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MASSAGE THERAPY COURSE CALENDAR 2021

ONTARIO COLLEGE

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MASSAGE THERAPY PROGRAM

Practicing the profession of massage therapy relies heavily on application of principles of the physical, biological, health, social and behavioural sciences. Massage therapists require a strong foundational knowledge base common to all regulated health care professionals in Canada, and a more specialized foundational knowledge base related to the structure, function and inter-relationships of the body systems and their response to manipulation.

The profession of massage therapy continues to grow in both popularity and skill. Upon completion of a massage therapy program, Registered Massage Therapists can add knowledge and skills due to the numerous educational opportunities available to RMTs now. RMTs work independently or alongside other health practitioners, often becoming an integral member of a multidisciplinary team. RMTs have opportunities to work self-employed, at medical clinics, with sports teams, at spas and in other varied settings.

Our graduates consistently find jobs in their desired setting, often having several options to choose from. Upon successful completion of our program, students confidently complete the provincial certification exams. Our success rate at the provincial certification exam is consistently around 90%.

MISSION STATEMENT, PHILOSOPHY AND GOALS

Our mission is to provide a learning experience for students based on trust, respect, optimism and intentionality, the assumptions of Invitational Education. The College strives to learn what it is that students really want and need, to deliver it consistently and then, make it even better. The focus is to provide quality private education in an exceptional school environment.

Invitational Theory (Purkey, 1978; Purkey & Novak, 1984, 1988, 1996; Purkey & Schmidt, 1987, 1990; Purkey & Siegel, 2013; Novak, Armstrong, & Browne, 2014) seeks to explain phenomena and provide a means of intentionally summoning people to realize their relatively boundless potential in all areas of worthwhile human endeavour. Its purpose is to address the entire global nature of human existence and opportunity, and to make life a more exciting, satisfying and enriching experience.

OUR PHILOSOPHY

At Ontario College of Health & Technology, we encourage each student to discover and develop their unique potential as a Massage Therapist through teaching effective massage skills. This is accomplished through a carefully developed sequence of classroom and clinical training that is guided by experienced practitioners who are dedicated to teaching students about the use and benefits of Massage Therapy.

A skilled therapist is capable of providing a treatment that relaxes the body and relieves patients of stress, tension, and pain. This, in turn, can enhance an individual's awareness of physical, mental and emotional processes and as such can provide opportunities for personal growth, transformation, and healing. At OCHT we are honoured to share our knowledge with students as they begin their journey into the continually evolving profession of Massage Therapy.

SCOPE OF PRACTICE OF THE PROFESSION OF MASSAGE THERAPY

"The practice of Massage Therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissue and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain (Massage Therapy Act, 1991)."

OUR GOALS

Our goal is to provide students with the knowledge, skills, confidence, and intuition to deliver manual therapeutic treatments to individuals in need of their care. We teach our students to treat their patients with kindness, compassion and understanding, using genuine intention in their interactions and to treat without judgment while delivering the highest possible level care.

OVERVIEW OF THE COLLEGE

Ontario College of Health & Technology has been educating massage therapists since 2006, with an average of 50 students per year graduating from the program. Our student attrition rate is very low, and graduate success at the provincial exams is consistently around 90%.

Our instructors are Registered Massage Therapists, Chiropractors, Kinesiologists, and Athletic Therapists, with many years of commitment and practice in their respective fields. Our instructors also bring a variety of skills to the program, learned via experience and continued education in their field.

We offer a Full-Time Massage Therapy Program, as well as an Accelerated Massage Therapy Program geared towards individuals with a Kinesiology degree, and we also have an Advanced Standing Massage Therapy Program, suitable for Athletic Therapists, Physiotherapists, Chiropractors, Osteopaths, Nurses, and other individuals in similar fields.

OCHT is registered with the Ministry of Training, Colleges and Universities, and as of March 2020, has been granted Preliminary Accreditation Status.

HOW TO APPLY

ADMISSION DEADLINES 2021

	FULL-TIME PROGRAM	ACCELERATED PROGRAM	ADVANCED STANDING PROGRAM
APRIL START		MARCH 1, 2021	
SEPT START	AUG 1, 2021		SEPT 1, 2021

Request more information on the school website ocht.ca

↓

Massage Therapy Program Coordinator will contact you to arrange a meeting.

↓

Meeting will include:
An overview of the program
Tour of the school
Opportunity to speak with instructors and students
Receive or book a massage in the student clinic.

↓

A web link from the Program Coordinator will be sent to you to officially apply.

↓

Send appropriate documentation to the school. Your application will be reviewed a this time. Application to the program does not guarantee admission into the program.

↓

Receive a decision from the school and if accepted into the program, receive an acceptance letter.

↓

Officially register for the program completing student contract and other documentation prior to the start of the semester.

SCHEDULE OF DATES
2021-2023

SEMESTER START DATES FOR 2021

APRIL 2021 START/GRADUATION CLASS OF APRIL 2022 - ACCELERATED PROGRAM

SEMESTER 01	April 26 - August 6, 2021
SEMESTER 02	September 13 - December 21, 2021
SEMESTER 03	January 3 - April 15, 2022

SEPTEMBER 2021 START / GRADUATION CLASS OF APRIL 2023 - FULL-TIME PROGRAM

SEMESTER 01	September 13 - December 21, 2021
SEMESTER 02	January 3 - April 15, 2022
SEMESTER 03	April 25 - August 5, 2022
SEMESTER 04	September 12 - December 20, 2022
SEMESTER 05	January 9 - April 21, 2023

IMPORTANT DATES FOR YEARS 2021-2023

SUMMER SEMESTER 2021

SUMMER SEMESTER BEGINS	Monday April 26, 2021
VICTORIA DAY HOLIDAY	Monday May 24, 2021
MID-TERM SUMMATIVE EXAM AND MID-TERM OSCE WEEK	June 7 - 11, 2021
CANADA DAY HOLIDAY	Thursday July 1, 2021
FINAL OSCE WEEK	July 26 - July 30, 2021
CIVIC HOLIDAY	Monday August 2, 2021
FINAL SUMMATIVE EXAM SUMMER SEMESTER	Tuesday August 3, 2021

Summer Break August 4 - September 12, 2021

FALL SEMESTER 2021

FALL SEMESTER BEGINS	Monday September 13, 2021
THANKSGIVING DAY HOLIDAY	Monday October 11, 2021
MID-TERM SUMMATIVE EXAM AND MID-TERM OSCE WEEK	October 25 - 29, 2021
FINAL OSCE WEEK	December 13 - 17, 2021
FINAL SUMMATIVE EXAM FALL SEMESTER	Tuesday December 21, 2021

Winter Break December 22, 2021 - January 2, 2022

WINTER SEMESTER 2022

WINTER SEMESTER BEGINS	Monday January 3, 2022
FAMILY DAY HOLIDAY	Monday February 21, 2022
MID-TERM SUMMATIVE EXAM AND MID-TERM OSCE WEEK	February 14 - 18, 2022
MARCH BREAK	March 14 - 18, 2022
FINAL OSCE WEEK	April 4 - 8, 2022
GOOD FRIDAY	Friday April 15, 2022
FINAL SUMMATIVE EXAM WINTER SEMESTER	Tuesday April 12, 2022

Spring Break April 13 - April 24, 2022

IMPORTANT DATES FOR YEARS 2021-2023

SUMMER SEMESTER 2022

SUMMER SEMESTER BEGINS	Monday April 25, 2022
VICTORIA DAY HOLIDAY	Monday May 23, 2022
MID-TERM SUMMATIVE EXAM AND MID-TERM OSCE WEEK	June 6-10, 2022
CANADA DAY HOLIDAY	Friday July 1, 2022
FINAL OSCE WEEK	July 25-29, 2022
CIVIC HOLIDAY	Monday August 1, 2022
FINAL SUMMATIVE EXAM SUMMER SEMESTER	Tuesday August 2, 2022

Summer Break August 3 - September 11, 2022

FALL SEMESTER 2022

FALL SEMESTER BEGINS	Monday September 12, 2022
THANKSGIVING DAY HOLIDAY	Monday October 10, 2022
MID-TERM SUMMATIVE EXAM AND MID-TERM OSCE WEEK	October 24-28, 2022
FINAL OSCE WEEK	December 12-16, 2022
FINAL SUMMATIVE EXAM FALL SEMESTER	Tuesday December 20, 2022

Winter Break December 21, 2022 - January 8, 2023

WINTER SEMESTER 2023

WINTER SEMESTER BEGINS	Monday January 9, 2023
FAMILY DAY HOLIDAY	Monday February 20, 2023
MID-TERM SUMMATIVE EXAM AND MID-TERM OSCE WEEK	February 20-24, 2023
MARCH BREAK	March 13-17, 2023
GOOD FRIDAY	Friday April 9, 2023
FINAL OSCE WEEK	April 10-14, 2023
FINAL SUMMATIVE EXAM WINTER SEMESTER	Tuesday April 18, 2023

End of Program for the September 2021 Start

ENTRY-TO-PRACTICE REQUIREMENTS

Our students graduate with entry-to-practice proficiency. This means that we ensure they apply the relevant practice competencies consistent with the accepted standards of the profession to routine situations. We have them do this under our supervision, during in-class learning and discussions, while using scenario-based learning in class, in the student clinic and through OSCE testing (Objectively Structured Clinical Evaluation). We are then confident that they can perform and apply the relevant competencies without supervision or direction, as seen through their work in the student clinic. We also ensure that they can complete these tasks within a reasonable timeframe, as seen through the OSCE evaluation and while treating patients in the student clinic.

We teach them and assess their ability to anticipate what outcomes to expect in a given situation, how to respond appropriately, and how to recognize unusual or complex situations which may be beyond their individual ability. We teach them and assess their ability to use appropriate and ethical steps to address these situations, which may include seeking consultation, supervision or mentorship, reviewing research literature, or making a referral. We provide consultation, supervision and mentorship where needed, to help them handle any situation necessary.

The program incorporates the Inter-Jurisdictional Practice Competencies (IJC) directly into our course content. We ensure that students are meeting the minimum expectations for newly-registered massage therapists who are entering practice for the first time. We ensure they possess the ability to perform entry-level practice in a manner that is safe, effective and ethical. Upon graduation, the practice competencies have been deeply integrated into their abilities, providing them with the knowledge and skills needed to succeed in their chosen workplace or practice setting.

We give our students the tools to continue to evolve their practice to a mature level based upon increasing experience, ongoing learning from colleagues, and professional development activities.

We do all of the above through teaching the necessary competencies, linking it to content throughout the entire program. We test them academically in each course and then in a summative manner each semester. We also asses them on OSCEs at the mid-point and end of each semester, testing them on content from each course and then gradually testing them in an increasingly summative manner.

Each course outline contains the appropriate IJC requirements that will be taught and tested in that semester, so that students know the expectations of each course, and so that instructors have a guideline to follow and specific requirements to meet. By the end of the program, all entry-to practice requirements have been encountered several times, presented in courses, practiced, evaluated and assessed in various means.

The learning environments as defined in the Interjurisdictional Competencies are:

ACADEMIC ENVIRONMENT

The academic environment, where learning takes place in a classroom or through guided independent study, and students develop knowledge and thinking skills, and beliefs and values, which enable them to perform the required Performance Indicators. The academic assessment vehicle should be a written and / or oral evaluation designed to identify behaviours consistent with the designated Performance Indicators, within the context of the definition of Entry-Level Proficiency.

SIMULATED ENVIRONMENT

The simulated environment, where students learn practical, communication and relationship skills which enable them to perform the required Performance Indicators, under the direction of an experienced professional, in a setting that simulates practice. The simulated assessment vehicle should ensure repeated and reliable demonstration of behaviours consistent with the designated Performance Indicators, within the context of the definition of Entry-Level Proficiency.

CLINICAL ENVIRONMENT

The clinical environment, where students work directly with a patient / client in a setting designed to provide patient / client care. Students should be supervised throughout their clinical education, in a manner that facilitates development of independent clinical abilities while ensuring that care provided is safe, effective and ethical. The clinical assessment vehicle should ensure repeated and reliable demonstration of behaviours consistent with the designated Performance Indicators, within the context of the definition of Entry-Level Proficiency, and with a variety of patients / clients.

