



COURSE CALENDAR

FULL-TIME – 18 MONTHS

TOTAL TUITION & COMPULSORY FEES = \$24,095*

*Textbooks are not included in the fees

DESCRIPTION OF SEMESTERS

The Massage & Hydrotherapy program takes students through 5 semesters of evolving knowledge and skills pertaining to health sciences, clinical sciences, clinical practice and professional practice. A strong health science foundation of anatomy, physiology, and pathophysiology progressively builds each semester, as does the complexity of massage techniques from an introductory level to a highly skilled set of treatment skills. Ethics, legislation and practice management concepts are added and interwoven throughout the program, along with orthopedic assessment and rehabilitation skills. Students increasingly apply their skills in the student clinic and through patient outreach experiences.

Semester 1 – Begins with an introduction to the profession of massage therapy. This includes introductory massage techniques, basic anatomical terminology and a thorough look at cellular physiology. In addition, ethical practice, an in-depth review of regulatory requirements, and governing legislation, as well as the meaning of professionalism are also key topics. Students spend some time in the student clinic observing therapist-patient protocol and participating in some of the patient treatment process.

Semester 2 – Introduces students to muscles of the axial skeleton, neurological and musculoskeletal pathophysiology, orthopedic assessment skills and advanced traditional massage techniques such as stretching and joint mobilization. Students begin to assimilate their skills into a meaningful treatment process based on assessment and desired outcome. Students begin treating patients in the student clinic, as well as participating in outreach opportunities and diverse population clinics.

Semester 3 – Brings a wide variety of massage techniques to the students, including myofascial release, soft tissue release, and advanced methods of stretching. Treatment focus shifts to postural correction, and treatment of specific conditions. Full neurological assessment, as well as cervical and thoracic assessment skills begin to show students the value of the full orthopedic assessment process. Musculoskeletal anatomy topics include the muscles of appendicular skeleton. Pathophysiology continues to build upon previous semesters, studying the cardiovascular, digestive, endocrine and immune systems. Students continue treating patients in the clinic and participate in outreach opportunities and diverse population clinics.

Semester 4 – Adds depth to the treatment knowledge that students have acquired thus far. The focus is on building solid outcome-based treatment plans and meeting individual needs of patients. Remedial exercise and functional rehabilitation concepts are covered. Assessment skills for the lumbar spine, sacroiliac joint, and lower limb are taught and integrated into the treatment process. The reproductive, renal, respiratory and integumentary system are studied in pathophysiology. Students continue treating patients in the student clinic, outreach opportunities, and specialty clinics.

Semester 5 – Unites all content in the program, ensuring that students are ready for entry to practice. Orthopedic assessment of the upper limb and temporomandibular joint are taught and bring completion to the entire assessment process. Functional rehabilitation skills are applied to patients presenting with

common conditions. Practice management concepts, and finally a complete review of all content and skills learned ensure students are prepared for the provincial certification exams and professional practice as a Registered Massage Therapist.

SAMPLE OF FULL-TIME SCHEDULE

SEMESTER 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASS	MTAP 103	MANA 103	MTAP 103	MANA 103	MTAP 103	
AFTERNOON CLASS	LEAP 103	PHYS 103	LEAP 103	PHYS 103	PHYS 103	
EVENING CLASS/CLINIC						

SEMESTER 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASS	MANA 203	MTAP 203	MANA 203	MTAP 203	MANA 203	CLINIC
AFTERNOON CLASS	PPHY 103	PPHY 103	PPHY 103	PPHY 103	PPHY 103	CLINIC
EVENING CLASS/CLINIC	CLINIC	CLINIC	CLINIC	CLINIC	CLINIC	



NOTE: CLINIC- Students choose which clinic/s to participate in.

SEMESTER 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASS	PPHY 203	MANA 303	PPHY 203	MANA 303	PPHY 203	CLINIC
AFTERNOON CLASS	CATR 103	ORAS 103	CATR 103	ORAS 103	ORAS 103	CLINIC
EVENING CLASS/CLINIC	CLINIC	CLINIC	CLINIC	CLINIC	CLINIC	



NOTE: CLINIC- Students choose which clinic/s to participate in.

