

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.

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 facilitates the student's growth as a health care professional.

CAREER OPPORTUNITIES

The following provincial associations recognize the Eastern College Massage Therapy program: Massage Therapy Association of Nova Scotia (MTANS), Association of New Brunswick Massage Therapists, New Brunswick Massotherapy Association and Newfoundland and Labrador Massage Therapist Association. The Eastern College Massage Therapy program and curriculum also meets the standards of the College of Massage Therapy of New Brunswick (CMTNB).

While the program is not yet regulated in Nova Scotia, Massage Therapy graduates are encouraged to join the provincial association MTANS to be recognized and listed as a massage therapist in the province. Membership fee amounts can be found on the MTANS website.

In order to practice as a Massage Therapist outside of Nova Scotia, the certification and registration processes of other provincial regulatory colleges (including the CMTNB) or associations must be followed. This may include completing standardized examinations and annual registration.

Dynamic employment prospects exist for graduates in private clinics, hospitals, spas, wellness centers, and geriatric facilities. Self-employment is also an option.

PREREQUISITES

- If a student does not have Grade 12 or equivalent, he/she must achieve a score of 14 on the Wonderlic Test
- Clear code of conduct
- Vulnerable sector search
- Eastern College pre-Science Course, or its equivalent (Grade 11 or 12 Biology, or first-year university Kinesiology course)
- Proof of experiencing a full body massage, either from the Eastern Massage Therapy Clinic or from a member of the Massage Therapist Association of Nova Scotia at an outside clinic.

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

Course	Hours
Student Success Strategies	20
Software Lab: Computer Fundamentals	20
Ethics and Professionalism	40
Regulations and Legislation	30
Public Health	20
Medical Terminology	20
Effective Research	40
Chemical, Cellular and Tissue Biology	30
Anatomy and Pathophysiology:	
▪ Integumentary System	20
▪ Skeletal System	70
▪ Muscular System 1	80
▪ Muscular System 2	60
▪ Arthrology	100
▪ Respiratory System	30
▪ Neurological System	100
▪ Endocrine System	30
▪ Lymphatic System	30
▪ Digestive System	30
▪ Urinary System	30
▪ Reproductive System	30

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▪ Cardiovascular System	40	Concepts of Business Planning and Managing 2	20
Clinical Assessment 1	80	Review I	20
Clinical Assessment 2	70	Review II	20
Hydrotherapy	50	Review III	20
Pharmacology	30	Exam Prep	20
Kinesiology and Remedial Exercise	90	Mock Multiple Choice Questionnaire	10
Massage Techniques 1	90	Mock Objectively Structured Clinical Examination	10
Massage Techniques 2	40	Career Planning and Preparation Level I	20
Advanced Treatments 1	70	Career Planning and Preparation Level II	20
Advanced Treatments 2	130	Total Course Hours	1760
Nutrition	20	Practical/Clinic/Outreach* Hours	440
Comprehensive Treatment, Planning and Assessment	40	Total Program Duration (Hours)	2200
Concepts of Business Planning and Managing 1	20	Total Program Duration (Weeks)	88

*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

Instructor Led

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

Instructor Facilitated

This course is designed to provide students with a basic overview of computer usage, along with an introduction to Microsoft Office applications. The course will involve a comprehensive skills assessment process that will be used to determine the need for future training.

Career Planning and Preparation Level I

Instructor Led

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.

An introduction to Occupational Health and Safety will also be discussed, specifically the definition of occupational health and safety; an individual's safety rights; responsibilities under Nova Scotia law; hazard identification and control; WHMIS, First Aid and fire safety requirements. Students will be evaluated through a variety of assignments, projects, and quizzes in addition to their participation throughout the course.

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Medical Terminology

Instructor Led

Medical Terminology is the foundation of reading and understanding as students move into the demanding massage therapy program. In this course, students will learn a new language that will allow them to move more fluidly through subsequent courses. Basic anatomical, directional and other related medical terms are covered. Common abbreviations are included to allow students to take notes and chart in a profession-specific method. Written and oral communication skills are included and practiced in both medical and plain language.

Public Health

Instructor Led

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.

Ethics and Professionalism

Instructor Led

This course is design to train massage therapy students to use professional decision making to make ethical and responsible decisions within clinical settings. Student will learn about what professionalism means to massage therapists, and how therapists' actions can benefit themselves and the profession as a whole.

Regulations and Legislation

Instructor Led

This course is to inform the student of what legal documents apply to massage therapist, as well as how massage therapists are govern and regulated in this province.