PROGRAM DESCRIPTION

We provide a foundational knowledge curriculum of sufficient breadth and depth to enable our graduates to perform the Practice Competencies and Performance Indicators with entry-level proficiency. Our curriculum has been designed based on the Massage Therapy Inter-Jurisdictional Practice Competencies and Performance Indicators for Massage Therapists Entry-to-Practice. in order to ensure that our graduates are knowledgeable, effective, safe, ethical and highly skilled massage therapists.

Our students' learning embraces current and emerging developments in the profession of massage therapy. Students learn in academic classes, practical environments, as well as in the student clinic. Students spend 24-27 hours per week in classes, with approximately 50% of class time being in a practical environment. Students also spend 5 hours per week in the student clinic and participate in an outreach program. Each environment allows students to develop the myriad of skills necessary to perform the required performance indicators. We have excellent student/faculty ratios in both academic and clinical settings, ensuring a high-level personal attention. Practical classes typically have a ratio of about one instructor for about 10-15 students.

FACULTY AND CLINICAL FACULTY

Our academic and clinical faculty are all practicing Regulated Health Professionals, with numerous years of practice and teaching experience. They are highly educated and experienced educators.

They are authentic, dedicated and passionate individuals with a genuine interest in promoting ad advancing the profession of massage therapy. Registered Massage Therapists, Chiropractors, Athletic Therapists and Yoga Instructors are among the instructors delivering lectures and practical classes and supervising the student massage therapy clinic. Our instructors have completed extensive external training in areas such as myofascial release, active release technique, soft tissue release, acupuncture, reflexology, Thai yoga massage, cupping, fascial stretch therapy, visceral manipulation, craniosacral therapy, Pilates and other complimentary areas. Students are introduced to many of these techniques, as a way to promote life-long learning by creating interest in a wide variety of advanced techniques.

Refer to the Student Policy and Procedure Manual for:

Policy on Promotion and Professional Development

ASSESSMENT VEHICLES

Academically students are tested in each course where content is presented using semester tests and quizzes, typically in MCQ (Multiple Choice Questionnaire) format to follow a format similar to the provincial MCQ exam.

Additionally, at the end of each semester, a summative examination is conducted. Our semesters are 15 weeks long, with the final summative examination being conducted in week 15 of the semester. In addition, we conduct mid-term MCQ exams in week 7 of each semester. The content on this summative exam is the content from the previous semester. This means that the semester 2 mid-term MCQ exam contains the same content as the semester 1 final MCQ summative exam. This pattern is repeated in each semester. When students are in semester 5, their final semester, they are given the option of completing any of the previous semester exams as a means to prepare for the upcoming CMTO MCQ exam.

Students are assessed academically, practically and clinically, on a consistent basis throughout the entire program, and provided wth feedback to assist their progress.

PROVINCIAL CERTIFICATION EXAMS

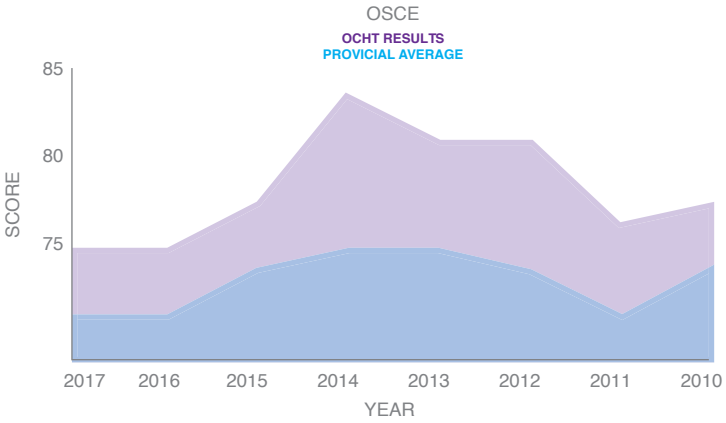
Upon successful completion of the Massage Therapy program, candidates must successfully complete the certification exams administered by the College of Massage Therapists of Ontario (CMTO) to become a Registered Massage Therapist, allowing them to practise Massage Therapy in Ontario.

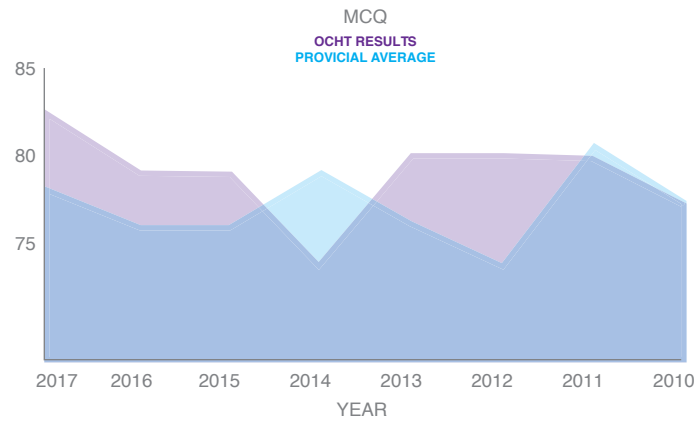
A candidate's education must be no more than three years old on the date their registration is processed after they pass their CMTO exams. The certification examination evaluates whether a candidate for registration with the College has the entry to practice competence expected for safe and ethical Massage Therapy practice.

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



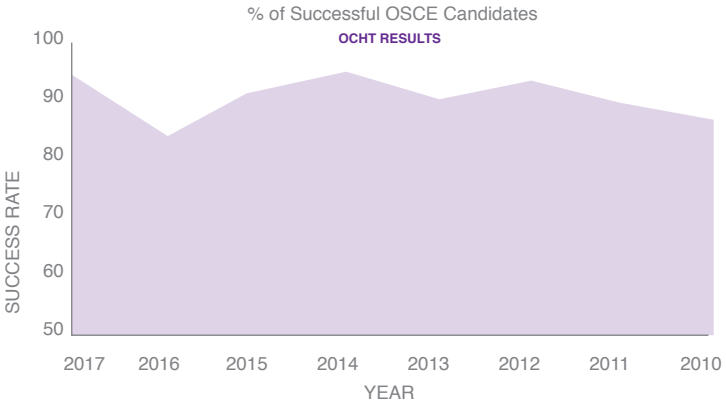


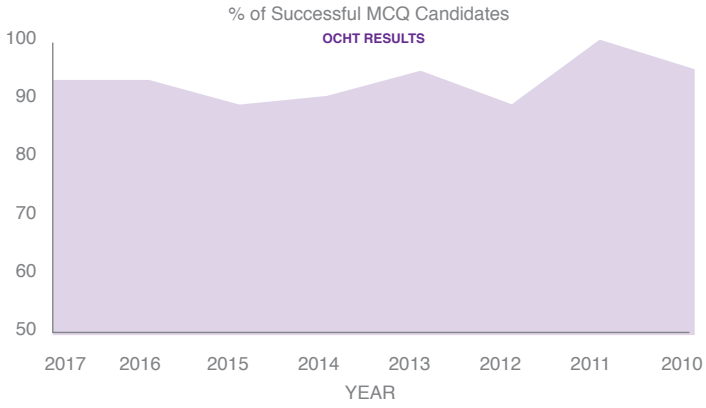
OSCE: Objectively Structured Clinical Evaluation. This is the clinical component of the CMTO certification examination. It is designed to evaluate both the candidate's knowledge and application of skills. It tests the candidate's ability to safely and effectively apply the principles and processes of Massage Therapy practice given a number of different clinical scenarios in seven test stations. Scores are given by Massage Therapist examiners based on the candidate's performance at each station. The OSCE lasts approximately 90 minutes.

MCQ: The MCQ is the multiple-choice component of the certification examination. The exam is designed to evaluate the candidate's knowledge in the three competency areas of health science, professional development and clinical science. The MCQ consists of 150 questions administered over 180 minutes via computer. It can be taken either before or after the OSCE.

OCHT PERFORMANCE OVER THE YEARS*

Average Score Achieved on the OSCE and MCQ for OCHT
2010-2017





* results provided yearly by the CMTO with 2017 results most current

MASSAGE THERAPY CURRICULUM

Our curriculum has been designed based on the Inter-Jurisdictional Practice Competencies and Performance Indicators for Massage Therapists Entry-to-Practice, as dictated by the College of Massage Therapists of Ontario and the regulatory colleges of British Columbia, New Brunswick and Newfoundland and Labrador, in order to ensure that our graduates are knowledgeable, effective, safe, ethical and highly skilled massage therapists.

Professional practice competencies, including knowledge and skills relating to communication, professionalism, ethical standards, integrity and the therapeutic relationship are deeply embedded in the curriculum. Knowledge and skills relating to assessment and treatment, including treatment principles, massage techniques, therapeutic exercise and thermal applications, are taught, developed, and enhanced in academic environments, situations involving simulated scenarios and in the clinical environment. The curriculum covers foundational health sciences of anatomy, physiology and pathophysiology to ensure that our students are competent health care professionals, enabling them to work alongside other health care professions.

Students have opportunities to provide massage therapy treatments in diverse settings, working with a variety of populations, and in various inter-professional settings.

Our alumni network ensures lifelong connection and community among our graduates and assists them in achieving ongoing professional development and lifelong learning.

Our experiential educational approach involves promoting critical thinking, problem-solving and continued evolution of skills and knowledge to deliver evidence-based and outcome-based massage therapy treatments.

Students are assessed on an on-going basis to ensure that they are meeting all learning objectives, and so that strengths and areas for improvement are identified. To best prepare our students for the entry-to-practice exams, our students regularly participate in summative evaluations and practical exams. Each semester ends with a comprehensive exam and an objectively structured clinical evaluation (OSCE). Students must be successful in these evaluations to move on to the next semester.

Our students are guided in a student-centred learning culture, continuously valued and respected and encouraged to work closely with faculty to create an optimal learning environment.

Our program maintains absolute up-do-date and accurate content with respect to the provincial requirements and expectations, with legislative responsibilities, and with evolving developments in the profession.

The college environment includes ample academic space, a gym, a lounge, a cafe, clinical space, and a variety of classrooms.

The program is evaluated on an on-going basis with feedback from students, faculty, and administration.

CLASS TIMES

MORNING CLASSES	9:00 AM-12:00 PM	**STUDENT CLINIC†§**	3:45 PM-8:45 PM
AFTERNOON CLASSES	1:00 PM-4:00 PM	**OUTREACH HOURS**	TBD
EVENING CLASSES*	4:30 PM-7:30 PM		

* During Semester 3, 4 and/or 5, one evening class per week may be scheduled from 4:30 PM-7:30 PM
† Student Clinic occurs in Semesters 2, 3, 4, and 5.
§ During Semester 1, some hours will be spent in the student clinic in the evening also.
º Outreach hours will be random and could be scheduled on weekdays, weekends, or in the evenings.

MASSAGE THERAPY

FULL TIME PROGRAM

OVERVIEW: FULL TIME PROGRAM

TOTAL TUITION COST $21,000*†§º

SEMESTER 01	$1125.00/month
SEMESTER 02	$1125.00/month
SEMESTER 03	$1125.00/month
SEMESTER 04	$1000.00/month
SEMESTER 05	$875.00/month

1. Tuition is to be paid the first day of every month.
2. If payment has not been received by the end of the 3rd day of the month, a $100.00 penalty will be added to your account.
3. If two consecutive tuition payments are missed, the College has the right to withdraw the student from the program.
4. If all fees have not been paid by the completion of the semester, the College has the right to withdraw the student from the program.
5. Payments must be made through the student portal on www.ocht.ca

* Text Books are not included in tuition fees
† A materials package must be purchased from the school prior to the first day of classes.
§ A clinic shirt is not provided. You will be required to purchase our clinic shirt as part of the program registration process.
º The purchase of other required clinic clothing (ie. scrub-type pants), is the responsibility of the student

DESCRIPTION OF SEMESTERS

The full-time massage therapy 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 specialty 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. 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 student clinic, and participate in outreach opportunities and specialty 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; 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 and professional practice as a Registered Massage Therapist.

SAMPLE SCHEDULE: FULL-TIME PROGRAM

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.

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	SCLP 103	

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

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.

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.

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.

SEMESTER 01 FULL-TIME COURSES

9 CLASSES PER WEEK

MANA 103
SKELETAL AND 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
2 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 provide an introduction to the field Massage Therapy. Students will receive an in-depth understanding of the theories, concepts, principles and standards enabling them to perform safe, effective and ethical 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. Professional communication, meeting regulatory requirements, and establishing and maintaining professional relationships will be emphasized. 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.

9 CLASSES PER WEEK

SEMESTER 02 FULL-TIME COURSES

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 cover 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.

