

## MASSAGE THERAPY

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### Program Outline

|                    |                                  |
|--------------------|----------------------------------|
| <b>Major:</b>      | MASG<br>MASF (Fast Track)        |
| <b>Length:</b>     | 3 Years<br>2 Years (MASF)        |
| <b>Delivery:</b>   | 6 Semesters                      |
| <b>Credential:</b> | Ontario College Advanced Diploma |
| <b>Effective:</b>  | 2017-2018                        |
| <b>Location:</b>   | Barrie                           |
| <b>Start:</b>      | Fall (Barrie), Winter (Barrie)   |

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### 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

| Sem 1     | Sem 2       | Sem 3       | Sem 4     | Sem 5       | Sem 6       |
|-----------|-------------|-------------|-----------|-------------|-------------|
| Fall 2017 | Winter 2018 | Summer 2018 | Fall 2018 | Winter 2019 | Summer 2019 |

Fall Intake - Barrie

| Sem 1     | Sem 2       | Sem 3     | Sem 4       | Sem 5     | Sem 6       |
|-----------|-------------|-----------|-------------|-----------|-------------|
| Fall 2017 | Winter 2018 | Fall 2018 | Winter 2019 | Fall 2019 | Winter 2020 |

Winter Intake - Barrie

| Sem 1       | Sem 2       | Sem 3     | Sem 4       | Sem 5       | Sem 6     |
|-------------|-------------|-----------|-------------|-------------|-----------|
| Winter 2018 | Summer 2018 | Fall 2018 | Winter 2019 | Summer 2019 | Fall 2019 |

**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.georgiancollege.ca/admissions/credit-transfer/>

**Admission Requirements:**

OSSD or equivalent with

- Grade 12 English (C or U)
- Grade 11 or 12 Biology (C or U), or Grade 12 Exercise Science (U)

Mature students, non-secondary school applicants (19 years or older), and home school applicants may also be considered for admission. Eligibility may be met by applicants who have taken equivalent courses, upgrading, completed their GED, and equivalency testing. For complete details refer to: [www.georgiancollege.ca/admissions/policies-procedures/](http://www.georgiancollege.ca/admissions/policies-procedures/)

Applicants who have taken courses from a recognized and accredited post-secondary institution and/or have relevant life/learning experience may also be considered for admission; refer to the Credit Transfer Centre website for details: [www.georgiancollege.ca/admissions/credit-transfer/](http://www.georgiancollege.ca/admissions/credit-transfer/)

**Criminal Reference/Vulnerable Sector 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 three months 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 coordinator to ensure you allow for sufficient turn-around time. It is the students responsibility to provide the completed document prior to placement start.

NOTE: Individuals who have been charged or convicted criminally and not pardoned will be prohibited from proceeding to a clinical or placement.

**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 (see Criminal Reference Check below)
- 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 unless otherwise stated on the course outline.

**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**

In this course, students continue the study of disease and dysfunction. Students focus on the cause, development and progress of disease and how the body is affected. The pathologies of the neurological and endocrine systems and special senses are examined. Common medications used for these conditions are discussed.

P- BIOL3001 Neuroanatomy

**BIOL3001 Neuroanatomy 42.0 Hours**

In this course, students are introduced to the normal structure and function of the nervous system and its divisions. Students examine more in depth the Neurological assessment. Clinical strategies are presented. Recent theories on pain and its presentations are addressed.

## P- BIOL1038 Anatomy and Physiology for Massage Therapy 2

### 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 or C- OPTI1013 Basic Eyeglass Dispensing Theory or C- OPTI1003 Eyeglass Dispensing 1 or P- ALTM1000 Foundations of Traditional Chinese Medicine)

### 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

Students are introduced to the study of the bones, joints and muscles of the axial body which also includes the theory of stretching and strengthening, trigger points and

proprioceptive neuromuscular facilitation. This enhances the the ability of students to make critical thinking decisions when they enter into the public clinic. This content is reinforced in Practice Consolidation 1 where students apply their knowledge.

C- MASG1010 Practice Consolidation 1

#### 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

In this course, students continue the study of the musculoskeletal system with emphasis on the appendicular body. Students study the bones, joints and muscles of the body which also includes stretching and strengthening, trigger points and proprioceptive neuromuscular facilitation. This further enhances the knowledge the students have to critically think when entering the public clinic. This content is reinforced in Practice Consolidation 2 where students apply their knowledge.

P- MASG1005 Clinical Anatomy 1 and C- MASG1012 Practice Consolidation 2

#### 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



In this course, students gain their first experience treating clients in the public clinic. Students practice skills, professionalism, reflection and related Interjurisdictional competencies. Emphasis is placed on the fundamentals of critical thinking through treatment planning. Students work in the public clinic once per week for the entire semester.

P- MASG1013 Professionalism in Massage Therapy 2 and C- MASG2012 Clinical Assessment 1

#### 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

Building upon their experience in the public clinic. Students continue to practice skills, professionalism, reflection and related Interjurisdictional competencies. Emphasis is 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 C- MASG2015 Clinical Assessment 2

#### MASG2009 Outreach 1 42.0 Hours

In this course, students are introduced to treatment experiences outside of the public clinic. Students perform treatments specific to the group or institution involved. This may take place either on-campus or within the community.

P- BIOL2017 Pathology 1 and P- MASG2010 Massage Theory 3

#### 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

Students continue their experience in the public clinic, practicing skills, professionalism, reflection and related interjurisdictional competencies at an advanced level. 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- MASG2008 Clinical Practice 2

#### MASG3007 Outreach 2 42.0 Hours

In this course, students continue to have treatment experiences outside of the public clinic. Students perform treatments specific to the group or institution involved. Experiences may take place either on-campus or within the community.

P- MASG2013 Massage Theory 4

#### 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.*