SEMESTER 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASS	ORAS 203	CATR 203	ORAS 203	CATR 203	ORAS 203	CLINIC
AFTERNOON CLASS	PPHY 303	FNRH 103	PPHY 303	FNRH 103	PPHY 303	CLINIC
EVENING CLASS/CLINIC	CLINIC	CLINIC	CLINIC	CLINIC	CLINIC	



NOTE: CLINIC- Students choose which clinic/s to participate in.

SEMESTER 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASS	ORAS 303	CATR 303	ORAS 303	CATR 303	ORAS 303	CLINIC
AFTERNOON CLASS	FNRH 203/ NUTR 103	PRMT 103	FNRH 203	PRMT 103	NUTR 103	CLINIC
EVENING CLASS/CLINIC	CLINIC	CLINIC	CLINIC	CLINIC	CLINIC	



NOTE: CLINIC- Students choose which clinic/s to participate in.

SEMESTER 1 – FULL CLASS DESCRIPTION

MANA 103 – SKELETAL ARTICULAR ANATOMY

90 Hours - 2 classes per week

This course covers foundational health sciences core content, providing an understanding of the skeletal system including identification and palpation of bony landmarks. The articulations and ligaments of the skeletal system will also be studied, as well as an overview of the nerve and blood supply of the entire body. Students will be able to incorporate and apply this clinical science core content to provide safe, effective and ethical massage therapy. Common clinical conditions affecting these structures will also be discussed. This course will include lectures as well as a practical palpation component.

PHYS 103 – CELLULAR PHYSIOLOGY

90 Hours - 3 classes per week

This course covers foundational health sciences core content involving an introduction to cellular physiology. It will provide an in-depth understanding of the molecular components of the body, cellular contents and function, cell transport, cell division, metabolism and the structure and function of the various tissue types to allow students to incorporate and apply an understanding of physiology to provide safe, effective, and ethical massage therapy.

MTAP 103 – MASSAGE THEORY AND PRACTICE

135 Hours - 3 classes per week

This course will introduce the profession of Massage Therapy. Students will receive an in-depth understanding of the theories, concepts, principles and standards enabling them to perform safe, effective and ethical outcome-based massage therapy. Through academic, and practical learning, this course will teach students the introductory Swedish massage therapy techniques, as well as the advanced massage therapy techniques including trigger point treatment, friction, fascial techniques, and stretching. Also included will be patient positioning and draping, therapist body mechanics, self-care, and hydrotherapy applications. Students will learn how to modify treatment plans for patients who are pregnant or who present with myofascial pain syndrome, fibromyalgia, constipation and stress. Professional communication, regulatory requirements, and establishing and maintaining professional relationships will be emphasized. Students will spend time shadowing senior students in the student clinic. By the end of the course students will be able to perform an introductory level comprehensive treatment process.

LEAP 103 – LEGISLATION, ETHICS, AND PROFESSIONALISM

90 Hours - 2 classes per week

This course will provide students with an introduction to the provincial and federal legislation governing the profession of massage therapy, as well as the policies, position statements, bulletins and guidelines of the College of Massage Therapists of Ontario. It will also provide an understanding of professional communication, intra-professional and inter-professional communication methods. Other key aspects of professional regulation will be discussed, including professional boundaries, quality assurance, privacy legislation and awareness of the impact of sexual assault on patients and the responsibilities, approaches to prevention, and requirements to report. Students are made aware of the vulnerabilities of patients/clients when undergoing treatment and of the risk factors that may contribute to the development of an inappropriate relationship. Ethical standards for professional

practice will be discussed and students will learn how to use and apply an ethical framework.

SEMESTER 2 – FULL CLASS DESCRIPTION

MANA 203 – MUSCULAR ANATOMY OF THE AXIAL SKELETON

135 Hours - 3 classes per week

Building upon Musculoskeletal Anatomy 103 by helping students acquire, incorporate, and apply an understanding of the origins, insertions, actions and nerve and blood supply of the muscles of the head and neck, and anterior and posterior thorax, and abdomen. Students will be able to incorporate and apply this clinical science core content to provide safe, effective and ethical massage therapy. Common clinical conditions affecting these structures will also be discussed. This course will include lectures as well as a practical component. Palpation, strength testing, length testing, and treatment of these structures and areas will be included.

