy of an official birth certificate or driver's licence. Refer to Section 2.5 and 2.6 of the Academic Calendar for further details.

#### Credit transfer and course exemptions:

Applicants who have taken courses from a recognized and accredited post-secondary institution and/or have relevant life/learning experience may be eligible for credit transfer/course exemptions. Courses/experience must match at least 80% of the learning outcomes of a Georgian College course with a minimum grade of 60% or C achieved in previous coursework; some program exceptions apply (see program outline). For further information please visit the Credit Transfer Centre website: [georgiancollege.ca/admissions/credit-transfer/](http://georgiancollege.ca/admissions/credit-transfer/)

#### **Selection Process:**

Selection is based on admission requirements and academic grades.

#### **Criminal Reference Check:**

Placement agencies require an up-to-date clear criminal reference check and vulnerable sector check prior to going out on placement. Students should obtain their criminal

reference check approximately one month prior to placement; checks conducted earlier may not be considered current. As some jurisdictions require longer lead-time for processing, please check with the program co-ordinator to ensure you allow for sufficient turn-around time. Students are required to provide these checks prior to placement start.

NOTE: A record of criminal offences, for which a pardon has not been granted, may prevent the student from completing their placement, thereby affecting their ability to graduate.

**Additional Information:**

Applicants must have an up-to-date immunization record in compliance with the Public Hospitals Act. Completion and submission of this record is required during registration in order to ensure your placement in clinical and field placement facilities. Students who do not provide this proof of Registration Requirement may be unable to complete clinical and field placements.

A Hepatitis B vaccination is required for your own safety.

To be eligible for all practicum placements, students must have:

- Level HCP CPR and Standard First Aid on admission to the program. Level HCP CPR must be renewed annually while in the program
- A completed Clinical Preparedness Permit
- A current police record check including a vulnerable sector screen
- A record of mask fit test, renewed every two years (will be done at the college in Semester One)

Proof of two (1 hour) massage therapy treatments by 2 separate RMTs is recommended and must be presented prior to Clinical placement.

**Graduation Requirements:**

- 27 Mandatory Courses
- 2 Communications Courses
- 5 General Education Courses

**Graduation Eligibility:**

To graduate from this program, the passing weighted average for promotion through each semester, from year to year and to graduate is 60%. Additionally, a student must attain a minimum of 50% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester.

#### Mandatory Courses

BIOL1005	Pathology 1
BIOL1007	Pathology 2
BIOL1014	The Essential Body
BIOL1015	Human Physiology
BIOL2002	Pathology 3
BIOL3001	Neuroanatomy
BUSI3007	Business Principles for the Regulated Professional
HLTH1003	Preparation for Clinical Practice
MASG1001	Therapeutic Relationships
MASG1004	Massage Theory and Practice 1
MASG1005	Clinical Anatomy 1
MASG1006	Massage Theory and Practice 2
MASG2002	Clinical Anatomy 2
MASG2003	Massage Theory and Practice 3
MASG2004	Clinical Assessment
MASG2005	Clinical Practice 1
MASG2006	Massage Theory and Practice 4
MASG2007	Remedial Exercise
MASG2008	Clinical Practice 2
MASG2009	Outreach 1
MASG3005	Massage Theory and Practice 5
MASG3006	Clinical Practice 3
MASG3007	Outreach 2
MASG3008	Massage Theory and Practice 6
MASG3009	Massage Practice Consolidation
MASG3010	Outreach 3
MASG3011	Clinical Practice 4

#### Communications Courses

To be selected at time of registration from the College list, as determined by testing.

#### General Education Courses

To be selected from College list

#### **Course Descriptions:**

##### **BIOL1005 Pathology 1 42.0 Hours**

This course will introduce the student to the basic principles of the study of disease and dysfunction. Course concepts will focus on the cause, development and progress of disease, and how the body is affected. The integumentary, musculoskeletal, immune, and reproductive systems will be examined.

P- BIOL1015 Human Physiology and (P- MASG1005 Clinical Anatomy 1 or P- BIOL1006 Anatomy and Physiology 2) and C- MASG2003 Massage Theory and Practice 3

**BIOL1007 Pathology 2 42.0 Hours**

This course will continue the study of disease and dysfunction. Course concepts will focus on the cause, development and progress of disease, and how the body is affected. The pathologies of the cardiovascular, respiratory, gastrointestinal and renal systems will be examined.

P- BIOL1005 Pathology 1 and C- MASG2006 Massage Theory and Practice 4

**BIOL1014 The Essential Body 42.0 Hours**

This course will provide the student with a foundational overview of human anatomy from a systems perspective including but not limited to the gastrointestinal, cardiovascular, respiratory, renal, integumentary, immune, endocrine and reproductive systems. Focus will be on the inter relationships of these systems as it relates to normal human function.

**BIOL1015 Human Physiology 42.0 Hours**

This course provides a systems approach to the normal physiological processes of the body to maintain homeostasis. The content will provide the foundation of information which will allow an increased understanding of the changes seen in pathological states studied further throughout the program.