Effective Research

Instructor Led

This course will provide students an introduction to research literacy. Students will learn to analyze research papers for quality and validity. Students will use research to maintain currency in their profession and will be able to evaluate material to make informed choices to improve patient / client outcomes and quality of care.

Chemical, Cellular, and Tissue Biology

Instructor Led

Students will focus on terminology related to the structural and functional organization of the body from chemical to tissue levels. Homeostasis and feedback systems are investigated as they relate to the human body. Cytology and histology are included in this course, setting a foundation for other systems in the body.

Anatomy and Pathophysiology- Integumentary System

Instructor Led

The Integumentary System is examined by structure and function to form foundational knowledge and then students learn to recognize the many pathologies of this system. Skin conditions are studied by definition, etiology/pathogenesis, clinical manifestations, treatment and complications. Emphasis is on appearance and identification of skin conditions and is covered in enough detail so that students are able to distinguish one condition from another.

Anatomy and Pathophysiology - Skeletal System

Instructor Led

The Skeletal System is examined by structure and function to form foundational knowledge. Palpation of the bones and landmarks of the skeletal system are included within this module. Bone pathologies and pathologies of the skeletal system and injuries of the skeletal system are studied by definition, etiology/pathogenesis, clinical manifestations, and complications and connected to clinical practice and treatment planning.

Anatomy and Pathophysiology - Muscular System 1

Instructor Led

The Muscular System is examined by structure and function to form foundational knowledge. Muscle attachments, actions, nerve innervation, and palpation of the muscles of the body are included within this module. Muscle pathologies and pathologies of the muscular system are studied by definition, etiology/pathogenesis, clinical manifestations, treatment and complications. Students will develop massage therapy treatment plans for conditions taking into consideration precautions and modifications to treatment.

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Anatomy and Pathophysiology - Muscular System 2

Instructor Led

This course builds upon skills and knowledge obtained in Muscular System Anatomy and Physiology 1. Muscle attachments, actions, nerve innervation, trigger points are studied in detail and palpation of the muscles of the lower body are included within this module. Pathologies and injuries of the muscular system are studied by definition, etiology/pathogenesis, clinical manifestations, treatment and complications. Massage treatment plans are formulated and discussed in regards to muscle pathologies and injuries.

Massage Techniques 1

Instructor Led

This course is an introduction to the practical component of the massage therapy program and provides the basis from which clinical skills are developed. Students will be introduced to the history of massage and will learn the theory of massage therapy to help develop a body of knowledge understood to be the basis of its practice. Massage techniques are thoroughly covered by description, effects and practice so that students begin to apply them with knowledge of desired outcomes. Safety considerations are also included for all techniques in this course.

Hydrotherapy

Instructor Led

In this course, students will discuss and implement the therapeutic uses, general effects, and specific properties of water. Treatment protocols using water applied in any of its three forms as well as hot, cold, and contrast temperatures will be discussed and practiced with the goal of incorporating hydrotherapy into massage therapy treatments. Appropriate hydrotherapy applications, their clinical relevance, contraindications and their integration with massage therapy treatments will be studied.

Clinical Assessment 1

Instructor Led

This module introduces the complete assessment process including: the patient intake form, patient history, system review, observations and understanding posture, gait, range of motion, anatomical palpation, orthopedic and other special tests as they relate to massage therapy. Students will learn to assess what type of tissue is involved (e.g. muscular, osseous, nervous) establishing a clinical impression in order to determine indications or contraindications to massage therapy. Anatomy palpation is continuously reinforced as it relates to assessment.

Anatomy and Pathophysiology – Arthrology

Instructor Led

In this course, students will build upon their current knowledge of the Skeletal System to include articulations, or joints. Students will not only be able to explain basic joint anatomy, but also how to treat all major Diarthroses joints with techniques called Joint Mobilizations, which will be practiced extensively in class.

Advanced Treatments 1

Instructor Led

Students will begin by learning to plan and apply treatments to common musculoskeletal injuries and pathologies. The emphasis will be on ‘thinking’ the injury or pathology through and forming an appropriate treatment for the various stages of healing. The techniques learned previously become part of a plan that connects impairments in body structure and function to the possible outcomes of massage therapy. This course will reinforce science and considerations for safe effective practice.

Review 1

Instructor Led

Review 1 provides students with the opportunity to refresh themselves and get questions answered on courses taught throughout the first year of the Massage Therapy Program. Students will be challenged to utilize their critical thinking skills as they are presented with scenarios in which they are expected to demonstrate how they would respond as the client's massage therapist. Additionally, students will be challenged with knowledge testing practice quizzes throughout the course.