PPHY 103 – PATHOPHYSIOLOGY OF THE NERVOUS AND MUSCULOSKELETAL SYSTEMS

135 Hours - 3 classes per week

This will course covers foundational health sciences core content providing an introduction to concepts and terminology needed to understand pathology. It will provide an in-depth understanding of the inflammatory process, and tissue healing, as well as the pathophysiology of the nervous and musculoskeletal system to allow students to incorporate and apply an understanding of pathology in order to provide safe, effective, and ethical massage therapy.

MTAP 203 – MASSAGE THEORY AND PRACTICE

135 Hours - 3 classes per week

This course will expand on MTAP 103 by providing students with an understanding of the theory and practical aspects of joint mobilization and stretching for all the joints in the body. It will provide an introduction to orthopedic physical assessment and treatment of patients with musculoskeletal and neurological pathologies.

Students will become proficient with active, passive and resisted range of motion testing. Students will be guided through the application of outcome-based treatment of common conditions associated with the musculoskeletal system and nervous system. Manual lymphatic drainage will be included in this course.

SEMESTER 3 – FULL CLASS DESCRIPTION

MANA 303 – MUSCULAR ANATOMY OF THE APPENDICULAR SKELETON

90 Hours - 2 classes per week

This course covers foundational health sciences core content, building upon Musculoskeletal Anatomy 203 by helping students acquire, incorporate, and apply an understanding of the origins, insertions, actions and nerve and blood supply of the muscles of the pelvis, lower limb, scapula and upper limb. Students will be able to incorporate and apply this clinical science core content to provide safe, effective and ethical massage therapy. Common clinical conditions affecting these structures will also be discussed. This course will include lectures as well as a practical component. Palpation, strength testing, length testing, and treatment of these structures and areas will be included.

CATR 103 – CLINICAL APPLICATION OF TREATMENT

90 Hours - 2 classes per week

This course will further develop treatment skills introduced in semesters 1 and 2 by providing an understanding of neuromuscular imbalance as it relates to postural dysfunction. It will introduce a functional approach to treatment, using a number of soft tissue techniques, such as myofascial release techniques). This course will incorporate the work of Vladimir Janda, specifically, upper cross and lower cross syndrome. The approach to treatment will begin to shift from a general approach to a regional approach, working synchronously with Orthopedic Assessment 103 (ORAS 103). Assessment and treatment of cervical and thoracic conditions will be the focus.

PPHY 203 – PATHOPHYSIOLOGY OF BLOOD, IMMUNE, CARDIOVASCULAR, AND ENDOCRINE SYSTEMS

135 Hours - 3 classes per week

This course covers foundational health sciences core content providing an introduction to concepts and terminology needed to understand pathology. It will provide an in-depth understanding of the inflammatory process, and tissue healing, as well as the pathophysiology of the nervous and musculoskeletal system to allow students to incorporate and apply an understanding of pathology in order to provide safe, effective, and ethical massage therapy.

ORAS 103 – INTRODUCTION TO ORTHOPEDIC ASSESSMENT

90 Hours - 3 classes per week

This course will provide an understanding of orthopedic physical assessment in a straightforward, systematic approach to performing a neuromusculoskeletal assessment and the rationale behind various aspects of the assessment. Students will gain an understanding of principles and concepts of an orthopedic assessment, as well as how to perform a postural assessment, neurological assessment, and a complete assessment of the cervical and thoracic spine. This course will include lectures as well as a practical component.

SEMESTER 4 – FULL CLASS DESCRIPTION

ORAS 203 – ORTHOPEDIC ASSESSMENT OF THE LOWER BODY

135 Hours - 3 classes per week

This course will provide an understanding of orthopedic physical assessment in a straightforward, systematic approach to performing a neuromusculoskeletal assessment and the rationale behind various aspects of the assessment. Students will gain an understanding of how to perform a complete assessment of the lumbar and sacral spine, as well as a complete assessment of the hip, knee, ankle and foot joints. This course will include lectures as well as a practical component.