ATJD 103
ASSESSMENT AND TREATMENT OF JOINT DYSFUNCTION

90 Hours
2 Classes per week

This course will provide an introduction to orthopedic physical assessment in a straightforward, systematic approach to performing a neuromusculoskeletal assessment and the rationale behind various aspects of the assessment. This course will provide the student with an understanding of active, passive and resisted range of motion testing. It will also provide the student with an understanding of the theory and practical aspects of joint mobilization and stretching for all the joints in the body. Students will enhance their treatment planning skills as well as their technique skills through application to a therapeutic style treatment.

SCLP 103
STUDENT CLINIC PREPARATION

70 Hours
1 Class per week

This course will provide students with an introduction to the procedures of the student clinic. Students will spend 5 hours per week, in the student clinic. Students will spend some time shadowing a senior student yet participating in all aspects of the therapist-patient experience. They will learn first-hand how to perform a patient intake interview, assessment, create a treatment plan, obtain consent for treatment, administer and effective treatment, assign remedial exercises and other home care, and write SOAP notes. Students will also perform “foundational treatments” on the public in the student clinic, fully engaging in the complete student clinic procedures. Emphasis will also be placed on developing professional communication skills and therapist self-care and self-monitoring skills. Students will continue to participate in ongoing discussions of professional boundaries, application of massage technique, and therapeutic intent. Students’ work will be observed and critiqued as part of fostering their development.

SEMESTER 03 FULL-TIME COURSES

10 CLASSES PER WEEK

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.

PPHY 203
PATHOPHYSIOLOGY OF THE IMMUNE, CARDIOVASCULAR, ENDOCRINE, AND DIGESTIVE 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 immune system, cardiovascular system, lymphatic system, neuroendocrine system and digestive system to allow students to provide safe, effective, and ethical massage therapy.

ORAS 103
INTRODUCTION TO ORTHOPEDIC ASSESSMENT

90 hours
2 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.

ATMI 103
ASSESSMENT AND TREATMENT OF MUSCULOSKELETAL IMBALANCES

90 hours
2 Classes per week

This course will provide an understanding of the evaluation and management of chronic musculoskeletal pain and of the importance of the central nervous system in mediating chronic pain through neuromuscular imbalance. It will use a functional approach to treatment that recognizes all systems within the body, rather than focusing on a single site of pathology. The foundation of this course is: Assessment and Treatment of Muscle Imbalance: The Janda Approach, which blends postural techniques, neurology, and functional capabilities in order to alleviate chronic musculoskeletal pain and promote greater functionality. This course will also provide a thorough understanding of muscle locations and attachments, the relevance of range of motion to specific muscles and how to effectively lengthen and activate muscles. A number of soft tissue techniques (i.e. myofascial release techniques) will be introduced as they relate to “treating” the body functionally rather than structurally. This course will incorporate the work of Vladimir Janda, specifically, upper cross and lower cross syndrome.

CLIN 103
CLINIC

70 hours
1 Class per week

This course will provide students with experience providing massage therapy treatments to the public in the clinic 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 to apply 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, application of massage techniques, and therapeutic intent. Students’ work will be observed and critiqued as part of fostering their development.

9 CLASSES PER WEEK

SEMESTER 04 FULL-TIME COURSES

ORAS 203
ORTHOPEDIC ASSESSMENT OF THE LOWER BODY

90 Hours
2 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.

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

135 Hours
3 Classes per week

This course covers foundational health sciences core content. It will provide students 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.

MSTR 103
MUSCULOSKELETAL TREATMENT: TREATMENT PRINCIPLES AND PLANNING

90 Hours
2 Classes per week

This course will enhance treatment planning, using an outcome-based approach to treatment. It will involve an in-depth look at treatment concepts for various musculoskeletal impairments and pathological conditions. Common conditions associated with the musculoskeletal system, nervous system, respiratory system, cardiovascular system, digestive system, reproductive system and renal system will be discussed with respect to treatment principles and guidelines. Manual lymphatic drainage techniques, hydrotherapy and pharmacology with be included in this course.

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.

CLIN 203
CLINIC

70 Hours
1 Class per week

This course will provide students with experience providing massage therapy treatments to the public in the clinical setting, helping them integrate rehabilitative massage skills and techniques to all regions of the body. Students will engage in the full treatment process, 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 to apply 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, application of massage technique, and therapeutic intent. Students' work will be observed and critiqued as part of fostering their development

SEMESTER 05 FULL-TIME COURSES

8 CLASSES PER WEEK

ORAS 303
ORTHOPEDIC ASSESSMENT OF THE UPPER LIMB

90 Hours
2 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.

MSTR 203
MUSCULOSKELETAL TREATMENT: COMPREHENSIVE REVIEW FOR ENTRY-TO-PRACTICE

90 Hours
2 Classes per week

This course will expand on MSTR 103 with a comprehensive review of the key concepts, knowledge and skills needed to enter practice confidently, and to perform successfully at the provincial certification exams. Students will apply and integrate their clinical science knowledge to the skills acquired throughout the program pertaining to the entire therapeutic process (health history/ client intake, treatment planning, consent to treatment, orthopedic assessment, treatment skills and remedial exercise and home care). This course will include both academic and practical components 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 the macro nutrients, vitamins and minerals and weight management. This course will also explore current and emerging diet-disease relationships.

PRMT 103
PRACTICE MANAGEMENT

45 hours
1 Class 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.

CLIN 303
CLINIC

70 hours
1 Class per week

This course will provide students with experience providing massage therapy treatments to the public in the 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 to apply 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, application of massage technique, and therapeutic intent. Students' work will be observed and critiqued as part of fostering their development.

OUTREACH AND SPECIALITY CLINIC

25 Outreach Hours
27 Hours of Specialty Clinic

This course provides 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 (25) over the course of the 5 semesters of the program. Also included in this course is a number of hours of supervised "specialty clinic" 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. In semester one, 3 hours are required and in each of semesters 2, 3, 4 and 5, six hours are required.

OVERVIEW: CLINIC AND OUTREACH

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.

SCHEDULE OF CLINIC AND OUTREACH REQUIREMENTS FOR FULL TIME PROGRAM

	In-Class Clinic Hours	Student Clinic Hours	Outreach Hours
SEMESTER 01	3	20	5
SEMESTER 02	6	70	5
SEMESTER 03	6	70	5
SEMESTER 04	6	70	5
SEMESTER 05	6	70	5
TOTAL	**27**	**300**	**25**

SEMESTER 1

IN-CLASS CLINIC: 3 HOURS

Students must complete 3 hours of faculty-supervised massage therapy to the public. This is completed during class time near the end of Semester 1. Patients are recruited through our patient database. Students are expected to complete a thorough treatment process to the best of their ability, drawing upon all knowledge gained thus far in the program. For semester 1 students, this will include a client interview, a palpation-based assessment, a treatment plan discussion, consent to treatment followed by a treatment and appropriate follow up, using the massage technique skills gained in Semester 1. This allows students to interact both with patients as well as with the instructors who taught the skills and content to them.

STUDENT CLINIC: 20 HOURS

Students in Semester 1 are introduced to the student clinic at the mid-point of the semester. They will be paired up with a senior student in clinic and will spend the time “shadowing” the senior student. Each clinic is 5 hours in length. There will be numerous opportunities for the student to participate directly in the therapist-patient interaction, for tasks such as the client interview, parts of the assessment and possibly parts of the treatment as well. Students will learn first-hand about the therapist-patient relationship, to prepare them for full entry-to-clinic in Semester 2.

SEMESTER 2

IN-CLASS CLINIC: 6 HOURS

Students must complete 6 hours of faculty-supervised massage therapy to the public. This is completed during class time near the mid-point and again near the end of Semester 2. Patients are recruited through our patient database. Students are expected to complete a thorough treatment process to the best of their ability, drawing upon all knowledge gained thus far in the program. For Semester 2 students, this will include a client interview, an assessment consisting of range of motion testing, palpation and muscle strength and length testing, a treatment plan discussion and consent to treatment. This will be followed by a treatment and appropriate follow up, using the massage technique skills gained in Semester 2, and Semester 1. This allows students to interact both with patients as well as with the instructors who taught the skills and content to them.

STUDENT CLINIC: 70 HOURS

Students in Semester 2 treat patients in the student clinic on a weekly basis. Each clinic is 5 hours in length, with the majority of the time being spent in direct involvement with a patient. Semester 2 students perform “relaxation treatments” in the student clinic. This treatment is tailored to the ability of the semester 2 student. Some assessment skills have been introduced and practiced, as well as all of the massage techniques, both introductory and advanced.

SEMESTER 3

IN-CLASS CLINIC: 6 HOURS

Students must complete 6 hours of faculty-supervised massage therapy to the public. This is completed during class time near the mid-point and again near the end of Semester 3. Patients are recruited through our patient database. Students are expected to complete a thorough treatment process to the best of their ability, drawing upon all knowledge gained thus far in the program. For Semester 3 students, this will include a client interview, an

OVERVIEW: CLINIC AND OUTREACH

assessment consisting of neurological testing, range of motion testing, palpation and some muscle strength and length testing, some orthopedic special tests. A treatment plan discussion and consent to treatment will follow, and then a treatment and appropriate follow up will be completed using the massage technique skills gained in semester 3, as well as in semesters 1 and 2. This allows students to interact both with patients as well as with the instructors who taught the skills and content to them.

STUDENT CLINIC:
70 HOURS

Students in Semester 3 treat patients in the student clinic on a weekly basis. Each clinic is 5 hours in length, with the majority of the time being spent in direct involvement with a patient. Semester 3 students perform “complaint-based therapeutic treatments” in the student clinic. This treatment is tailored to the ability of the semester 3 student. Some assessment skills have been introduced and practiced, as well as all of the massage techniques, both introductory and advanced.

SEMESTER 4

IN-CLASS CLINIC:
6 HOURS

Students must complete 6 hours of faculty-supervised massage therapy to the public. This is completed during class time near the mid-point and again near the end of Semester 4. Patients are recruited through our patient database. Students are expected to complete a thorough treatment process to the best of their ability, drawing upon all knowledge gained thus far in the program. For Semester 4 students, this will include a client interview, an assessment consisting of neurological testing, range of motion testing, palpation and muscle strength and length testing, some orthopedic special tests. A treatment plan discussion and consent to treatment will follow and then a treatment and appropriate follow up will be completed using the massage technique skills gained in semester 4, as well as in semesters 1, 2 and 3. This allows students to interact both with patients as well as with the instructors who taught the skills and content to them.

STUDENT CLINIC:
70 HOURS

Students in Semester 4 treat patients in the student clinic on a weekly basis. Each clinic is 5 hours in length, with the majority of the time being spent in direct involvement with a patient. Semester 4 students perform “complaint-based therapeutic treatments” in the student clinic. This treatment is tailored to the ability of the semester 4 student. Some assessment skills have been introduced and practiced, as well as all of the massage techniques, both introductory and advanced, as well as effective remedial exercise prescription. Student clinical hours are recorded and tracked by the massage therapy program coordinator.

SEMESTER 5

IN-CLASS CLINIC:
6 HOURS

Students must complete 6 hours of faculty-supervised massage therapy to the public. This is completed during class time near the mid-point and again near the end of semester 5. Patients are recruited through our patient database. Students are expected to complete a thorough treatment process to the best of their ability, drawing upon all knowledge gained thus far in the program. For Semester 5 students, this will include a client Interview, an assessment consisting of neurological testing, range of motion testing, palpation, muscle strength and length testing and orthopedic special tests. A treatment plan discussion and consent to treatment will follow, and then a treatment and appropriate follow up will be completed using the massage technique skills gained in semester 5, as well as in semesters 1, 2, 3 and 4. This allows students to interact both with patients as well as with the instructors who taught the skills and content to them.

STUDENT CLINIC:
70 HOURS

Students in Semester 5 treat patients in the student clinic on a weekly basis. Each clinic is 5 hours in length, with the majority of the time being spent in direct involvement with a patient. Semester 5 students perform and initial assessment on their patients, create a treatment plan and then schedule follow-up appointments with each patient for “complaint-based therapeutic treatments” in the student clinic. This treatment is tailored to the ability of the semester 5 student. Assessment, treatment and remedial exercise skills have been introduced, practiced and fine-tuned. The clinical experience in this semester follows a format similar to actual clinic practice, designed to ensure students are ready for entry-to-practice.