P- BIOL1014 The Essential Body or P- BIOL1004 Anatomy and Physiology 1

**BIOL2002 Pathology 3 42.0 Hours**

This course will continue the study of disease and dysfunction. Course concepts will focus on the cause, development and progress of disease, and how the body is affected. The pathologies of the neurological & endocrine systems and special senses will be examined.

**BIOL3001 Neuroanatomy 42.0 Hours**

This course introduces the student to the normal structure and function of the nervous system and its divisions. Neurological assessment will be examined in more depth and clinical strategies will be presented. Recent theories on pain and its presentations will be addressed.

P- MASG2004 Clinical Assessment or P- FITN2002 Biomechanics and Kinesiology

**BUSI3007 Business Principles for the Regulated Professional 42.0 Hours**

In today's economic reality, many health care professionals will find themselves either self-employed, or employed on a part-time basis or on a contract by a small business. Students in this course will learn about their rights and responsibilities under various forms of employment. Students will also be exposed to the basic business concepts for establishing and operating a successful small business in their chosen health care field, and under the guidelines provided by the appropriate College and/or regulatory agency.

P- MASG3005 Massage Theory and Practice 5 or P- DENT1047 Introduction to the Dental Hygiene Profession or P- DENT1045 Introduction to the Dental Hygiene Profession

**HLTH1003 Preparation for Clinical Practice 42.0 Hours**

This course will assist the student in preparing for entry into clinical practice within Georgian College. The student will learn the characteristics of a positive client/practitioner relationship and the professional and ethical responsibilities related to client care. In addition the student will learn how to collect client information consistent with current privacy regulations and professional standards of practice. Finally students will experience how to share information with other health care professionals within the client's Circle of Care.

P- MASG1001 Therapeutic Relationships or P- DENT1044 Pre-Clinical Dental Hygiene

**MASG1001 Therapeutic Relationships 42.0 Hours**

This course will introduce the student to the Code of Ethics and the Standards of Practice for massage therapists and to the legislative, regulatory and general healthcare principles required for clinical practice. Emphasis will be placed on development of verbal and non-verbal skills for effective communication with clients and other healthcare providers. The principles presented in this course will be reviewed, stressed and built upon throughout the student's three year learning experience.

**MASG1004 Massage Theory and Practice 1 84.0 Hours**

This course introduces students to massage therapy from ancient origins to present applications. Basic massage therapy techniques and their positive and negative physiological effects will be presented. Students will be able to identify impairments and create outcomes to form a treatment plan. It will provide the student with strategies to prepare for the challenges of the profession including self care and nutrition. In preparation for clinical experiences, the lab setting will enable the student to reinforce theoretical concepts from a foundational level.

**MASG1005 Clinical Anatomy 1 84.0 Hours**

This course continues the study of human anatomy with emphasis on the axial body. It will include the study of the bones, joints and muscles. This will enhance the student's ability to make critical thinking decisions in the public clinic. This is a theory and lab course with the lab component reinforcing the content in the theory class. Skills labs will include but are not limited to palpations and muscle testing.

**MASG1006 Massage Theory and Practice 2 84.0 Hours**

This course builds upon the basic techniques learned in Massage Theory and Practice 1. The student will learn a variety of more advanced skills including hydrotherapy, range of motion assessment, interpreting case histories, advanced massage techniques and creating a treatment plan. Pharmacology and its implications with regard to massage will also be discussed.



P- MASG1004 Massage Theory and Practice 1 or P- MASG1000 Massage Theory and Technqs 1

**MASG2002 Clinical Anatomy 2 84.0 Hours**

This course continues the study of human anatomy with emphasis on the appendicular body. It will include the study of the bones, joints and muscles. This will enhance the student's ability to make critical thinking decisions in the public clinic. This is a theory and lab course with the lab component reinforcing the content in the theory class. Skills labs will include but are not limited to palpations and muscle testing.

P- MASG1005 Clinical Anatomy 1

**MASG2003 Massage Theory and Practice 3 84.0 Hours**

This course introduces the student to the treatment of musculoskeletal pathologies that may be presented in a massage therapy practice. It will include postural dysfunctions, repetitive strain injuries and pathologies which require treatment modifications. The lab component will incorporate the material and concepts presented in anatomy, physiology, pathology and previous massage theory courses. This will reinforce the student's ability to perform a safe and effective massage treatment.

P- MASG1006 Massage Theory and Practice 2 and C- MASG2002 Clinical Anatomy 2 and C- MASG2004 Clinical Assessment

**MASG2004 Clinical Assessment 42.0 Hours**

This course will prepare students to assess and reassess clients using an outcome based approach. Students will study the theory of various assessments and outcome measures to perform a comprehensive assessment in a lab setting. The student will use a systematic approach to aid in the development of a clinical impression. This impression will provide the foundation of the client's plan of care.

P- MASG1006 Massage Theory and Practice 2 and C- MASG2002 Clinical Anatomy 2 and C- MASG2003 Massage Theory and Practice 3

**MASG2005 Clinical Practice 1 42.0 Hours**

This course is the student's first experience treating clients in the public clinic. Students will have to meet certain competencies related to previous and current courses. Emphasis will be placed on the fundamentals of critical thinking through treatment planning. Students will work in the public clinic once per week for the entire semester.

