

## Massage Therapy

### PROGRAM OBJECTIVES

The Massage Therapy program at Eastern College is designed to provide students with the highest quality in massage therapy education, ensuring that individual attention is given to all students through limited enrollment and direct interaction with the instructors.

The objective of this program is to educate students to be therapists with critical thinking skills. With a strong foundation in human functioning, the Massage Therapy program introduces students to a variety of soft tissue manipulation techniques for treating stress, pain and other physical conditions and disorders. Students develop the specialized knowledge, skills, and judgment needed for conducting a systematic client assessment, formulating a comprehensive and clinical impression, and for developing a specific treatment plan. The program emphasizes respect for clients and is designed to facilitate the student's growth as a health care professional.

### CAREER OPPORTUNITIES

Massage Therapists Associations require graduates from registered Massage Therapy programs to successfully complete standardized examinations in order to practice as Registered Massage Therapists.

The Eastern College Massage Therapy program and curriculum meets the accreditation standards of the Massage Therapy Association of Ontario (CMTO). The following provincial associations recognize the Eastern College Massage Therapy program: Massage Therapy Association of Nova Scotia (MTANS), Association of New Brunswick Massage Therapists (ANBMT), New Brunswick Masseur Association (NBMA) and Newfoundland and Labrador Massage Therapist Association (NLMTA).

Dynamic employment prospects, usually with good starting salaries, exist for graduates in private clinics, hospitals, spas, wellness centers, and geriatric facilities. Self-employment is also an option that is growing in popularity.

### PREREQUISITES

- Grade 12 diploma or equivalent or mature student status
- Clear code of conduct
- Vulnerable sector search

Note: completion of a standardized health form and immunization may be required

### GRADUATION REQUIREMENTS

A student must obtain an overall grade, in each module of at least 70% in order to graduate and receive a diploma. Students must meet the Clinical Placement requirements as detailed on this outline.

### PROGRAM OVERVIEW

<b>Course</b>	<b>Hours</b>
Student Success Strategies	20
Software Lab: Computer Fundamentals	40
Professional Business Ethics, Regulations and Business Practice	40
Human Relations	40
Public Health	20
Introduction to Massage Therapy and Medical Terminology	80
Anatomy, Physiology and Pathology:	
▪ Histology	40
▪ Integumentary System	40
▪ Osteology	100
▪ Arthrology	120
▪ Myology I and II	160
▪ Cardiology	80
▪ Respiratory System	60
▪ Introduction to Neurology	20
▪ Neurology CNS	60
▪ Neurology PNS	60
▪ Neurology ANS	60
▪ Endocrine System	40
▪ Lymphatic and Immune Systems	40
▪ Gastrointestinal System	60
▪ Urinary System	40
▪ Reproductive System	40
Assessment	60
Hydrotherapy	60

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Treatment of Specific Conditions	100
Kinesiology	120
Nutrition	20
Review I	20
Review II	20
Review III	20
Exam Prep	40
Career Planning and Preparation Level I	20
Career Planning and Preparation Level II	20
<b>Total Course Hours</b>	<b>1760</b>
<b>Practical/Clinic/Outreach* Hours</b>	<b>440</b>
<b>Total Program Duration (Hours)</b>	<b>2200</b>
<b>Total Program Duration (Weeks)</b>	<b>88</b>

\*Practical/clinic/outreach hours are in addition to class times. Students will be expected to be available for clinics on evenings and weekends through the duration of their program.

### COURSE DESCRIPTIONS

#### Student Success Strategies

In this orientation module, emphasis is placed on thinking about achieving success from Day One. This module stresses the importance of developing non-technical skills to enhance personal, academic, and career success. This includes understanding learning styles and honing practical study skills, such as memory, reading, note-and test-taking techniques. Personal exercises will focus on teamwork, decision making and problem solving skills, setting SMART goals and maintaining a positive attitude; techniques for managing change, stress and conflict will also be explored.

#### Software Lab: Computer Fundamentals

Through a combination of theory and hands-on-practice, this module examines the role and use of the computer in today's workplace. Emphasis is placed on those computers outfitted with the Microsoft Windows operating system. Students will review basic computer concepts, Windows OS usage, and complete hands-on training exercises in business-standard software applications, including Microsoft Outlook and Microsoft Word. Keyboarding skills are also honed via daily keyboarding exercises and drills.

#### Professional Business Ethics, Regulations and Business Practice

This course will familiarize students with the business principles as well as professional ethics and professional regulations. Students will be taught to recognize and analyze ethical issues encountered in the role of the massage therapist and the role of an entrepreneur. This module will provide the student with knowledge of the RHPA, MTA & CMTO Code of Ethics and Standards of Practice. Upon completion of the module the student will have an understanding of the governing bodies and legislation which protects both the therapist and the public.

#### Human Relations

The intent of this program is to enhance the student's communication skills, therapeutic relationships and professional interactions to prepare them for the real world as a massage therapist. The patient-therapeutic relationship between client and massage therapist will be explored, with emphasis on using proper communication skills and strategies when dealing with others. This course is designed to introduce students to the professional role and commitment of registered massage therapist as regulated healthcare professionals, with specific focus on developing the student's ability to understand the professional role and commitment meet professional and ethical requirements of practice and develop skill in critical thinking and decision-making.

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## **Massage Therapy**

### **Public Health**

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This course is designed to inform the student of the definition and role of Public Health in the community, and to provide knowledge and responsibilities of reportable disease, as well as the importance of sanitation. Students will form a broad picture of health, health determinants, health management and health care systems in order that the massage therapist may intelligently inform the client where additional information may be obtained if needed, and what services are available.