OUTREACH HOURS:
25 HOURS

Students must obtain a minimum of 25 outreach hours over the course of semesters 1-5.

GRADUATION REQUIREMENTS: FULL TIME

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

REQUIREMENTS FOR SEMESTER 01

COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
LEAP 103	50%	PASS THE MID-TERM AND FINAL OSCE
MANA 103	50%	PASS THE SUMMATIVE SEMESTER 1 FINAL MCQ EXAM
MTAP 103	50%	COMPLETE 3 HOURS OF IN-CLASS CLINIC HOURS
PHYS 103	50%	COMPLETE 20 HOURS OF STUDENT CLINIC AND 5 HOURS OF OUTREACH

REQUIREMENTS FOR SEMESTER 02

COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
ATJD 103	60%	PASS THE MID-TERM AND FINAL OSCE
MANA 203	60%	PASS 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

REQUIREMENTS FOR SEMESTER 03

COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
ATMI 103	60%	PASS THE MID-TERM AND FINAL OSCE
MANA 303	60%	PASS 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

REQUIREMENTS FOR SEMESTER 04

COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
FNRH 103	60%	PASS THE MID-TERM AND FINAL OSCE
MSTR 103	60%	PASS THE SUMMATIVE SEMESTER 4 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

REQUIREMENTS FOR SEMESTER 05

COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
FNRH 203	60%	PASS THE MID-TERM AND FINAL OSCE
MSTR 203	60%	PASS 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

MASSAGE THERAPY
ACCELERATED PROGRAM

OVERVIEW: ACCELERATED PROGRAM

TOTAL TUITION COST $10950.00*†§º

SEMESTER 01	$800.00/month
SEMESTER 02	$968.75/month
SEMESTER 03	$968.75/month

1. Tuition is to be paid the first day of every month.
2. If payment has not been received by the end of the 3rd day of the month, a $100.00 penalty will be added to your account.
3. If two consecutive tuition payments are missed, the College has the right to withdraw the student from the program.
4. If all fees have not been paid by the completion of the semester, the College has the right to withdraw the student from the program.
5. Payments must be made through the student portal on www.ocht.ca

* Text Books are not included in tuition fees
† A materials package must be purchased from the school prior to the first day of classes.
§ A clinic shirt is not provided. You will be required to purchase our clinic shirt as part of the program registration process.
º The purchase of other required clinic clothing (ie. scrub-type pants), is the responsibility of the student

DESCRIPTION OF SEMESTERS

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, clinical practice, professional practice. There is a self-study component to this program.

The complexity of massage techniques progresses 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. 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 1. 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 2 introduces students to advanced traditional massage techniques such as stretching and joint mobilization, as well as to a wide variety of massage techniques including myofascial release, soft tissue release, and advanced methods of stretching. Treatment focus shifts to postural correction. Pathophysiology knowledge continues to build upon previous semesters, with studying the cardiovascular system, digestive system, endocrine and immune systems. Assessment skills for the lumbar spine, sacroiliac joint and lower limb are taught and integrated into the treatment process. Students begin to assimilate their skills into a meaningful treatment process based on assessment and desired outcome, adding depth to their treatment knowledge, building solid outcome-based treatment plans meeting individual needs of patients. Students begin treating patients in the student clinic, as well as participating in outreach opportunities and specialty clinics.

Semester 3 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, renal, respiratory, and integumentary system are studied in pathophysiology. Practice management concepts and a complete review of all content and skills learned in the program ensure students are prepared for the provincial certification exams and prepared to begin professional practice as a Registered Massage Therapist.

SAMPLE SCHEDULE: ACCELERATED PROGRAM

SEMESTER 01

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASS		ORAS 110	LEAP 110	MTAP 110	ORAS 110
AFTERNOON CLASS	MTAP 110	MTAP 110	MSKP 110	PPHY 110	
EVENING CLASS/CLINIC					

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.

SEMESTER 02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASS	MSTR 110	ORAS 210	ATMI 110	PPHY 210	PPHY 210
AFTERNOON CLASS		PPHY 210	ATJD 110	MSTR 110	ORAS 210
EVENING CLASS/CLINIC		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.

SEMESTER 03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING CLASS		ORAS 310	MSTR 210	PPHY 310	ORAS 310
AFTERNOON CLASS		PPHY 310	PRMT 110	MSTR 210	PPHY 310
EVENING CLASS/CLINIC		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.

SEMESTER 01 ACCELERATED COURSES

8 CLASSES PER WEEK

MSKP 110
MUSCULOSKELETAL ANATOMICAL PALPATION

45 Hours
1 Class per week

This hands-on course will guide students through palpation of all anatomical structures relevant for the practice of massage therapy. Students are expected to have a strong academic understanding of the bones, bony landmarks, joints, ligaments, muscles, nerves and major blood vessels of the human body. Academic review will be incorporated into this practical review of anatomy. This course contains a self-study component.

PPHY 110
PATHOPHYSIOLOGY OF THE NERVOUS AND MUSCULOSKELETAL SYSTEMS

45 hours
1 Class 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, tissue healing, and pathophysiology of the nervous and musculoskeletal system to allow students to incorporate and apply an understanding of pathology to provide safe, effective, and ethical massage therapy. This course contains a self-study component.

MTAP 110
MASSAGE THEORY AND PRACTICE

135 hours
3 Classes per week

This course will provide an introduction to the field Massage Therapy. Students will receive an in-depth understanding of the theories, concepts, principles and standards enabling them to perform safe, effective and ethical 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. Professional communication, meeting regulatory requirements, and establishing and maintaining professional relationships will be emphasized. By the end of the course students will be able to perform an introductory level comprehensive treatment process. Some MTAP 103 classes will be conducted in the student clinic, and will contribute towards student clinic hours, a graduation requirement (60 clinic hours).

LEAP 110
LEGISLATION, ETHICS, AND PROFESSIONALISM

45 hours
1 Class 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 as well as 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.

ORAS 110
INTRODUCTION TO ORTHOPEDIC ASSESSMENT

90 Hours
2 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 the 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 and a practical component.

9 CLASSES PER WEEK

SEMESTER 02 ACCELERATED COURSES

PPHY 210
PATHOPHYSIOLOGY OF IMMUNE, CARDIOVASCULAR, ENDOCRINE, AND DIGESTIVE 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 immune system, cardiovascular system, lymphatic system, neuroendocrine system and digestive system to allow students to provide safe, effective, and ethical massage therapy.

ORAS 210
ORTHOPEDIC ASSESSMENT OF THE LOWER BODY

90 Hours
2 Classes per week

This course will provide an understanding of orthopedic physical assessment in a straightforward, systematic approach to performing a neuro-musculoskeletal 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 and a practical component.

ATJD 110
ASSESSMENT AND TREATMENT OF JOINT DYSFUNCTION

45 Hours
1 Class per week

This course will provide an introduction to the theory and practical aspects of joint mobilization and stretching for all the joints in the body. Students will enhance their treatment planning skills as well as their technique skills through application to a therapeutic style treatment.

ATMI 110
ASSESSMENT AND TREATMENT OF MUSCULOSKELETAL IMBALANCES

45 hours
1 Class per week

This course will provide an understanding of the evaluation and management of chronic musculoskeletal pain and of the importance of the central nervous system in mediating chronic pain through neuromuscular imbalance. It will use a functional approach to treatment that recognizes the connection among all systems within the body, rather than focusing on a single site of pathology. The foundation of this course is: Assessment and Treatment of Muscle Imbalance: The Janda Approach, which blends postural techniques, neurology, and functional capabilities in order to alleviate chronic musculoskeletal pain and promote greater functionality.

MSTR 110
MUSCULOSKELETAL TREATMENT: TREATMENT PRINCIPLES AND PLANNING

45 Hours
1 Class per week

This course will enhance treatment planning, using an outcome-based approach to treatment. It will involve an in-depth look at treatment concepts for various musculoskeletal impairments and pathological conditions. Common conditions associated with the musculoskeletal system, nervous system, respiratory system, cardiovascular system, digestive system, reproductive system and renal system will be discussed with respect to treatment principles and guidelines. Manual lymphatic drainage techniques, hydrotherapy and pharmacology will be included in this course.

CLIN 110
CLINIC

120 hours
2 Classes per week

This course will provide students with experience providing massage therapy treatments to the public in the clinic setting, helping them integrate rehabilitative massage skills and techniques to all regions of the body. Students will engage in the full treatment process, including orthopedic assessments, therapeutic treatments, prescribing home care, and maintaining patient files. Students will use the knowledge and skills from their current and previous semesters and apply and enhance those abilities regularly to build professional confidence to enter practice. Emphasis will 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, application of massage technique, and therapeutic intent. Students' work will be observed and critiqued as part of fostering their development.

SEMESTER 03 ACCELERATED COURSES

9 CLASSES PER WEEK

ORAS 310
ORTHOPEDIC ASSESSMENT OF THE UPPER LIMB

90 Hours
2 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.

PPHY 310
PATHOPHYSIOLOGY OF THE RESPIRATORY, RENAL, REPRODUCTIVE AND INTEGUMENTARY SYSTEMS

135 Hours
3 Classes per week

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

MSTR 210
MUSCULOSKELETAL TREATMENT: COMPREHENSIVE REVIEW FOR ENTRY-TO-PRACTICE

90 Hours
2 Classes per week

This course will expand on MSTR 110 with a comprehensive review of the key concepts, knowledge and skills needed to enter practice confidently, and to perform successfully at the provincial certification exams. Students will apply and integrate their clinical science knowledge to the skills acquired throughout the program pertaining to the entire therapeutic process (health history/ client intake, treatment planning, consent to treatment, orthopedic assessment, treatment skills and remedial exercise and home care). This course will include both academic and practical components and will draw upon resources from all courses in the program.

PRMT 110
PRACTICE MANAGEMENT

45 hours
1 Class 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.

CLIN 210
CLINIC

120 Hours
2 Class per week

This course 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 and apply and enhance those 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, application of massage technique, and therapeutic intent. Students' work will be observed and critiqued as part of fostering their development

OUTREACH AND SPECIALITY CLINIC

35 Outreach Hours
15 Hours of Specialty Clinic

This course provides 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 (25) over the course of the 3 semesters of the program. Also included in this course is a number of hours of supervised "specialty clinic" 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. In Semester 1, three hours are required and in each of Semesters 2, 3, six hours are required.

OVERVIEW: CLINIC AND OUTREACH

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.

SCHEDULE OF CLINIC AND OUTREACH REQUIREMENTS FOR ACCELERATED PROGRAM

	In-Class Clinic Hours	Student Clinic Hours	Outreach Hours
SEMESTER 01	3	60	5
SEMESTER 02	6	120	15
SEMESTER 03	6	120	15
TOTAL	**15**	**300**	**35**

SEMESTER 1

IN-CLASS CLINIC: 3 HOURS

Students must complete 3 hours of faculty-supervised massage therapy to the public. This is completed during class time near the end of Semester 1. Patients are recruited through our patient database. Students are expected to complete a thorough treatment process to the best of their ability, drawing upon all knowledge gained thus far in the program. For Semester 1 students, this will include a client interview, an assessment consisting of neurological testing, range of motion testing, palpation and muscle strength and length testing, and some orthopedic special tests. A treatment plan discussion and consent to treatment will follow and then a treatment and appropriate follow up will be completed using the massage technique skills gained in Semester 1. This allows students to interact both with patients as well as with the instructors who taught the skills and content to them.

STUDENT CLINIC: 60 HOURS

Students in Semester 1 are introduced to the student clinic at the mid-point of the semester. They will be paired up with a senior student in clinic and will spend the time “shadowing” the senior student. Each clinic is 5 hours in length. There will be numerous opportunities for the student to participate directly in the therapist-patient interaction, for tasks such as the client interview, parts of the assessment and possibly parts of the treatment as well. Students will learn first-hand about the therapist-patient relationship, to prepare them for full entry-to-clinic in Semester 2.

SEMESTER 2

IN-CLASS CLINIC: 6 HOURS

Students must complete 6 hours of faculty-supervised massage therapy to the public. This is completed during class time near the mid-point and again near the end of Semester 2. Patients are recruited through our patient database. Students are expected to complete a thorough treatment process to the best of their ability, drawing upon all knowledge gained thus far in the program. For Semester 2 students, this will include a client interview, an assessment consisting of neurological testing, range of motion testing, palpation, muscle strength and length testing, and some orthopedic special tests. A treatment plan discussion and consent to treatment will follow and then a treatment and appropriate follow up will be completed using the massage technique skills gained thus far. This allows students to interact both with patients as well as with the instructors who taught the skills and content to them.