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Concepts of Business Planning and Managing 1

Instructor Led

The intention of this course is to help students increase their business knowledge and practices in order to succeed in the profession. Defining personal and professional goals acts as a starting point to launch into what every therapist should know before getting started (regulations). Course content includes business ethics as well as different employment opportunities. The idea of a Business Plan is introduced and each student will create their own in the follow up course: Concepts of Business Planning and Managing 2.

Anatomy and Pathophysiology - Endocrine System

Instructor Led

This course investigates the regulation of body functions by hormones. Students learn in depth about the body's response to stress and the implications for Massage Therapists. Endocrine pathologies are examined focusing on Diabetes. The connection between Endocrine and other systems is examined to facilitate understanding of Homeostasis.

Pharmacology

Instructor Led

Students will learn basic pharmacology terms and concepts as well as understand the importance of medication information in history taking. Building a solid understanding of how medications influence assessment, treatment planning, hydrotherapy and exercise are objectives of this module. Students will be confident in using resources to research drug profiles rather than memorize lists of drug names. Successful completion of this module will assist students to safely assess and treat clients/patients who are taking prescription or over-the-counter medications.

Anatomy and Pathophysiology - Reproductive System

Instructor Led

This course will cover foundational knowledge of the female and male reproductive systems including anatomy, physiology and common infectious and other pathological conditions for the reproductive system at all ages. Conditions will be evaluated for relevance in treatment considerations for the Massage Therapist. Pregnancy and treatment implications are emphasized in this course.

Anatomy and Pathophysiology - Cardiovascular System

Instructor Led

The Cardiovascular system and its role in homeostasis are investigated in this course. Anatomy and physiology of the heart and blood vessels is learned along with location of principle arteries and veins. Cardiac pathologies are reviewed and related to signs and symptoms seen in clinical practice. Emphasis is on recognition of pathologic symptoms, followed by safe treatment and/or referral to other Health Care Practitioners. Practical components of this course include taking blood pressure and palpating pulse points in the body.

Review 2

Instructor Led

Review 2 provides students with the opportunity to refresh themselves and get questions answered on courses taught throughout the first half of year two of the Massage Therapy Program as well as serving as a brief review of lingering concerns from year one. Students will be challenged to utilize their critical thinking skills as they are presented with scenarios in which they are expected to demonstrate how they would respond as the client's massage therapist. Additionally, students will be challenged with knowledge testing practice quizzes throughout the course.

Anatomy and Pathophysiology - Lymphatic System

Instructor Led

Anatomy and physiology of the Hematopoietic and Lymphatic Systems are examined as a basis for understanding blood and lymph pathologies. Conditions with multi-factorial considerations such infection, inflammation and swelling are investigated and connected to clinical practice and treatment planning. Immunity and its role in health and autoimmune disease are included in this module.

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Anatomy and Pathophysiology - Respiratory System

Instructor Led

This course will cover foundational knowledge of the respiratory system including anatomy, physiology and conditions for the respiratory system at all ages. Conditions will be evaluated for relevance in treatment considerations for the Massage Therapist.

Anatomy and Pathophysiology - Digestive System

Instructor Led

This course will cover foundational knowledge of the digestive system including anatomy, physiology and conditions for the digestive system at all ages. Conditions will be evaluated for relevance in treatment considerations for the Massage Therapist.

Anatomy and Pathophysiology - Urinary System

Instructor Led

The Urinary System is first examined by structure and function to form foundational knowledge before students learn the kidney's role in blood pressure regulation, and other pathologies. Kidney, ureter and bladder conditions are studied by definition, etiology/pathogenesis, clinical manifestations, treatment and complications. Included in this course are Disorders of Acid-Base Balance. Emphasis is on recognition of pathologic symptoms, followed by safe treatment and/or referral to other Health Care Practitioners.

Anatomy and Pathophysiology - Neurological System

Instructor Led

This course will cover foundational knowledge of the neurological system including anatomy, physiology and conditions for the neurological system at all ages. Nervous tissue, the Central Nervous System, Autonomic Nervous System and special senses will be covered throughout the course. Conditions will be evaluated for relevance in treatment considerations for the Massage Therapist.

