

MASSAGE THERAPY

FULL TIME PROGRAM

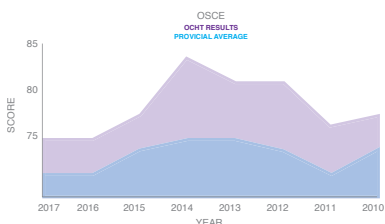
20 MONTHS
DURATION

5 SEMESTERS
15 WEEKS EACH

The **Full-Time Massage Therapy Program** at OCHT takes students through five 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 knowledge progressively builds each semester, as does the complexity of massage techniques from an introductory level to a highly evolved set of treatment skills.

CERTIFICATION EXAMS

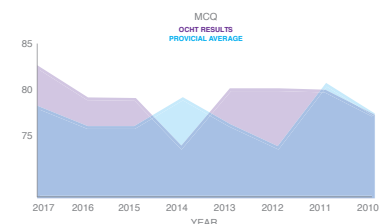
Upon successful completion of the Massage Therapy program, candidates must successfully complete the certification exams administered by the College of Massage Therapists of Ontario (CMTO) to become a Registered Massage Therapist, allowing them to practise Massage Therapy in Ontario. There are two components 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



POCHT 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 04	April 26 – August 6, 2021
SEMESTER 05	August 30 – November 12, 2021

SEPT 2020 START

SEMESTER 01	September 14 – December 22, 2020
SEMESTER 02	January 4 – April 16, 2021
SEMESTER 03	April 26 – August 6, 2021
SEMESTER 04	September 13 – December 21, 2021
SEMESTER 05	January 3 – April 15, 2022

SEMESTER SUMMARIES

SEMESTER 01

Semester 01 begins with an introduction to the profession of massage therapy. Introductory massage techniques, basic anatomical terminology, skeletal anatomy, and a thorough look at cellular physiology. Ethical practice, governing legislation, and professionalism are also emphasized. Students will also spend time in the student clinic in an observational role and contribute to some of the patient treatment process.

SEMESTER 02

Semester 02 introduces students to muscles of the axial skeleton, neurological and musculoskeletal pathophysiology, basic orthopedic assessment skills, and advanced massage techniques. Students will also begin to integrate the skills developed in Semester 01 into a meaningful treatment process by treating

patients in the student clinic, at outreach events, and through specialty clinics.

SEMESTER 03

Semester 03 expands on the student's massage techniques with an introduction to myofascial release, and other advanced techniques. Orthopedic assessment of the neurological system as well as the cervical and thoracic spine are also presented. Anatomical knowledge expands into muscles of the appendicular skeleton, and pathophysiology continues with the study of the cardiovascular, digestive, endocrine, and immune systems. Students continue treating patients in the student clinic, and at outreach opportunities, and through specialty clinics.

SEMESTER 04

Semester 04 adds depth to the treatment knowledge, focusing on building solid personalized and outcome-based treatment plans. Remedial exercise and functional

rehabilitation concepts are introduced. Assessment skills continue with the lumbar spine, sacroiliac joint, and the lower limb. The reproductive system, renal system, respiratory system and integumentary system are studied in pathophysiology. Students continue treating patients in the student clinic, outreach opportunities, and specialty clinics.

SEMESTER 05

Semester 05 unites all content in the program, ensuring that students are ready for entry to practice. Orthopedic assessment of the upper limb and temporomandibular joint complete the 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.

SCHEDULE OF CLINIC AND OUTREACH REQUIREMENTS FOR FULL TIME PROGRAM

Students must complete a *minimum* of 350 hours of faculty-supervised massage therapy to the public. Of the 350 hours, a minimum of 25 hours must be outreach hours.

	IN-CLASS	CLINIC	OUTREACH	DESCRIPTION
SEMESTER 01	3	20	5	Shadow senior students in the student clinic to learn first-hand all therapist-patient tasks.
SEMESTER 02	6	70	5	Treat patients once a week in the student clinic using a general treatment approach.
SEMESTER 03	6	70	5	Treat patients once a week in the student clinic using an increasingly advanced approach to treatment.
SEMESTER 04	6	70	5	Treat patients once a week in the student clinic using a rehabilitative approach to treatment.
SEMESTER 05	6	70	5	Treat patients once a week in the student clinic using a rehabilitative approach to treatment.
TOTAL	27	300	25	

GRADUATION REQUIREMENTS

Students must successfully complete all 5 semesters, AND the required number of clinic and outreach hours.

	COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
SEMESTER 01	LEAP 103	50%	ACHIEVE A "PASS" ON THE MID-TERM AND FINAL OSCE
	MANA 103	50%	COMPLETE THE SUMMATIVE SEMESTER 3 MID-TERM AND FINAL MCQ EXAM
	MTAP 103	50%	COMPLETE 3 HOURS OF IN-CLASS CLINIC HOURS
	PHYS 103	50%	COMPLETE 70 HOURS OF STUDENT CLINIC AND 5 HOURS OF OUTREACH
SEMESTER 02	ATJD 103	60%	ACHIEVE A "PASS" ON THE MID-TERM AND FINAL OSCE
	MANA 203	60%	COMPLETE THE SUMMATIVE SEMESTER 2 MID-TERM AND FINAL MCQ EXAM
	PPHY 103	60%	COMPLETE 6 HOURS OF IN-CLASS CLINIC HOURS
	SCLP 103	60%	COMPLETE 70 HOURS OF STUDENT CLINIC AND 5 HOURS OF OUTREACH
SEMESTER 03	ATMI 103	60%	ACHIEVE A "PASS" ON THE MID-TERM AND FINAL OSCE
	MANA 303	60%	COMPLETE THE SUMMATIVE SEMESTER 3 MID-TERM AND FINAL MCQ EXAM
	ORAS 103	60%	COMPLETE 6 HOURS OF IN-CLASS CLINIC HOURS
	PPHY 203	60%	COMPLETE 70 HOURS OF STUDENT CLINIC AND 5 HOURS OF OUTREACH
SEMESTER 04	FNRH 103	60%	ACHIEVE A "PASS" ON THE MID-TERM AND FINAL OSCE
	MSTR 103	60%	COMPLETE THE SUMMATIVE SEMESTER 3 MID-TERM AND FINAL MCQ EXAM
	ORAS 203	60%	COMPLETE 6 HOURS OF IN-CLASS CLINIC HOURS
	PPHY 303	60%	COMPLETE 70 HOURS OF STUDENT CLINIC AND 5 HOURS OF OUTREACH
SEMESTER 05	FNRH 203	60%	ACHIEVE A "PASS" ON THE MID-TERM AND FINAL OSCE
	MSTR 203	60%	COMPLETE THE SUMMATIVE SEMESTER 5 MID-TERM AND FINAL MCQ EXAM
	NUTR 103	60%	COMPLETE 6 HOURS OF IN-CLASS CLINIC HOURS
	ORAS 303	60%	COMPLETE 70 HOURS OF STUDENT CLINIC
	PRMT 103	60%	COMPLETE 5 HOURS OF OUTREACH

SAMPLE STUDENT SCHEDULE

SEMESTER 01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASS	MANA 103	LEAP 103	PHYS 103	LEAP 103	PHYS 103
AFTERNOON CLASS	MTAP 103	MTAP 103	MANA 103	MTAP 103	
EVENING CLASS/CLINIC					

NOTE: MTAP 103 - Some MTAP 103 Classes will include time in the student clinic in the later half of the semester on Tuesday, Wednesday or Thursday evenings.

MANA 103 Skeletal and Articular Anatomy
PHYS 103 Cellular Physiology

MTAP 103 Massage Theory and Practice
LEAP 103 Legislation, Ethics, and Professionalism

SEMESTER 02	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASS	PPHY 103	PPHY 103	MANA 203	ATJD 103	
AFTERNOON CLASS	MANA 203	ATJD 103	PPHY 103	MANA 203	
EVENING CLASS/CLINIC			SCLP 103	SCLP 103	

NOTE: SCLP 103 - Students are in clinic Tuesday, Wednesday OR Thursday

MANA 203 Muscular Anatomy of the Axial Skeleton
PPHY 103 Pathophysiology of the Nervous and Musculoskeletal Systems

ATJD 103 Assessment and Treatment of Joint Dysfunction
SCLP 103 Student Clinic Preparation

SEMESTER 03	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASS	ATMI 103	ORAS 103	MANA 303	PPHY 303	ORAS 103
AFTERNOON CLASS	MANA 303	PPHY 303		ATMI 103	PPHY 303
EVENING CLASS/CLINIC		CLIN 103	CLIN 103	CLIN 103	

NOTE: CLIN 103 - Students are in clinic Tuesday, Wednesday OR Thursday. Students typically have an evening class in Semester 3, 4 and/or 5.

MANA 303 Muscular Anatomy of the Appendicular Skeleton
PPHY 303 Pathophysiology of the Immune, Cardiovascular, Endocrine, and Digestive Systems
ORAS 103 Introduction to Orthopedic Assessment

ATMI 103 Assessment and Treatment of Musculoskeletal Imbalances
CLIN 103 Clinic

SEMESTER 04	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASS		CLIN 203	MSTR 103	PPHY 303	ORAS 203
AFTERNOON CLASS	FNRH 103	PPHY 303	MSTR 103		PPHY 303
EVENING CLASS/CLINIC		ORAS 203	CLIN 203	CLIN 203	

NOTE: CLIN 203 - Students are in clinic Tuesday, Wednesday OR Thursday. Students typically have an evening class in Semester 3, 4 and/or 5.

ORAS 203 Orthopedic Assessment of the Lower Body
PPHY 303 Pathophysiology of the Respiratory, Renal, Reproductive, and Integumentary Systems
MSTR 103 Musculoskeletal Treatment: Treatment Principles and Planning

FNRH 103 Functional Rehabilitation: Intro To Rehabilitative Exercises
CLIN 203 Clinic

SEMESTER 05	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASS	ORAS 303	CLIN 303	PRMT 103	ORAS 303	
AFTERNOON CLASS	FNRH 203	MSTR 203		MSTR 203	
EVENING CLASS/CLINIC		NUTR 103	CLIN 303	CLIN 303	

NOTE: CLIN 303 - Students are in clinic Tuesday, Wednesday OR Thursday. Students typically have an evening class in Semester 3, 4 and/or 5.

ORAS 303 Orthopedic Assessment of the Upper Limb
MSTR 203 Musculoskeletal Treatment: Comprehensive Review for Entry-To-Practice
FNRH 203 Functional Rehabilitation: Advanced Concepts in Rehabilitation

NUTR 103 Nutrition
PRMT 103 Practice Management
CLIN 303 Clinic