STUDENT CLINIC: 120 HOURS

Students in Semester 2 treat patients in the student clinic on a weekly basis. Each clinic is 5 hours in length, with the majority of the time being spent in direct involvement with a patient. Semester 2 students perform “complaint-based therapeutic treatments” in the student clinic. This treatment is tailored to the ability of the semester 2 student. Some assessment skills have been introduced and practiced, as well as all of the massage techniques, both introductory and advanced, as well as effective remedial exercise prescription. Student clinical hours are recorded and tracked by the massage therapy program coordinator.

SEMESTER 3

IN-CLASS CLINIC: 6 HOURS

Students must complete 6 hours of faculty-supervised massage therapy to the public. This is completed during class time near the mid-point and again near the end of semester 3. Patients are recruited through our patient database. Students are expected to complete a thorough treatment process to the best of their ability, drawing upon

OVERVIEW: CLINIC AND OUTREACH

all knowledge gained thus far in the program. For Semester 3 students, this will include a client Interview, an assessment consisting of neurological testing, range of motion testing, palpation, muscle strength and length testing and orthopedic special tests. A treatment plan discussion and consent to treatment will follow, and then a treatment and appropriate follow up will be completed using the massage technique skills gained throughout the program. This allows students to interact both with patients as well as with the instructors who taught the skills and content to them.

STUDENT CLINIC: 120 HOURS

Students in Semester 3 treat patients in the student clinic on a weekly basis. Each clinic is 5 hours in length, with the majority of the time being spent in direct involvement with a patient. Semester 3 students perform and initial assessment on their patients, create a treatment plan and then schedule follow-up appointments with each patient for “complaint-based therapeutic treatments” in the student clinic. This treatment is tailored to the ability of the semester 3 student. Assessment, treatment and remedial exercise skills have been introduced, practiced and fine-tuned. The clinical experience in this semester follows a format similar to actual clinic practice, designed to ensure students are ready for entry-to-practice.

OUTREACH HOURS: 35 HOURS

Students must obtain a minimum of 35 outreach hours over the course of semesters 1-3.

Note: Students may receive an exemption for some clinical hours if they provide adequate proof of acquiring manual treatment hours during their Kinesiology program. These hours must be acquired form Faculty-Supervised Treatment on members of the public. The treatment must fall within the Scope of Practice of Massage Therapy.

GRADUATION REQUIREMENTS: ACCELERATED

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

REQUIREMENTS FOR SEMESTER 01

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

REQUIREMENTS FOR SEMESTER 02

COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
ATJD 110	60%	PASS THE MID-TERM AND FINAL OSCE
ATMI 110	60%	PASS THE SUMMATIVE SEMESTER 2 MID-TERM AND FINAL MCQ EXAM
MSTR 110	60%	COMPLETE 6 HOURS OF IN-CLASS CLINIC HOURS
ORAS 210	60%	COMPLETE 120 HOURS OF STUDENT CLINIC
PPHY 210	60%	COMPLETE 15 HOURS OF OUTREACH

REQUIREMENTS FOR SEMESTER 03

COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
MSTR 210	60%	PASS THE MID-TERM AND FINAL OSCE
ORAS 310	60%	PASS THE SUMMATIVE SEMESTER 3 MID-TERM AND FINAL MCQ EXAM
PPHY 310	60%	COMPLETE 6 HOURS OF IN-CLASS CLINIC HOURS
PRMT 110	60%	COMPLETE 120 HOURS OF STUDENT CLINIC
		COMPLETE 15 HOURS OF OUTREACH

MASSAGE THERAPY
ADVANCED STANDING PROGRAM

OVERVIEW: ADVANCED STANDING PROGRAM

TOTAL TUITION COST $5900.00*†§º

TEN (10) EQUAL PAYMENTS	$590.00/month

1. Tuition is to be paid the first day of every month.
2. If payment has not been received by the end of the 3rd day of the month, a $100.00 penalty will be added to your account.
3. If two consecutive tuition payments are missed, the College has the right to withdraw the student from the program.
4. If all fees have not been paid by the completion of the semester, the College has the right to withdraw the student from the program.
5. Payments must be made through the student portal on www.ocht.ca

* Text Books are NOT included in tuition fees
† A materials package must be purchased from the school prior to the first day of classes, as well as (3) three program manuals.
§ A clinic shirt IS NOT provided. You will be required to purchase a clinic shirt.
º The purchase of other required clinic clothing (ie. scrub-type pants), is the responsibility of the student

DESCRIPTION OF PROGRAM

The Advanced Standing Massage Therapy Program is an intensive version of the Full-Time Massage Therapy program. Prior education in the areas of anatomy, physiology, pathology, orthopedic assessment, nutrition and remedial exercise, is essential, as these topics are incorporated and included on MCQ and OSCE testing but not formally taught. Focus is on the following topics: CMTO regulatory requirements, ethical and professional practice, legislation governing the profession, introductory concepts of massage therapy, introductory and advanced massage techniques, hydrotherapy, and the outcome-based massage therapy treatment framework based on common injures, impairments, and conditions.

Lecture and practical instruction is delivered over 26 classes conducted from 9am-5pm in 9 weekend modules (Friday, Saturday and Sunday). The program begins in late September. Modules occur once each month until the following June.

Considerable time will be spent ensuring a high level of preparation for the CMTO provincial exams. Students will complete 200 class hours plus 35 clinical hours. Clinical hours may extend beyond the ending of the class modules.

SAMPLE SCHEDULE: ADVANCED STANDING

SEMESTER 01

CLASS	COURSE	TOPICS
		MODULE 1
1	**LEAP 111**	Regulatory Requirements of the CMTO, Code of Ethics Scope of Practice, Standards of Practice. CMTO Policies, Position Statements, Bulletins, Guidelines. Health History Interview
2	**MTAP 111**	Introductory Concepts of Massage Treatment, Principles of Massage, CMTO Technique Standards of Practice, Introductory Massage Techniques, Draping MethodsIntroductory Technique Review, Full Body Treatment
3	**MTAP 111**	Introductory Technique Review, Full Body Treatment
		MODULE 2
4	**LEAP 111**	Provincial and Federal Legislation, Regulated Health Professions Act, Massage Therapy Act, Health Care Consent Act, PHIPA, Personal Health Information Protection Act, Mandatory Reporting, Complaints & Discipline. Consent to Treatment.
5	**ATJD 111**	Advanced Concepts of Massage Treatment Advanced Techniques and Theory, CMTO Technique Standards of Practice
6	**ATJD 111**	Practice and Review of Advanced Techniques
		MODULE 3
7	**MCQ 01**	LEAP 111, MTAP 111, ATJD 111, MANA 111, PHYS 111
8	**OSCE PRACTICE**	Review and Practice
9	**OSCE**	LEAP 111, MTAP 111, ATJD 111

SEMESTER 02

CLASS	COURSE	TOPICS
		MODULE 4
10	**MSTR 111**	Treatment Concepts.Treatment Planning, Stages of Healing, Categories of Conditions, Impairments & Techniques Hydrotherapy, Medications and Massage Therapy
11	**MSTR 111**	Region 1: Head and Neck Anatomy, Assessment, Conditions, Treatment
12	**MSTR 111**	Region 2: Thorax and Trunk, Anatomy, Assessment, Conditions, Treatment
		MODULE 5
13	**MSTR 111**	Orthopedic Assessment OSCE Station Review
14	**MSTR 111**	Therapeutic Exercise OSCE Station Review Orthopedic Assessment OSCE Station Practice, Therapeutic Exercise OSCE Station Practice
15	**MSTR 111**	Region 1 and Region 2 OSCE Stem Practice
		MODULE 6
16	**MCQ 02**	MSTR 111, MANA 211, ORAS 111, PPHY 111, PPHY 211
17	**OSCE PRACTICE**	Review and Practice
18	**OSCE 02**	MSTR 111

SAMPLE SCHEDULE: ADVANCED STANDING

SEMESTER 03

CLASS	COURSE	TOPICS
		MODULE 7
19	MSTR 211	Lymphatic Drainage, TMJ Treatment, Diaphragmatic Breathing, Abdominal Treatment, Chest Wall Treatment, Postural Drainage, Pregnancy Massage
20	MSTR 211	Region 3: Pelvis and Lower Limb Anatomy, Assessment, Conditions, Treatment. Practice OSCE Stems.
21	MSTR 211	Region 4: Scapula and Upper Limb Anatomy, Assessment, Conditions, Treatment. Practice OSCE Stems.
		MODULE 8
22	MCQ 03	MSTR 211, ORAS 211, ORAS 311, MANA 311, PPHY 311
23	OSCE PRACTICE	Review and Practice
24	OSCE	MSTR 211
		MODULE 9
25	COMP MCQ	Comprehensive OSCE
26	COMP OSCE	Comprehensive OSCE

SEMESTER 01 ADVANCED COURSES

MANA 111
SKELETAL AND ARTICULAR ANATOMY

Self-Study

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 is self-study.

PHYS 111
CELLULAR PHYSIOLOGY

Self-Study

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. This course is self-study.

MTAP 111
MASSAGE THEORY AND PRACTICE

24 hours

This course will provide an introduction to the field Massage Therapy. Students will receive an in-depth understanding of the theories, concepts, principles and standards enabling them to perform safe, effective and ethical massage therapy. Through academic, and practical learning, this course will teach students the introductory Swedish massage therapy techniques. Professional communication, meeting regulatory requirements, and establishing and maintaining professional relationships will be emphasized. By the end of the course students will be able to perform an introductory level comprehensive treatment process.

LEAP 111
LEGISLATION, ETHICS, AND PROFESSIONALISM

24 hours

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 as well as 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.

ATJD 111
ASSESSMENT AND TREATMENT OF JOINT DYSFUNCTION

24 hours

Through academic, and practical learning, this course will teach students advanced massage therapy techniques including trigger point treatment, frictions, fascial techniques and stretching. This course will review the theory and practical aspects of joint mobilization of all the joints in the body. Students will enhance their treatment planning skills as well as their technique skills through application of a therapeutic style treatment. By the end of the course students will be able to perform an effective comprehensive treatment process.

SEMESTER 02 ADVANCED COURSES

MODULES 4-6

MANA 211
MUSCULAR ANATOMY OF THE AXIAL SKELETON

Self-Study

This course covers foundational health sciences core content, building upon Musculoskeletal Anatomy 111 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, 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 is self-study.

ORAS 111
INTRODUCTION TO ORTHOPEDIC ASSESSMENT

Self-Study

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.

PPHY 111
PATHOPHYSIOLOGY OF THE NERVOUS AND MUSCULOSKELETAL SYSTEMS

Self-Study

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, tissue healing, and the pathophysiology of the nervous and musculoskeletal system to allow students to incorporate and apply an understanding of pathology to provide safe, effective, and ethical massage therapy. This course is self-study.

MSTR 111
MUSCULOSKELETAL TREATMENT: TREATMENT PRINCIPLES AND PLANNING

72 hours

This course will enhance treatment planning, using an outcome-based approach to treatment. It will use a regional approach to anatomy review, assessment and treatment. It will involve an in-depth look at treatment concepts for various musculoskeletal impairments and pathological conditions. Common conditions associated with the musculoskeletal, nervous, respiratory, cardiovascular, digestive, reproductive and renal systems will be discussed with respect to treatment principles and guidelines. Manual lymphatic drainage techniques, hydrotherapy, pregnancy treatment and pharmacology will be included in this course. Practical skills associated with therapeutic exercise prescription and orthopaedic assessment will be reviewed in this course.

SEMESTER 03 ADVANCED COURSES

MANA 311
MUSCULAR ANATOMY OF THE APPENDICULAR SKELETON

Self-Study

This course covers foundational health sciences core content, building upon Musculoskeletal Anatomy 211 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 is self-study.

MSTR 211
MUSCULOSKELETAL TREATMENT: COMPREHENSIVE REVIEW FOR ENTRY-TO-PRACTICE

48 Hours

This course will expand on MSTR 111 with a continued regional approach to anatomy. It will include a comprehensive review of the key concepts, knowledge and skills needed to enter practice confidently, and to perform successfully at the provincial certification exams. Students will apply and integrate their clinical science knowledge to the skills acquired throughout the program pertaining to the entire therapeutic process. Manual lymphatic drainage techniques, pregnancy treatment, and other specialized treatments will be included in this course.