Concepts of Business Planning and Managing 2

Instructor Led

Concepts of Business Planning and Managing 2 reinforces and then expands on knowledge gained in the prerequisite Concepts of Business Planning and Managing 1. Students will identify client information required to create adequate documentation and records that need to be maintained as to not incur liability. Course content includes procedures for releasing information to third parties in an appropriate manner. Social media and confidentiality are examined. Students will learn to follow acceptable guidelines and procedures for successful start-up procedures. They will consistently employ effective time management, self-direction, collegiality and effective problem solving in order to be effective in the workplace and contribute to the profitability of organizations. Critical thinking exercises will prepare students for marketing success. Business plans are completed and presented as a major component of the grade.

Clinical Assessment 2

Instructor Led

Clinical Assessments 2 is a continuation of Clinical Assessments 1 and will continue in the evaluation of the musculoskeletal system, with an emphasis on the lower body. Neurological assessment pertinent to the massage therapist will also be studied. Case studies will allow students to practice their assessment skills and communication skills in a clinic-like manner. Anatomy palpation and joint play will be utilized as it pertains to assessment.

Kinesiology and Remedial Exercise

Instructor Led

This course begins with theory in the field of Kinesiology and continues on to theory and application of remedial exercise. The focus is on understanding the indications, modifications and safety considerations fore exercises used in rehabilitation of common conditions. Also included is information that identifies inter and intra-professional resources for clients in cases where referral may be beneficial.

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Massage Techniques 2

Instructor Led

Massage Techniques 2 builds on Massage Techniques 1 with advanced massage techniques such as (but not limited to) frictions, trigger points, myofascial release and lymphatic drainage. Techniques are examined for their: purpose, indications, precautions, contraindications and outcomes. Students will incorporate techniques learned into treatments based on case scenarios and modify techniques based on patient case history and their response to the technique and treatment.

Advanced Treatments 2

Instructor Led

This course will reinforce science, practice skills and treatment planning learned in earlier courses. Students will incorporate relevant assessment data, research evidence, and clinical experience into developing safe client/patient centered treatment plans. A variety of conditions are treated by relating the impairments in body structure and function to the possible outcomes of massage therapy.

Nutrition

Instructor Led

This course will introduce you to how the foods we eat and metabolize are converted to energy and stored in the body. We will reinforce the need for water, ions, minerals, vitamins, proteins, carbohydrates and fats that have been introduced in prior courses. Some of the common deficiencies and results of malnutrition or metabolic disorders are investigated. The overall goal is to understand how nutrition effects the body and possible client/patient conditions, including exercise safety.

Comprehensive Treatment Planning and Assessment

Instructor Led

Students will employ critical thinking skills as they assess and treat diverse patients / clients based upon multifactorial case scenarios. This course is intended to integrate verbal and physical assessments, treatment planning, treatments, pathology and hydrotherapy.

Review 3

Instructor Led

Review 3 provides students with the opportunity to refresh themselves and get questions answered on courses taught throughout the Massage Therapy Program while beginning the preparation for their final exams. Students will be challenged to utilize their critical thinking skills as they are presented with scenarios in which they are expected to demonstrate how they would respond as the client's massage therapist. Additionally, students will be challenged with knowledge testing practice quizzes throughout the course.

Exam Preparation

Instructor Led

The purpose of this course is to review the material taught in previous classes in a comprehensive manner to ensure students are confident and safe practitioners.

Mock Multiple Choice Questionnaire

Instructor Led

This course will review key theoretical components that will be on the provincial examinations to ensure a safe competent therapist. Review for the current format and information for the provincial registration examinations will also be covered.

Mock Objectively Structured Clinical Examination

Instructor Led

This course will review key oral and practical components in a clinically structured environment to mimic what will be on the provincial examinations and to ensure a safe competent therapist. Review for the current format and information for the provincial registration examinations will also be covered.

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Career Planning and Preparation - Level 2

Instructor Led

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.

Clinic

Instructor Led

This course will introduce students to all aspects of running a client-centered clinic. Student therapists will focus on safety and clear communication in all clinical activities. Daily clinical activities will include business and clinical practices of a massage therapist. Students will treat a variety of diverse age groups as well as conditions commonly presented by the general public. All clinics will be under the supervision of a Registered Massage Therapist and in accordance with all applicable regulatory laws.

Outreach

Instructor Led

This course will introduce students to a diverse populations of persons in the community with a variety of goals and condition treatment or management. Student therapists will focus on safety and clear communication in all clinical outreach activities. Clinical outreach activities will include: obtaining client health intake, goals, treatment plan design and treatment at various settings and locations in the local community. All clinic will be under the supervision of a Registered Massage Therapist and in accordance with all applicable regulatory laws.

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