

# MASSAGE THERAPY

## ACCELERATED PROGRAM

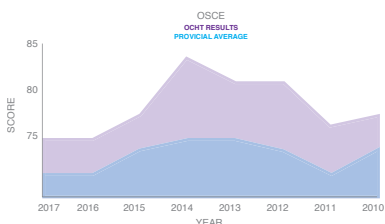
**12 MONTHS**  
DURATION

**3 SEMESTERS**  
15 WEEKS EACH

The **Accelerated Massage Therapy Program** is a 3-semester program designed for students with a kinesiology degree and a proficiency in musculoskeletal anatomy, biomechanics, and rehabilitative exercises. This program will build upon their academic foundation, adding knowledge and skills pertaining to health sciences, clinical sciences, and professional practice. The student should be aware that there is a self-study component to this program.

## CERTIFICATION EXAMS

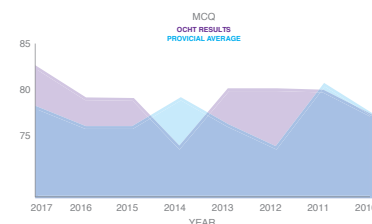
Upon successful completion of the Massage Therapy program, candidates must successfully complete the certification exams administered by the College of Massage Therapists of Ontario (CMTO) to become a Registered Massage Therapist, allowing them to practise Massage Therapy in Ontario. There are two components of the certification examination – the written Multiple-Choice Questionnaire (MCQ) and the Objectively Structured Clinical Evaluation (OSCE). A minimum scaled score of 70 is required on each component of the examination



### OCHT PERFORMANCE OVER THE YEARS\*

Average Score Achieved on the OSCE and MCQ for OCHT Compared to the Provincial Average

2010-2017



## SCHEDULE OF DATES

### APRIL 2020 START

**SEMESTER 01** April 27 - August 7, 2020

**SEMESTER 02** September 14 - December 22, 2020

**SEMESTER 03** January 4 - April 16, 2021

## SEMESTER SUMMARIES

### SEMESTER 01

Semester 01 begins with an introduction to the profession of massage therapy. An introduction to the techniques forming the foundation of the profession, ethical practice, an in-depth review of regulatory requirements and governing legislation, as well as the meaning of professionalism are key topics of semester 01. An intensive musculoskeletal anatomy palpation class helps students bridge the gap between their kinesiology education and the anatomy requirements for an RMT. Neurological and musculoskeletal pathophysiology is taught, as well as full neurological assessment, and cervical and thoracic assessment skills. Students spend some time in the student clinic observing therapist-patient protocol and participating in some parts of the patient treatment process.

### SEMESTER 02

Semester 02 introduces students to advanced techniques including joint mobilization, a wide variety of advanced massage techniques, including myofascial release. Treatment focus shifts to postural correction. Pathophysiology continues with the study of the cardiovascular, digestive, endocrine, and immune systems. Assessment skills for the lumbar spine, sacroiliac joint and lower limb are taught and integrated into the treatment process. In this semester students begin to assimilate their skills into a meaningful treatment process based on assessment, adding depth to their treatment knowledge and building solid outcome-based personalized treatment plans for patients. Students begin treating patients in the student clinic, as well as participating in outreach opportunities and specialty clinics.

### SEMESTER 03

Semester 03 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. The reproductive system, renal system, respiratory system and integumentary system are studied in pathophysiology. Practice management concepts, and finally a complete review of all content and skills learned in the program ensures students are prepared for the provincial certification exams and prepared to begin professional practice as a Registered Massage Therapist.

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### SCHEDULE OF CLINIC AND OUTREACH REQUIREMENTS FOR ACCELERATED PROGRAM

Students in the Accelerated Massage Therapy Program must complete a minimum of 200 hours of faculty-supervised massage therapy to the public. Of the 200 hours, a minimum of 25 hours must be outreach hours.

	IN-CLASS	CLINIC	OUTREACH	DESCRIPTION
<b>SEMESTER 01</b>	3	20	5	Shadow senior students in the student clinic to learn first-hand all therapist-patient tasks.
<b>SEMESTER 02</b>	6	70	10	Treat patients once a week in the student clinic using an advanced approach to treatment.
<b>SEMESTER 03</b>	6	70	10	Treat patients once a week in the student clinic using a rehabilitative approach to treatment.
<b>TOTAL</b>	<b>15</b>	<b>160</b>	<b>25</b>	

### GRADUATION REQUIREMENTS FOR ACCELERATED PROGRAM

Students must successfully complete all 3 semesters, AND the required number of clinic and outreach hours.