ORAS 211
ORTHOPEDIC ASSESSMENT OF THE LOWER LIMB

Self-Study

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 is self-study.

ORAS 311
ORTHOPEDIC ASSESSMENT OF THE UPPER LIMB

Self-Study

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 is self-study.

PPHY 211
PATHOPHYSIOLOGY OF THE IMMUNE, CARDIOVASCULAR, ENDOCRINE, AND DIGESTIVE SYSTEMS

Self-Study

This course covers foundational health sciences core content. It will provide students with an in-depth understanding of pathophysiology of the immune system, cardiovascular, lymphatic, neuroendocrine, and digestive system to allow students to provide safe, effective, and ethical massage therapy. This course is self-study.

PHY 311
PATHOPHYSIOLOGY OF THE RESPIRATORY, RENAL, REPRODUCTIVE, AND INTEGUMENTARY SYSTEMS

Self-Study

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

CLIN 111
CLINIC

35 Hours

This course 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, application of massage technique, and therapeutic intent. Students' work will be observed and critiqued as part of fostering their development.

OVERVIEW: CLINIC AND OUTREACH

Students in the Advanced Standing Massage Therapy Program must complete a minimum of 35 hours of faculty-supervised massage therapy to the public. As requirement of this program, students are currently engaged in other manual therapy practices to the public. Their required number of hours in the student clinic is therefore minimal but sufficient to ensure that they are providing safe and ethical massage therapy to the public.

STUDENT CLINIC: 35 HOURS

Students in Semester 3 Advanced Standing treat patients in the student clinic on a weekly basis. Each clinic is 5 hours in length, with the majority of the time being spent in direct involvement with a patient. Semester 3 students perform an Initial Assessment on their patients, create a Treatment Plan and then schedule follow-up appointments with each patient for Therapeutic Treatments in the student clinic. Treatments are tailored to the ability of the Advanced Standing student. Assessment, treatment and remedial exercise skills have been practiced and fine-tuned. The clinical experience in this semester follows a format similar to actual clinical practice, designed to ensure students perform safe, effective and ethical massage therapy on the public.

GRADUATION REQUIREMENTS: ADVANCED

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

REQUIREMENTS FOR SEMESTER 01

COMPLETION OF	MIN GRADE
ATJD 111	60%
LEAP 111	60%
MANA 111	60%
MTAP 111	60%
PHYS 111	60%

OTHER REQUIREMENTS

- PASS THE SUMMATIVE SEMESTER 1 MCQ EXAM
- PASS THE SEMESTER 1 OSCE

REQUIREMENTS FOR SEMESTER 02

COMPLETION OF	MIN GRADE
MANA 211	60%
MSTR 111	60%
ORAS 111	60%
PPHY 111	60%
PPHY 211	60%

OTHER REQUIREMENTS

- PASS THE SUMMATIVE SEMESTER 2 MCQ EXAM
- PASS THE SEMESTER 2 OSCE

REQUIREMENTS FOR SEMESTER 03

COMPLETION OF	MIN GRADE
CLIN 111	60%
MANA 311	60%
MSTR 211	60%
ORAS 211	60%
ORAS 311	60%
PPHY 311	60%

OTHER REQUIREMENTS

- PASS THE SUMMATIVE SEMESTER 3 MCQ EXAM
- PASS THE SEMESTER 3 OSCE

FURTHER REQUIREMENTS

- PASS THE FINAL SUMMATIVE MCQ
- ACHIEVEMENT OF A MINIMUM OF 70% ON THE FINAL COMPREHENSIVE OSCE
- COMPLETION OF 35 HOURS OF STUDENT CLINIC

ADMISSIONS
FOR INCOMING STUDENTS

ADMISSION REQUIREMENTS

FULL-TIME MASSAGE THERAPY PROGRAM

Admission Requirements

1. Secondary School Diploma, GED or Equivalent (Wunderlic Testing is available)
2. Proof of English Language Fluency. All activities (lectures, seminars, laboratories, etc.) at the Ontario College of Health & Technology are conducted in English so it is essential that every student possess strong English writing, comprehension, and speaking skills in order to prepare them for the program curriculum and any other components of the program (Student clinic and Outreach). See English Language Proficiency Policy for explanation of Decision Criteria.

Other Requirements

1. Proof of Valid Standard First Aid and CPR Level C
2. Proof of clear Vulnerable Sector Screening (VSS) completed within 6 months of the program start date.

ACCELERATED MASSAGE THERAPY PROGRAM

Admission Requirements

1. University Kinesiology Degree Transcript, or evidence of equivalent prior education as determined to be acceptable by the Massage Therapy Program Coordinator.
2. Proof of English Language Fluency. All activities (lectures, seminars, laboratories, etc.) at the Ontario College of Health & Technology are conducted in English so it is essential that every student possess strong English writing, comprehension, and speaking skills in order to prepare them for the program curriculum and any other components of the program (Student clinic and Outreach). See English Language Proficiency Policy for explanation of Decision Criteria.

Other Requirements

1. Proof of Valid Standard First Aid and CPR Level C
2. Proof of clear Vulnerable Sector Screening (VSS) completed within 6 months of the program start date.

ADVANCE STANDING MASSAGE THERAPY PROGRAM

Admission Requirements

1. Athletic Therapy Diploma/Certificate, Chiropractic Degree, Physiotherapy Degree, or evidence of equivalent prior education as determined to be acceptable by the Massage Therapy Program Coordinator.
2. Proof of English Language Fluency. All activities (lectures, seminars, laboratories, etc.) at the Ontario College of Health & Technology are conducted in English so it is essential that every student possess strong English writing, comprehension, and speaking skills in order to prepare them for the program curriculum and any other components of the program (Student clinic and Outreach). See English Language Proficiency Policy for explanation of Decision Criteria.

Other Requirements

1. Proof of Valid Standard First Aid and CPR Level C
2. Proof of clear Vulnerable Sector Screening (VSS) completed within 6 months of the program start date.

POLICY ON REFUSING ADMISSION

1. Applications are assessed by the Director of Academics which accepts, refuses or defers the admission of applicants to the Massage Therapy program.
2. Meeting minimum admission requirements for a program does not guarantee an offer of admission to that program. Applicants can be refused admission if the Director of Academics believes they do not stand a reasonable chance of completing the program or becoming registered with the CMTO. Applicants may also be refused admission at any time throughout the application process if they conduct themselves inappropriately or make comments considered derogatory or offensive.

APPLICATION, ADMISSION AND REGISTRATION

PROGRAM INQUIRY

When notification is received that an individual is interested in one of the Massage Therapy Programs, via the Program Inquiry link on the OCHT website, they will receive an email from the Program Coordinator with:

1. Program Information Sheet for the Full-time or Accelerated or Advanced Standing Program
2. Offer to arrange a meeting/tour with the Program Coordinator

MEETING WITH PROGRAM COORDINATOR

Learn about the program, courses, clinical component, job outlook, CMTO exams. Receive the Massage Therapy Program Guide. Tour the college, talk to instructors or students if possible. Receive tuition and other financial information, OSAP information. Learn about the application process and requirements. Receive information about any other topics requested

RECEIVE A MASSAGE IN THE STUDENT CLINIC

The Massage Therapy Program Coordinator will assist with the booking of an appointment for a treatment with a current student.

APPLICATION FOR THE PROGRAM

When the individual is ready to officially apply for the program, they must complete the on-line application form using the emailed link from the Massage Therapy Program Coordinator.

They must fulfill the following Admission Requirements:

1. Provide a copy of their high-school transcript and other post-secondary education transcripts if applicable (Accelerated Massage Therapy Program and Advanced Standing Massage Therapy Program)
2. Provide proof of English Language Proficiency (see English Language Fluency Policy).

They must provide the following documentation to Director of Academics prior to the beginning of the program, or at latest, within 30 days of the start of the program.

1. A copy of their Vulnerable Sector Screening (This must not be more than 6 months old. For registration with the CMTO after successful completion of certification exams following graduation, another vulnerable sector screening will be required to send to the CMTO).

2. A copy of Valid CPR-C and Standard First Aid (For registration with the CMTO after successful completion of certification exams following graduation, proof of valid CPR and Standard First Aid must be provided to the CMTO).

ACCEPTANCE INTO THE PROGRAM

After an application has been reviewed and an individual has been accepted into the program, an acceptance package will be mailed to the student. This package contains:

1. Letter of Acceptance
2. Details of tuition payments and other required and optional expenses
3. Information about applying for OSAP
4. Semester dates
5. Semester 1 schedule
6. Information about text books
7. Information about the official registration process

OFFICIAL REGISTRATION FOR THE MASSAGE THERAPY PROGRAM

Registration is completed prior to the start of the program.

Students will receive an email from the Director of Academics informing them that official registration for the program must be completed.

Registration involves:

1. Receiving a package of information containing Semester 1 Schedule, Student Policies and Procedures, Student Code of Conduct.
2. Electronic submission of documentation not yet submitted (Vulnerable Sector Screening, proof of CPR and First Aid)
3. Purchase of linen package via student portal account. Login will be provided.
4. Review and signing of Student Enrolment Contract via Docusign.

Refer to the Student Policy and Procedure Manual for:

Policy on Admission
Policy on Refusing Admission
Policy on Transfer of Credits

ADMISSION CRITERIA

Admission to Ontario College of Health & Technology is based on a holistic approach. In determining the suitability of a student for a program, the decision involves five categories of selection criteria. Our goal is to make sure that every student admitted will be successful in their program and the profession.

CATEGORIES:

Previous Educational Transcript(s)

For entrance into some programs specific prior learning is required, whereas for entrance into certain programs, overall grade achievement is considered. Our programs do not have a minimum grade requirement for acceptance, however if a transcript shows an inability to pass high school courses (or other courses that are indicated as required admission criteria for a specific program), admission into a program may be denied.

Current and Former Employment

It is important that students have had employment experience while completing education, as evidence of effective time management and work/life balance. Employers may be contacted and used as a reference to support a student's application to the college.

Volunteering/Extra-Curricular Involvement

Candidates who volunteer with an organization or partake in extra-curricular activities, such as sports teams bring life experience to career-based programs that is invaluable. These criteria are not mandatory for acceptance but they will enhance an individual's application for a program.

Level of Maturity

All programs at OCHT require students to interact with vulnerable populations. A high level of maturity is required for students to be successful in the all programs and their subsequent career.

In-Person Program Meeting / Interaction / Communication with OCHT

Every student requesting admission into OCHT will meet with the specific Program Co-ordinator. Applicants may be refused admission at any time throughout the application process if they conduct themselves inappropriately or make comments considered derogatory, offensive, or disrespectful.

The Director of Academics does not have to provide an applicant further explanation of the reason if admission is not granted.

POLICIES AND PROCEDURES
FOR INCOMING STUDENTS

DISABILITY AND ACCOMMODATIONS

Ontario College of Health & Technology is committed to providing an appropriate level of accommodation and support to meet the needs of students with disabilities.

POLICY AND GUIDELINES ON DISABILITY AND THE DUTY TO ACCOMMODATE

The person with a disability is required to:

1. Advise the College Administration of their disability (although the accommodation provider does not generally have the right to know what the disability is).
2. Make her or his needs known to the best of his or her ability, preferably in writing, so that the person responsible for accommodation may make the requested accommodation.
3. Answer questions or provide information regarding relevant restrictions or limitations, including information from health care professionals, where appropriate and as needed.
4. Participate in discussions regarding possible accommodation solutions.
5. Co-operate with any experts whose assistance is required to manage the accommodation process or when information is required that is unavailable to the person with a disability.
6. Meet agreed-upon performance and education standards once accommodation is provided.
7. Work with the accommodation provider on an ongoing basis to manage the accommodation process.
8. Discuss his or her disability only with persons who need to know. This may include an instructor, the Director of Academics and the Director of Administration.

The College is required to:

1. Accept the students' request for accommodation in good faith, unless there are legitimate reasons for acting otherwise.
2. Obtain
   a. expert opinion or advice where needed, or
   b. sufficient information and documentation (as indicated below) about their disability and accommodation needs.
      i. documentation (e.g. psycho educational evaluation) should include general observations, a history of the disability, a description of its impact on the student's functioning, identification of the specific standardized and professionally recognized tests/assessments given, the scores resulting from testing, interpretation of the scores and evaluation, and recommendations for testing accommodation, or
      ii. an IEP.
3. Take an active role in ensuring that alternative approaches and possible accommodation solutions are investigated, and canvass various forms of possible accommodation and alternative solutions, as part of the duty to accommodate.
4. Keep a record of the accommodation request and action taken.
5. Maintain confidentiality.
6. Limit requests for information to those reasonably related to the nature of the limitation or restriction so as to be able to respond to the accommodation request.
7. Grant accommodation requests in a timely manner, to the point of undue hardship, even when the request for accommodation does not use any specific formal language.
8. Bear the cost of any required medical information or documentation. For example, Doctor's notes and letters setting out accommodation needs must be paid for by the College.