FNRH 103 – FUNCTIONAL REHABILITATION: INTRODUCTION TO REHABILITATIVE EXERCISES

45 Hours - 1 class per week

This course will provide an understanding of the application of the general principles of kinesiology and therapeutic exercise. Students will learn the theory and application of range of motion exercises, and various methods of stretching and resistance/strength exercises. This course will include an understanding of the application of cardiovascular exercise, static control, movement and functional rehabilitative applications in order to design an exercise program. This course has both an academic component and practical component.

PPHY 303 – PATHOPHYSIOLOGY OF THE DIGESTIVE, RESPIRATORY, RENAL, REPRODUCTIVE, AND INTEGUMENTARY SYSTEMS

135 Hours - 3 classes per week

This course covers foundational health sciences core content. It will provide students with an in-depth understanding of pathophysiology of the respiratory system, urinary system, reproductive system and integumentary system to allow students to provide safe, effective, and ethical massage therapy.

CATR 203 – CLINICAL APPLICATION OF TREATMENT

90 Hours - 2 classes per week

This course will enhance treatment planning, continuing to use an outcome-based approach to treatment. Alongside Orthopedic Assessment 203 (ORAS 203), assessment and treatment of lumbar spine, sacroiliac, pelvic and lower limb conditions will be the focus. Common conditions associated with various systems of the body requiring treatment modifications will be included. Pharmacology as it relates to massage therapy will be included in this course.

SEMESTER 5 – FULL CLASS DESCRIPTION

ORAS 303 – ORTHOPEDIC ASSESSMENT OF THE UPPER THIGH

135 Hours - 3 classes per week

This course will provide an understanding of orthopedic physical assessment in a straightforward, systematic approach to performing a neuromusculoskeletal assessment and the rationale behind various aspects of the assessment. Students will gain an understanding of how to perform a complete assessment of the shoulder, elbow, wrist and hand joints, and the temporomandibular joint. This course will include lectures as well as a practical component.

PRMT 103 – PRACTICE MANAGEMENT

45 Hours - 1 classes per week

This course will provide an understanding of accepted business management concepts, the establishment of external business relationships, the development of adequate documentation and record keeping, compliance with legislation, conformance to common law, and prepare students to meet obligatory regulatory requirements when they are registered with the CMTO.

CATR 303 – CLINICAL APPLICATION OF TREATMENT

90 Hours - 2 classes per week

This course will continue to use an outcome-based approach to treatment, working synchronously with Orthopedic Assessment 303 (ORAS 303) on the assessment and treatment of shoulder and upper limb conditions. The later portion of the course will consolidate the key concepts, knowledge and skills needed to enter practice confidently, and to perform successfully at the provincial certification exams. This course will include academic and practical components as well as simulated scenarios and will draw upon resources from all courses in the program.

FNRH 203 – FUNCTIONAL REHABILITATION: ADVANCED CONCEPTS IN REHABILITATION

45 Hours - 1 class per week

This course will expand on Functional Exercise 103 by teaching students how to apply the concepts of exercise prescription to specific patients and commonly- occurring conditions. This course will include a review of the anatomy of all the muscle & joints of the body and common injuries for each area. Principles of rehabilitation of common injuries will be taught. Students will become proficient with incorporating range of motion, stretching and strengthening exercises into a comprehensive treatment plan. This course has both an academic component and practical component.

NUTR 103 – NUTRITION

45 Hours - 1 class per week

This course covers foundational health sciences core content. It will provide an in-depth introduction to human nutrition, with an emphasis on nutrients and their dietary sources, functions, and relationships to health, to allow students to provide safe, effective, and ethical massage therapy. Topics will include macronutrients, vitamins and minerals and weight management. This course will also explore current and emerging diet-disease relationships.

OUTREACH AND DIVERSE POPULATION CLINICS

These provide students with an opportunity to treat patients in a variety of settings. Possible opportunities include treating patients in hospitals, at sporting events, in elderly care facilities, medical facilities, at community events, in hospice care, at local recreational clubs and fitness facilities, and more. Students must acquire the required number of outreach hours (50) over the course of the 5 semesters of the program. Students are also required to complete supervised "Diverse Population clinics" each semester. Students will spend an extended amount of time with a patient under the supervision of one or more instructors completing a very extensive treatment process.