SEMESTER 01	COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
	LEAP 110	60%	ACHIEVE A "PASS" ON THE MID-TERM AND FINAL OSCE
	MSKP 110	60%	COMPLETE THE SUMMATIVE SEMESTER 1 MID-TERM AND FINAL MCQ EXAM
	MTAP 110	60%	COMPLETE 3 HOURS OF IN-CLASS CLINIC HOURS
	ORAS 110	60%	COMPLETE 20 HOURS OF STUDENT CLINIC
	PPHY 110	60%	COMPLETE 5 HOURS OF OUTREACH

SEMESTER 02	COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
	ATJD 110	60%	ACHIEVE A "PASS" ON THE MID-TERM AND FINAL OSCE
	ATMI 110	60%	COMPLETE THE SUMMATIVE SEMESTER 2 MID-TERM AND FINAL MCQ EXAM
	MSTR 110	60%	COMPLETE 6 HOURS OF IN-CLASS CLINIC HOURS
	PPHY 210	60%	COMPLETE 70 HOURS OF STUDENT CLINIC
	ORAS 210	60%	COMPLETE 10 HOURS OF OUTREACH

SEMESTER 03	COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
	MSTR 210	60%	ACHIEVE A "PASS" ON THE MID-TERM AND FINAL OSCE
	PRMT 110	60%	COMPLETE THE SUMMATIVE SEMESTER 3 MID-TERM AND FINAL MCQ EXAM
	PPHY 310	60%	COMPLETE 6 HOURS OF IN-CLASS CLINIC HOURS
	ORAS 310	60%	COMPLETE 70 HOURS OF STUDENT CLINIC COMPLETE 10 HOURS OF OUTREACH

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### SAMPLE STUDENT SCHEDULE

SEMESTER 01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING CLASS</b>		ORAS 110	LEAP 110	MTAP 110	ORAS 110
<b>AFTERNOON CLASS</b>	MTAP 110	MTAP 110	MSKP 110	PPHY 110	
<b>EVENING CLASS/CLINIC</b>					

NOTE: MTAP 110 - Some MTAP 110 Classes will include time in the student clinic in the later half of the semester on Tuesday, Wednesday or Thursday evenings. Some classes in the accelerated program are combined with students in the full-time program and some are for the accelerated class only.

ORAS 110 Introduction to Orthopedic Assessment  
 MSKP 110 Musculoskeletal Anatomical Palpation  
 PPHY 110 Pathophysiology of the Nervous and Musculoskeletal Systems

MTAP 110 Massage Theory and Practice  
 LEAP 110 Legislation, Ethics, and Professionalism

SEMESTER 02	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING CLASS</b>	ORAS 210	ORAS 210	ATMI 110	MSTR 110	
<b>AFTERNOON CLASS</b>		PPHY 210	ATJD 110	PPHY 210	PPHY 210
<b>EVENING CLASS/CLINIC</b>		CLIN 110	CLIN 110	CLIN 110	

NOTE: CLIN 110 - Students are in clinic Tuesday, Wednesday OR Thursday. Some classes in the accelerated program are combined with students in the full-time program and some are for the accelerated class only.

ORAS 210 Orthopedic Assessment of the Lower Body  
 PPHY 210 Pathophysiology of the Immune, Cardiovascular, Endocrine, and Digestive Systems  
 ATMI 110 Assessment and Treatment of Musculoskeletal Imbalances

MSTR 110 Musculoskeletal Treatment: Treatment Principles and Planning  
 ATJD 110 Assessment and Treatment of Joint Dysfunction  
 CLIN 110 Clinic

SEMESTER 03	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING CLASS</b>		ORAS 310	MSTR 210	PPHY 310	ORAS 310
<b>AFTERNOON CLASS</b>		PPHY 110	PRMT 110	MSTR 210	PPHY 310
<b>EVENING CLASS/CLINIC</b>		CLIN 210	CLIN 210	CLIN 210	

NOTE: CLIN 210 - Students are in clinic Tuesday, Wednesday OR Thursday. Some classes in the accelerated program are combined with students in the full-time program and some are for the accelerated class only.

ORAS 310 Orthopedic Assessment of the Upper Limb  
 PRMT 110 Practice Management  
 PPHY 310 Pathophysiology of the Respiratory, Renal, Reproductive, and Integumentary Systems

MSTR 220 Musculoskeletal Treatment: Comprehensive Review for Entry-To-Practice  
 CLIN 210 Clinic