PHILOSOPHY OF ADULT LEARNING

At the Ontario College of Health & Technology we respect the unique qualities of an adult learner and pride ourselves in the fact that from our founding we have not only implemented and encouraged the following adult learning principles and recommend practices, but periodically evaluate their execution by our faculty in the Massage Therapy Program at the College to ensure our instructors understand and in fact capitalize on the rich prior experience of our adult learners have by incorporating those experiences into our learning environment sessions.

It has long been understood that adults learn differently from children, and from students of traditional university age. With the recent shift toward continuous education and adult learning, especially in the professional sphere, it has become necessary to quantify these differences more closely.

As a general rule, adults need to be involved in planning their instruction and evaluating their results. They should be provided with an environment in which mistakes are safe, expected, and a form a basis for continued learning, in keeping with a problem-based approach to new ideas.

We understand for the most part, adults have little time to learn new content for its own sake. Furthermore, we realize adult learners are interested in approaching tasks directly related to their occupation—in our case Massage Therapy. To thrive in most learning environments, adult learners must be clear on how each lesson fits into their goals for self-advancement.

From an early age, children are conditioned to recognize educators as authority figures who have broad-based power to tell them what to do, when and how. By contrast, adults expect that even the most credentialed expert will behave as a partner to them in a participative learning journey.

Our style of instruction completely embodies the concepts, ideas and theories of Experiential Learning. We are student-focused, ensuring our students are active participants in the generation of knowledge. We provide many experiences that are supplemented with reflection and critical analysis. Our experiences are designed to evoke decision-making, initiative, relationship building and accountability in participants.

Our students are encouraged and expected to be inquisitive and ask questions, experiment and apply creativity, use problem solving skills and take responsibility, as we engage them on an emotional, intellectual, physical, social and spiritual level.

The skill set and experiences our students gain form a foundation that can be applied and adapted to real-world scenarios and problems in the future.

TEXT BOOKS AND OTHER REFERENCES

TEXT BOOKS

Students are given a list of texts books at the beginning of the program. The list outlines the semesters and the courses where books are used. Some texts are highly recommended, as the course material is extracted from the text, while others are supplemental text books. A supplemental text is one that an instructor will consult for some content to support the main resource for the course. Each instructor is responsible for clarifying on the first day of their course at the start of a new semester, which books are recommended, and which are considered supplemental. Purchasing textbooks is the responsibility of the student. Students wishing to purchase textbooks are offered assistance to locate the appropriate retailer (Amazon, Chapters, or the publisher of the text book). Students are also guided to consult the CMTO Certification Examination Approved Reference List for additional suggested reading. A complete text book list is available from the Massage Therapy Program Coordinator.

RESOURCE LIBRARY

Our library contains numerous resources. Students are welcome to use the resources during school hours or borrow them for a month at a time.

PROFESSIONAL MAGAZINES AND JOURNALS

The college has subscriptions to massage therapy magazines and journals. Copies are located in the student lounge as well as in the faculty room. Students are welcome to borrow these.

WEBSITES

Web resources that are heavily used are included on course outlines. For example, the College of Massage Therapists of Ontario website is heavily used in several courses, this is reflected on the course outlines. Websites heavily relied upon are listed by each instructor to allow students to consult as reference.

PUBMED / NCBI

Faculty and students can access NCBI, National Center for Biotechnology Information, U.S. National Library of Medicine. It is accessed at https://www.ncbi.nlm.nih.gov

ELECTRONIC PROFESSIONAL MAGAZINES AND JOURNALS

In addition to physical copies of journals and magazines, many are located online. A list is made accessible to students in the Student Policy and Procedure Manual.

Refer to the Student Policy and Procedure Manual for:

Policy on Access to Resources an References
Policy on Internet Use

USE OF EQUIPMENT AND RESOURCES

Class, Lab and In-House Clinics

OCHT ensures sufficient equipment, resources and supplies are available for student use. OCHT provides students with the following equipment and resources for use during class, lab and in-house clinics: stationary massage therapy tables, rolling stools, chairs, thermal applications, skeleton models, sinks, hand sanitizer, charts, disinfectant. Blankets, extra linens and extra oil and lotion is available for in-house clinics. Students are required to bring their own linens, oil and lotion.

OUTREACHES

OCHT provides students with the following equipment and resources for use at outreaches: portable massage tables, portable massage chairs, hand sanitizer, disinfectant. Oil and lotion is available if students require it; they are expected to bring their own.

Refer to the Student Policy and Procedure Manual for:

Policy on Use of Equipment, Resources and Supplies

SUMMATIVE EXAMINATIONS, COURSE OUTLINES

Students are guided to become highly skilled therapists, while meeting the entry-to-practice requirements. Through academic and practical testing as well as through clinical evaluation, students are assisted in their preparation for the entry-to-practice exams.

Students participate in summative MCQ exams at the end of each semester. The format is similar to the entry-to-practice exams in that they are in a multiple-choice format and conducted electronically. (Students may borrow an Ipad for the exam if they do not have a personal laptop or tablet). The distribution of questions is based on the CMTO MCQ Content Outline (https://www.cmto.com/assets/2019-MCQ-Content-Outline_English.pdf). The questions also appear in a random order for students. Our exams are created by our instructors and verified by the Massage Therapy Program Coordinator. Exams are conducted using https://www.examprofessor.com. In their final semester, students are permitted to use each of the previous summative exams for practice prior to completing the CMTO MCQ exam.

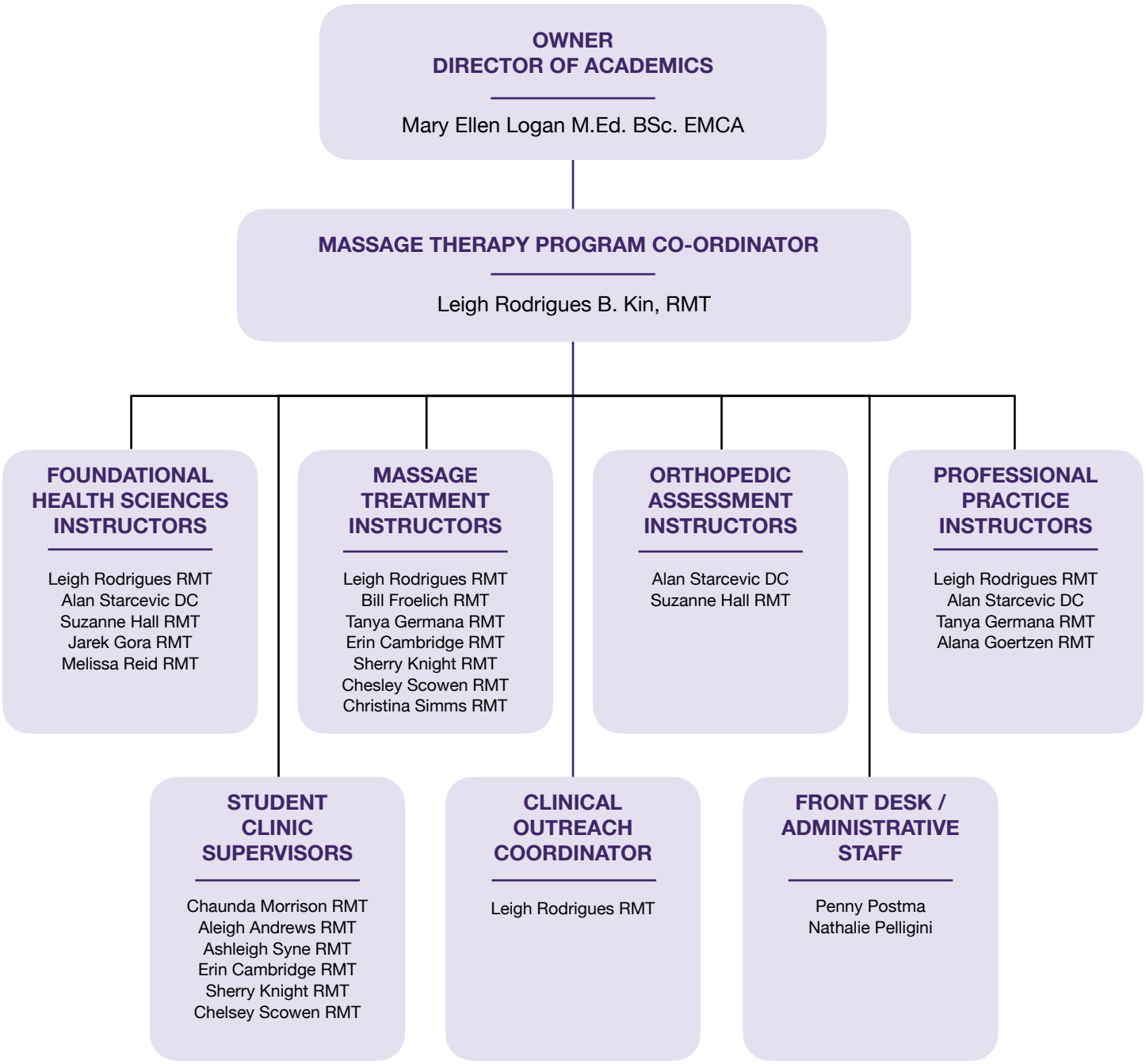
Students participate in comprehensive OSCEs at the mid-point of each semester and at the end of each semester. The format is similar to the entry-to-practice exams in that specific skills are evaluated in specific OSCE stations. The content tested is based on the CMTO OSCE Content Outline (https://www.cmto.com/assets/2019-OSCE-Content-Outline_English.pdf), and the stations are modelled after the CMTO OSCE Station Descriptions in the CMTO Exam Candidate Handbook (https://www.cmto.com/assets/Candidate-Handbook.pdf).

Course outlines are provided for students for each course. Course outlines contain the following information:

1. Instructor name
2. Instructor email address
3. Textbooks and other resources
4. Learning objectives
5. Assessment criteria (tests, quizzes, assignments, spot tests, exams and OSCEs)
6. Assessment schedules where possible (tests, OSCEs, exams)
7. Grading scale for each assessment
8. Minimum passing grade for the course
9. Course topics
10. Specific class topics

Course outlines are uploaded to Campus Login by instructors prior to the first day of the class. Students access Campus Login via the Student Portal on www.ocht.ca. The course outline for each course is discussed in class on the first day of the course

PROGRAM STAFFING STRUCTURE



ASSIGNMENT OF GRADES

Instructors are responsible for assigning grades to students in their courses based on student knowledge, skills and competencies. Each course outline indicates the assessments included in each course and the value assigned to each assessment. Grades are assigned for quizzes, tests, OSCEs, spot tests, assignments and exams, as stated on each course outline by individual instructors.

Prior to each assessment, students are aware of the nature of the assessment (MCQ testing, objectively natured questions or tasks, or subjectively natured tasks). For items such as OSCEs and spot tests, where some evaluation content is subjective, students are informed of the nature of the assessment criteria ahead of time, and where possible provided with the evaluation form/marking sheet.

IDENTIFICATION OF STRENGTHS AND AREAS OF IMPROVEMENT

Instructors are expected to provide students with feedback identifying strengths and areas for improvement when requests by the students. Instructors may provide this information without being formally asked by a student.

Additionally, the Massage Therapy Program Coordinator maintains a Student Profile on each student enrolled in the Massage Therapy Program. This profile contains mid-term and final grades, completed clinical hours to date, and comments or concerns pertaining to requests by students or academic progress of students. A student review is conducted between the Massage Therapy Coordinator and the student under the following circumstances:

a. At a minimum of once per semester
b. If a student has completed all course-work but not the final OSCE and final exam and is at risk of being unsuccessful in the course
c. If a student has completed all course-work including the final OSCE and final exam and the student is unsuccessful in achieving a passing grade for at least one course.

GRADE SUBMISSION BY INSTRUCTORS

Ontario College of Health & Technology requires student grades to be submitted in a timely manner to support the process of confirming Academic Standing, Program Progression and Graduation.

