



Canadian College of **MASSAGE** & Hydrotherapy

**Start Dates:**

January, May & September (Toronto & Cambridge campuses)

January & September (Halifax campus)

**Program Length:** January & May intakes (16 months); September intake (20 months). The difference is you get the summer off if you start in September.

**Semester 1**

At the start of our 2210-hour competency based program, students are introduced to musculoskeletal anatomy, including palpation and kinesiology, which forms the core expertise base for massage therapists. In addition, students begin their journey of learning the massage and assessment skills required to start clinical practice. Finally the subjects of ethics, professionalism, and communication within the therapeutic relationship, support them in understanding and fulfilling their role as a healthcare professional.

**Semester 2**

Students continue to build knowledge of anatomy and physiology of all body systems with a focus on the nervous system. Pathologies are introduced in this term, with specific consideration to those conditions that are clinically relevant. Massage skills and assessments become more extensive and students get their first opportunity to practice on the public by participating in Student Intern and Community Clinics. Hydrotherapy begins in this term which instructs students on the use of water and temperature therapies. Massage therapy regulations and business management are explored.

**Semester 3**

Massage and assessment skills become more specific to regions or systems of the body and clinical focus becomes more condition-specific. Students continue to build and advance their critical thinking and reasoning skills through case studies and practical experience. The importance of research in the practice of massage therapy is explored as students are taught to access, scrutinize, and conduct studies.

**Semester 4**

In the final term of the program, massage and assessment skills become more advanced and clinical application become more interesting and challenging. Prescribing homecare to patients as well as understanding medications and uses for other types of therapies is explored. Students amalgamate their knowledge, skill, and abilities gained throughout the program, while preparations are made for provincial or registration exams.



**Start Dates:**

January, May & September (New Westminster campus)

January & September (Victoria campus)

**Program Length:** 20 months

**Semester 1**

In semester one of our Competency-Based Mastery Level program, students are introduced to Anatomy and Physiology and Musculoskeletal Anatomy which forms the core expertise base for RMTs. In addition, students are introduced to the palpation, manual and assessment skills required for clinical practice and finally, to the subjects of Ethics and Professionalism and Communication which support them in understanding and fulfilling their professional role as regulated healthcare professionals in British Columbia.

**Semester 2**

In semester two, students continue to build on the foundational knowledge they have acquired in Anatomy and Physiology one and deepen and develop this knowledge by expanding it to include Pathology and Neurology. In semester two students also deepen and expand their palpation and manual skills and are introduced to therapeutic exercises. Additionally, in semester two students begin to integrate theory and practice by beginning their internship in our professional intern clinic where they provide relaxation oriented massage therapy to the general public.

**Semester 3**

In semester three, students continue to build and advance their critical thinking and reasoning skills in order to support them in effective clinical management and are introduced to numerous soft tissue complaints and conditions which RMTs typically treat. With increased knowledge and skill and the enhanced ability to integrate knowledge and skills students in term three are provided with the opportunity to begin treating soft tissue pathologies in our professional student intern clinic.

**Semester 4**

With the deepening and enhancement of clinical skills and critical thinking abilities in semester four, students are ready to treat more challenging orthopedic and systemic conditions utilizing advanced treatment techniques typically utilized by registered massage therapists for managing these conditions.

**Semester 5**

In semester five, students are introduced to several advanced techniques including Cranial Sacral, myofascial and MLD. They are also introduced to the business and practice management skills they will need to support them in building and operating successful massage therapy practices as well as provided with a review of Ethics and Professionalism and an in-depth and rigorous introduction to Health Regulation which will support them in successfully completing the jurisprudence component of their provincial board exams.

At the completion of semester five, students are confidently prepared to undertake the College of Massage Therapists of British Columbia licensure examination for entry to practice. This is the examination you will have to pass if you plan on staying in Canada and practicing in British Columbia.

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