### **Introduction to Massage Therapy and Medical Terminology**

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This course is an introduction to the practical component of the Massage Therapy program and forms the basis from which clinical skills are developed. Students will be introduced to the history and will learn the theory of massage therapy to help develop a body of knowledge understood to be the basis of the practice of massage therapy. Medical terminology will be introduced. Students will also be exposed to Swedish techniques, bony landmarks and palpitations, as well as muscle origins and insertions. Current understandings of the physiological effects of massage therapy will be examined by integrating academic subjects and clinical issues and practice.

### **Anatomy, Physiology and Pathology Courses**

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Anatomy is the science of dealing with forms and structures of living organisms. This course introduces students to the study of gross anatomy and emphasizes a functional approach to the study of body structure with importance placed on the structures which will be encountered on a day-to-day basis in a clinical setting. The course focuses on the skeletal, neuromuscular and, to a lesser extent, the cardiovascular systems. The primary reason for learning anatomy is to enable the massage therapist to better assess and treat each client.

Physiology is the science which treats the functions and parts of the living organism, along with the physical and chemical factors and processes involved. This course provides a basic grounding in all aspects of human physiology with more emphasis placed on those systems fundamental to the student's ability to understand the appropriate application of techniques, as well as to appreciate the nature of pathological occurrences. The primary reason for learning physiology is to enable the massage therapist to formulate effective treatment plans. Anatomy and Physiology will be taught together so that the student will be able to integrate anatomy and physiology simultaneously within each body system.

Pathology is a branch of medicine treating the essential nature of disease, particularly the changes of body tissues and organs which cause or are caused by disease. The purpose of this course is to provide a basic grounding in all aspects of human pathology, with emphasis placed on those conditions studied in massage treatments and those contraindicated, outlining the physical characteristics, cause, and pathogenesis. For conditions highly relevant to massage practice, emphasis will be placed on definition, etiology, signs and symptoms, as well as clinical implications for the massage therapist (including elements involving contraindications and/or modifications in massage treatment). For conditions intended for general knowledge, emphasis will be placed on definition, brief etiology, standard medical treatment, and massage CI's if relevant.

Anatomy, Physiology and Pathology are taught according to the body systems and include: Histology, Integumentary System, Osteology, Arthology, Myology I and II, Cardiology, Respiratory System, Neurology, Neurology CNS, Neurology PNS, Neurology ANS, Endocrine System, Lymphatic and Immune Systems, Gastrointestinal System, Urinary System, and the Reproductive System.

### **Assessment**

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Students will be introduced to the purpose, process, procedure, and documentation of a client assessment. Upon completion, students will be able to assess neuromusculoskeletal problems that may benefit from treatment, assess relative and absolute contraindications and design appropriate treatment plans. This mandate will provide students with the ability to evaluate progress and duration of treatment, and know when to refer clients to other health care professionals and create and maintain proper treatment records.

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### **Hydrotherapy**

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This course provides a basic knowledge of the treatment of disease in which water is used externally, focusing on the techniques in massage therapy treatment. Students will learn the effects, uses and contraindications of a variety of local and general applications of hot and cold, as well as their physiological effects. Emphasis will be placed on the integration of relevant clinical applications of hydrotherapy techniques into massage therapy treatment and the development of effective treatment plans.

### **Kinesiology**

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This course provides a basic grounding of human physical movement and links remedial exercise with massage treatment. Students will develop a basic understanding of human movement and biomechanics and knowledge of various types of exercise and their appropriate therapeutic uses. Students will learn the role of remedial exercise in massage treatment planning and will address the therapeutic exercise components of the conditions specified in treatments.

### **Nutrition**

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The aim of this module is to provide an understanding of the function, sources, and utilization of common nutrients in the body, and to gain knowledge on nutritional excess and deficiencies, as well as nutritional requirements necessary at various stages of development.

### **Treatment of Specific Conditions**

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Students gain the ability to conduct a case study and to develop proper treatment objectives and treatment plans by applying the knowledge of the other courses in this program, including the fundamental skills, knowledge, and attitudes required as a massage therapist, in conjunction with communication skills, professionalism, and ethics. Emphasis will be placed on neuromusculoskeletal conditions most frequently seen by massage therapists.

### **Career Planning and Preparation Level I**

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This module introduces tools for planning and preparing for a successful job search, so that students can maintain a career-focused approach throughout their education program. Students will learn about the "Hidden" Job Market and ways to access it in their upcoming job search, how to research opportunities and network for industry contacts and use appropriate etiquette when communicating with prospective employers. Students will identify their personal skills, values and preferences for the workplace, begin preparation of a professional resume and references, and organize proof documents for their career portfolio. Class discussions on various self-management topics introduced in Student Success Strategies will round out this module, which is a pre-requisite for Career Planning and Preparation - Level II.

### **Career Planning and Preparation Level II**

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This module continues to build on the concepts and skills introduced in Career Planning and Preparation - Level I. Students will learn how to conduct an effective job search and identify various methods of applying for work with today's technology. Students will create a personal list of "Top Employers" and target current industry opportunities, while finalizing their professional resume, portfolio and career correspondence. Students will learn to identify the different types and forms of interviews, practice responding to typical questions, and practice follow-up, evaluation and negotiation techniques they can use to ensure success. Self-management topics from Career Planning and Preparation - Level I will be reviewed, with a focus towards on-the-job success in both learner placements and post-graduate employment.