P- HLTH1003 Preparation for Clinical Practice

**MASG2006 Massage Theory and Practice 4 84.0 Hours**

This course introduces the student to the treatment of cardiovascular, lymphatic, respiratory and gastrointestinal pathologies in a massage therapy practice. The role of massage therapy in palliative care will be studied. The lab component will incorporate the material and concepts presented in anatomy, physiology, pathology and previous massage theory courses. This will reinforce the student's ability to perform a safe and effective treatment.

P- MASG2005 Clinical Practice 1 and C- BIOL1007 Pathology 2

#### MASG2007 Remedial Exercise 42.0 Hours

The students will learn the principles behind stretching, strengthening, mobilization, and aerobic activity in order to effectively incorporate remedial exercise prescription into their treatments. This course studies the use of exercise for prevention and rehabilitation of injury, including structure and progression of range of motion exercise, stretches and strength building, including functional exercises.

P- MASG2002 Clinical Anatomy 2

#### MASG2008 Clinical Practice 2 42.0 Hours

This course continues with the student's experience in the public clinic. Students will have to meet certain competencies related to previous and current courses. Emphasis will be placed on further developing the critical thinking skills of the clinicians through the creation of treatment plans and client self-care.

P- MASG2005 Clinical Practice 1 and P- MASG2004 Clinical Assessment

#### MASG2009 Outreach 1 42.0 Hours

This course introduces the student to treatment experiences outside of the public clinic. The student will perform treatments specific to the group or institution involved. This may take place either on-campus or within the community.

(P- MASG2000 Massage Assessment, Treatment and Practice 1 or P- MASG2005 Clinical Practice 1) and (P- FITN2002 Biomechanics and Kinesiology or P- MASG2004 Clinical Assessment)

#### MASG3005 Massage Theory and Practice 5 84.0 Hours

This course introduces the student to the treatment of neurological conditions and arthritic pathologies that may be presented in a massage therapy practice. The lab component will incorporate the material and concepts presented in anatomy, physiology, pathology and previous massage theory courses. This will reinforce the student's ability to perform a safe and effective treatment. Students will consolidate theory and treatment applications relevant to the clinical presentations discussed.

(P- MASG2008 Clinical Practice 2 or P- MASG2001 Massage Assessment, Treatment and Practice 2) and C- BIOL2002 Pathology 3

#### MASG3006 Clinical Practice 3 42.0 Hours

This course continues with the student's experience in the public clinic. Students will have to meet certain competencies related to previous and current courses. Emphasis will be placed on further developing the critical thinking skills of the clinicians through the creation of treatment plans, exercise prescription, client self-care and the evaluation of the treatment plan.

(P- MASG2001 Massage Assessment, Treatment and Practice 2 or P- MASG2008 Clinical Practice 2) and (P- MASG2007 Remedial Exercise or P- FITN2003 Exercise Theory)

#### MASG3007 Outreach 2 42.0 Hours

This course continues to have the student to treatment experiences outside of the public clinic. The student will perform treatments specific to the group or institution involved. This may take place either on-campus or within the community.

(P- MASG2008 Clinical Practice 2 or P- MASG2001 Massage Assessment, Treatment and Practice 2) and (P- MASG2007 Remedial Exercise or P- FITN2003 Exercise Theory)

#### MASG3008 Massage Theory and Practice 6 84.0 Hours

This course will combine theory and practice to have students apply more advanced techniques to more complex disorders. The lab is a component of the course and provides the student with the opportunity to practice and consolidate material both newly learned and previously acquired skills.

P- MASG3006 Clinical Practice 3 and C- MASG3009 Massage Practice Consolidation

#### MASG3009 Massage Practice Consolidation 42.0 Hours

This course will enable the student to consolidate theoretical and practical knowledge. Students will be able to identify their strengths through comprehensive evaluations and oral practical exams. Through self reflection, the student will determine areas of required review.

P- MASG3005 Massage Theory and Practice 5 or (P- MASG3000 Massage Assessment Treatment and Practice 3 and P- MASG3001 Advanced Techniques 1) or P- BIOL2002 Pathology 3 and (P- BIOL3001 Neuroanatomy or P- BIOL2003 Anatomy and Physiology 4) and C- MASG3008 Massage Theory and Practice 6

#### MASG3010 Outreach 3 42.0 Hours

This course continues with the student's treatment experiences outside of the public clinic. The student will perform treatments specific to the group or institution involved. This may take place either on-campus or within the community.

P- MASG3006 Clinical Practice 3

#### MASG3011 Clinical Practice 4 42.0 Hours

This course continues the student's experience in the public clinic. Students will have to acquire certain competencies related to previous courses. Emphasis will be placed on further developing the critical thinking skills of the clinicians through the creation of treatment plans, exercise prescription, client self-care and the justification of the treatment plan.

P- MASG3006 Clinical Practice 3

### **Course Description Legend**

P = Prerequisite; C = Concurrent prerequisite; CO= Corequisite

*Information contained in College documents respecting programs is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market needs. The college reserves the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.*