OVERVIEW OF CLINIC AND OUTREACH

335 Direct Patient Hours are required for graduation

50 Hours of those are Outreach

Diverse Populations are included in the 335 hours

The Diverse Population requirements are:

- 1 occurrence of Pregnancy
- 3 occurrences of Stages of life
- 2 occurrences of Athletes
- 2 occurrences of Psychological/Chronic pain
- 2 occurrences of Chronic Health
- 2 occurrences of Neurological
- 2 occurrences of Orthopaedic/Post-surgical/Assessment clinics
- 1 occurrence of Diversity, Equity and Inclusion

STUDENT CLINIC – 335 HOURS

This will provide students with experience providing massage therapy treatments to the public in a clinical setting, helping them integrate rehabilitative massage skills and techniques to all regions of the body. Students will engage in the full treatment process, including performing orthopedic assessments, therapeutic treatments, prescribing home care exercises, and maintaining patient files. Students will use the knowledge and skills from their current and previous semester courses, apply it, and enhance their abilities on a regular basis, as a way to build professional confidence to enter practice. Emphasis will continue to be placed on developing professional communication skills, therapist self-care and self-monitoring skills. Students will continue to participate in ongoing discussions of professional boundaries, the application of massage technique, and therapeutic intent. Students' work will be observed and critiqued as part of fostering their development.

Students in the Full Time Massage & Hydrotherapy Program will complete 10 shadowing hours during Semester 1. Students must complete a minimum of 335 hours of faculty-supervised massage therapy to the public. The clinical experience in this program follows a format similar to actual clinical practice, designed to ensure students perform safe, effective and ethical massage therapy on the public.

OUTREACH AND DIVERSE POPULATIONS CLINICS (INCLUDED IN 335 HOURS)

These provide students with an opportunity to treat patients in a variety of settings. Possible opportunities include treating patients in hospitals, at sporting events, in elderly care facilities, medical facilities, at community events, in hospice care, at local recreational clubs and fitness facilities, and more. Students must acquire the required number of outreach hours (50) over the course of the program. Students are also

required to complete supervised "Diverse Population clinics" as a graduation requirement. Students will spend an extended amount of time with a patient under the supervision of one or more instructors completing a very extensive treatment process.

GRADUATION REQUIREMENTS

Students must successfully complete all 5 semesters, AND the required number of clinic and outreach hours.
335 Clinic Hours, including 50 Outreach hours.

Diverse Population Requirements

REQUIREMENTS FOR SEMESTER 01

COMPLETION OF	MINIMUM GRADE	OTHER REQUIREMENTS
LEAP 103	70%	Pass the final OSCE
MANA 103	70%	Pass the final OSCE
MTAP 103	70%	Pass the final OSCE
PHYS 103	70%	Pass the Summative Semester 1 final MCQ exam

REQUIREMENTS FOR SEMESTER 02

COMPLETION OF	MINIMUM GRADE	OTHER REQUIREMENTS
MTAP 203	70%	Pass the final OSCE
MANA 203	70%	Pass the Summative Semester 2 final MCQ exam
PPHY 103	70%	Pass the Summative Semester 2 final MCQ exam

REQUIREMENTS FOR SEMESTER 03

COMPLETION OF	MINIMUM GRADE	OTHER REQUIREMENTS
CATR 103	70%	Pass the final OSCE
MANA 303	70%	Pass the Summative Semester 3 final MCQ exam
ORAS 103	70%	
PPHY203	70%	

REQUIREMENTS FOR SEMESTER 04

COMPLETION OF	MINIMUM GRADE	OTHER REQUIREMENTS
FNRH 103	70%	Pass the final OSCE
CATR203	70%	Pass the Summative Semester 4 final MCQ exam
ORAS203	70%	
PPHY303	70%	

REQUIREMENTS FOR SEMESTER 05

COMPLETION OF	MINIMUM GRADE	OTHER REQUIREMENTS
FNRH203	70%	Pass the final OSCE
CATR303	70%	Pass the Summative Semester 5 final MCQ exam
NUTR 103	70%	Pass the Summative Semester 5 final MCQ exam
ORAS303	70%	Pass the final OSCE
PRMT 103	70%	Pass the Summative Semester 5 final MCQ exam