

Course Content Outline

Legend: A number one (1) after the course name means it is taught in the first year; a number two (2) after the course name means it is taught in the second year; numbers one and two (1&2) after the course name means it is taught in both years.

Course: ANATOMY & PHYSIOLOGY (1&2)

SUBJECT MATTER	The branches of science that study the structures and functions of the normal human body.
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Course: PATHOLOGY (1&2)

SUBJECT MATTER	<ul style="list-style-type: none"> ▪ Concepts of health and disease. ▪ Mechanisms of disease as they relate to the systems of the body. ▪ Pharmacology and Medication.
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Course: FOUNDATIONS (1)

SUBJECT MATTER	<ul style="list-style-type: none"> ▪ Massage tables, accessories, linens, lubricants, the massage environment, body mechanics, massage clinic equipment and supplies. ▪ Wellness, wellbeing, and self-care. ▪ Client Safety.
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Course: THERAPEUTIC RELATIONSHIP (ETHICS) (1&2)

SUBJECT MATTER	The interpersonal skills necessary for developing an effective therapeutic relationship with a client; including ethical behaviour, professional boundaries, confidentiality, and conflict resolution.
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Course: PALPATORY ANATOMY AND KINESIOLOGY (1)

SUBJECT MATTER	The bones and bony landmarks of the skeletal system; origins, insertions, actions of the muscular system, and accessory structures of the musculoskeletal system.
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Course: BIOMECHANICS AND MOVEMENT (1)

SUBJECT MATTER	The essentials of movement including connective tissue, joints, nerves, nerve pathways, biomechanics, posture, and gait.
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Course: MEDICAL TERMINOLOGY (1)

SUBJECT MATTER	The terminology of science and medicine; pronunciation and etymology of scientific and medical terms.
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Course: MASSAGE TECHNIQUES (1)

SUBJECT MATTER	<ul style="list-style-type: none"> ▪ Manual techniques of massage therapy. ▪ Indications, safety considerations, effects, outcomes and modifications for a variety of manual techniques. ▪ Client draping in a therapeutic setting. ▪ Application of massage techniques while the client is sitting erect or reclining. ▪ Use of massage techniques to create a nurturing and bonding experience between infant and caregiver.
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Course: ORTHOPEDIC ASSESSMENT (1&2)

SUBJECT MATTER	The gathering and interpretation of assessment results to make informed decisions about treatment.
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Course: TREATMENT PLANNING (1&2)

SUBJECT MATTER	<ul style="list-style-type: none"> ▪ Scope of practice, standards of care, assessments, documentation, informed consent, treatment planning, and referrals. ▪ Clients in different stages of their lives. ▪ Clients with physical challenges and health-related issues. ▪ Presence of a disease or condition that requires the therapist to postpone massage, avoid an area, or modify the client's position or the delivery of procedures or techniques. ▪ The documented process of planning a client-centered massage treatment and plan according to client goals, subjective and objective intake information, current health status of client and current best evidence for practice. ▪ External therapeutic use of all forms of water.
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Course: REMEDIAL EXERCISE (2)

SUBJECT MATTER	Stretch, strengthen, and movement techniques for remedial exercise.
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Course: BUSINESS (2)

SUBJECT MATTER	Business, marketing, accounting, and finance.
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Course: RESEARCH (1)

SUBJECT MATTER	Types of research, research articles, and research literacy that lead to understanding how massage therapy affects the physiology and psychology of the client.
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Course: SUPERVISED CLINICAL EXPERIENCE (1&2)

SUBJECT MATTER	<ul style="list-style-type: none"> ▪ Practical application of theory and massage techniques performed in the context of a therapeutic relationship while in a supervised clinical setting. ▪ Module clinics and public clinics (general public); special populations (clients diagnosed with a variety of medical conditions); outreach (variety of off-campus settings).
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