Normally, all students registered in the Massage Therapy Program will receive a midterm grade in each course, which in conjunction with discussions with their faculty member, is to contribute feedback on academic performance and provide students with a realistic idea of their performance to date.

At the end of each semester, all students will receive a final grade reflective of their achievement of course outcomes for each course.

TRANSCRIPTS

Unofficial and official transcripts are available to students at all times via the OCHT student portal at www.ocht.ca. Students can also request a printed copy to include the official school seal from the Director of Academics

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Refer to the Student Policy and Procedure Manual for:

Academic Policies
Policy on Assessments
Policy on Assignment of Grades
Policy on Academic Integrity
Policy on Assessment
Policy on Grade Appeals
Policy on Accommodation and Special Needs
Policy on Records

DRESS CODE

Ontario College of Health & Technology expects all students to act in a professional manner at all times; this includes maintaining a professional appearance in all settings. Students wearing attire that is considered unprofessional or that may be disturbing to others, may be asked to change their attire. Examples of dress or appearance that may be considered unprofessional include, but are not limited to, an unkempt or unhygienic appearance, e.g. stained or unclean clothing, clothing displaying an offensive statement and/or clothing that may be considered too revealing for the context.

ACADEMIC SETTINGS:
In academic settings such as in lecture-style classes, students are expected to dress and appear professional. Due to the nature of academic classes, students are not required to dress in the same manner as they would for a practical or clinical class.

PRACTICAL /SIMULATED SETTINGS:
In practical or simulated settings, students are expected to dress as per the direction of individual instructors. For massage treatment classes, students are required to wear clothing appropriate for the context. Examples of appropriate clothing for this context include scrub pants and a short sleeve t-shirt. Clothing that is too revealing (ie. tank tops, short shorts, thin leggings), is inappropriate for this setting, and students dressed in this manner will be asked to dress more professionally. For orthopedic assessment classes and anatomy classes using the simulated setting, instructors usually request that students wear shorts and a tank top when acting as a patient. Students are required to use professional discretion when deciding how appropriate their style of dress is for this context. Students will be asked to change their attire if it may be considered too revealing for the context.

CLINICAL SETTINGS:
While in all clinical settings, including the OCHT student, outreaches, and in-class clinics, students are expected to dress and appear professional. This includes wearing their clinic attire, as stated in the Student Policy and Procedure Manual. The policy states that students are required to wear their OCHT clinic shirt, black scrub pants or other appropriate scrub-type pants. Appropriate footwear, such as running shoes, is also expected (close-toed shoes, with socks, no sandals, heels, boots, slippers, flip flops, crocs, etc). Running shoes are ideal. Additionally, watches, rings and long dangling necklaces must be removed.

OSCE TESTING:
Students are expected to dress in exactly the same manner as they will at the CMTO OSCE. For this reason, the OSCE dress code at OCHT is identical to the OSCE dress code that the CMTO sets forth. The CMTO policy is as follows: The College expects all candidates to dress and appear professional at the OSCE. Candidates, who present for the OSCE in a manner that is considered unprofessional or that may be disturbing to others, may not be permitted to participate in the examination or may be asked to vacate the examination. Examples of dress or appearance that may be considered unprofessional include, but are not limited to, an unkempt or unhygienic appearance, e.g. stained or unclean clothing, clothing displaying an offensive statement and/or clothing that may be considered too revealing for the context. The College supports a scent-free environment, so candidates should not wear any scented products.

Refer to the Student Policy and Procedure Manual for:

Policy on Dress Code

ETHICS FRAMEWORK AND COUNSELLING

At OCHT we believe in promoting and using a fair and just ethical decision-making process for issues ranging from academic dishonesty, to violations of the student code of conduct, faculty code of conduct or contraventions of any college policies. The guiding principles we use:

1. *Non-maleficence/Beneficence*: Did the action cause harm? If so, what was the harm (emotional, physical, social, etc.)? Did the action merely lack benefit? If so, how? Degree of severity?
2. *Justice*: Was the action unfair or inequitable? If so how? (infringement of rights or freedoms, prejudice and discrimination, lacking inclusion, etc.) Fairness of sanctions imposed on perpetrator?
3. *Duty*: Did the action fail to observe a responsibility (If so, what? Un/intentional, etc.)
4. *Utility*: Did the action have negative effects? (If so, what? To what extent did the action cause these consequences? Offset by any positive effects? Etc.)

STUDENT SUPPORT AND COUNSELLING

Financial Aid, Application and Registration Support

Students encountering financial aid concerns prior to the start or during the program are always directed to seek the assistance of Mary Ellen Logan. Mary Ellen Logan is the sole Financial Aid Administrator at Ontario College of Health & Technology. Students requiring assistance with their OSAP application prior to the start of the program or while enrolled in the program, are directed to Mary Ellen for assistance.

For students interested in OSAP, they are directed to the website of the Ministry of Training, Colleges and Universities (https://osap.gov.on.ca/OSAPSecurityWeb/public/login.xhtml) if they are ready to apply for the program and for OSAP. Students are informed that they can contact Mary Ellen Logan (mel@ocht.ca, 905-643-8778) at any time with questions regarding OSAP or any other financial matters.

Students with application or program registration concerns are also directed to Mary Ellen Logan.

ACADEMIC, STUDENT CLINIC AND PERSONAL MATTERS

Students or prospective students with questions about the program, the curriculum, specific courses, student clinic, academic progression, preparation for the certification exams, are directed to the Massage Therapy Program Coordinator, Leigh Rodrigues (leigh@ocht.ca)

PROFESSIONAL PERSONAL COUNSELLING

At OCHT, we fully support our students in their goals to succeed in the program and the profession. If there is a need expressed by a student for counselling beyond the scope of what can be provided on-site, students are offered the following referral information, and if necessary, will be provided assistance to connect with one of the practitioners.

Provider: Linn Purves Clinical Counsellor, M.A.C.P

Contact Information available from the Massage Therapy Program Coordinator

Resources recommended by Registered Psychologist Linn Purves Clinical Counsellor, M.A.C.P, RP

1. Connex Ontario https://www.connexontario.ca/
2. Canadian Mental Health Association https://cmha.ca/
3. Coast Hamilton https://coasthamilton.ca/
4. psychologytoday.com

Provider: Judy Emmerson (Psychotherapist), BTh, BA, MA Counselling

Contact Information available from the Massage Therapy Program Coordinator

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Refer to the Student Policy and Procedure Manual for:

Policy on Communication Between Leadership, Faculty, Staff and Students
Student Code of Conduct
Policy on Violations of Student Code of Conduct
Policy on Sexual Assault and Sexual Violence

EQUITY AND INCLUSION

Ontario College of Health & Technology follows and abides by the direction of the Ontario Human Rights Commission regarding gender identity and gender expression. Refer to the Ontario Human Rights Commission's Policy on preventing discrimination because of gender identity and gender expression, as well as the Policy on discrimination and harassment because of gender identity.

The facility meets jurisdictional accessibility requirements, according to the Accessibility for Ontarians with Disabilities Act (AODA).

Refer to the Student Policy and Procedure Manual for:

Policy on Equity ad Inclusion
Policy on Religious Accommodation
Policy on Accessibility

HEALTH AND SAFETY

Infection prevention and control practices are followed to protect clinic patients, students, faculty and staff. The policies and procedures are included in the Student Policy and Procedure Manual, and Faculty and Staff Policy and Procedure Manuals.

The facility is cleaned on a daily and weekly basis. Various individuals are responsible for ensuring classroom and clinical spaces are clean, free of clutter and items requiring repair are attended to.

All equipment is routinely checked to ensure its' safety. Faculty, staff, and students all have a role in ensuring safety of equipment. Resources and supplies are also monitored by faculty, staff and students.

All equipment, resources and supplies are safe, in good repair, clean and functioning. Some of these responsibilities are assigned to students, while others are assigned to instructors and clinical supervisor. The Massage Therapy Program Coordinator attends the student clinic on a frequent basis, to check the maintenance logs and to ensure all equipment, resources and supplies are safe, in good repair, clean and functioning. User manuals for all equipment and resources is included (as applicable), are stored in the storage closet in Massage Clinic 1.

IN CASE OF FIRE:

1. Calmly notify all occupants in the immediate area of a fire condition.
2. Sound the alarm by activating a manual pull station
3. If safe to do so, leave the building immediately by the nearest and safest exit, taking your keys and closing doors behind you.
4. Call the Fire Department from a safe location by dialling 911, giving your name and say there is a fire at:

   Ontario College of Health & Technology
   1040 South Service Road, Stoney Creek

IF YOU HEAR AN ALARM OR ARE NOTIFIED OF A FIRE:

1. If it is safe to do so, leave the building immediately by the nearest and safest exit, taking your keys and closing all doors behind you.
2. Call the Fire Department from a safe location by dialling 911, giving your name and say there is a fire at:

   Ontario College of Health & Technology
   1040 South Service Road, Stoney Creek

IF YOU REMAIN IN THE BUILDING:

1. If you cannot exit the building due to excessive smoke, heat, or fire, you should seek refuge in a safe location, preferably a room as far away from the fire.
2. If possible open a window for fresh air.
3. To keep smoke from entering the room close all doors and, if available, place wet towels at the bottom of the door to seal the crack. Attempt to seal any vents or air ducts in a similar way.
4. Keep low to the floor where the air is cleaner.
5. Call the Fire Department from a safe location by dialling 911, giving your name and say there is a fire at:

   Ontario College of Health & Technology
   1040 South Service Road, Stoney Creek

6. Listen for instructions from authorities.

SAFETY INCIDENT REPORTING

Safety incidents that occur on the premises of the Ontario College of Health and Technology or off premises but that are related to program business are investigated, documented, reported and disclosed as appropriate.

IN THE EVENT OF A CRITICAL INJURY OR FATALITY:

1. The first person on the scene shall report the injury to Leigh Rodrigues leigh@ocht.ca
2. The acting supervisor or instructor responsible for the area shall secure the incident scene - no person shall disturb the area until permission has been given by a Ministry of Labour inspector (unless necessary to prevent further injury).
3. The supervisor or instructor responsible for the area shall immediately report the incident to the Program Coordinator Leigh Rodrigues leighrodrigues@gmail.com
4. The supervisor or instructor responsible for the area shall notify the Director of Academics Mary Ellen Logan mel@ocht.ca
5. The Program Coordinator or the Director of Academics, or designate, shall notify the injured person's immediate family or other persons as directed by the individual. Where required, the Program Coordinator or the Director of Academics or designate may request the assistance of the College's designated CPR/First Aider or other.
6. The Program Coordinator or the Director of Academics will immediately notify the Health and Safety Committee
7. The Health and Safety Committee, in cooperation with the Program Coordinator or the Director of Academics, shall coordinate the accident investigation process.
8. The Health and Safety committee shall submit a written Accident report, detailing the prescribed information.
9. All media inquiries are to be directed to the Program Coordinator or the Director of Academics. Under no circumstances should any member of the OCHT, unless authorized to do so, make any statements to the media.

Many of our staff and faculty have current First Aid and CPR certification (Level C or HCP). At any given time, there are numerous individuals in the building with valid certification.

Refer to the Student Policy and Procedure Manual for:

Policy on Infection Prevention and Control
Policy on Safety of Equipment
Policy on Safety Incident Reporting

POLICY UPDATE AND REVIEW

POLICY UPDATE AND REVIEW

All policies and procedures are review updated as necessary at a minimum of once a year. They are reviewed by the Program Board and adjusted as necessary. If needed, a larger group of individuals will be assembled to discuss new policies or alterations to existing ones. This group could consist of instructors, front desk staff, students, alumni, or anyone else deemed relevant to the topic at hand. Each policy includes a "Date of Most Recent Revision".

Users are sent an email with notification of changes to policies. Paper copies are made available. Electronic copies are sent via email from the Massage Therapy Program Coordinator and the policies are also updated on the Student Portal (www.ocht.ca), as applicable.

COMMUNICATION OF POLICIES TO STUDENTS, STAFF, FACULTY AND PATIENTS.

All policies and procedures are available in electronic and print format.

Students:

Prior to commencement of the program, students read and sign the Student Enrolment Contract. Following that, they are provided with a login to the student portal and instructed to read the Student Code of Conduct and the Student Policies and Procedures Manual prior to the first day of classes. On the first day of classes, the Massage Therapy Program Coordinator discusses the Student Code of Conduct and the Student Policies and Procedures Manual with new students. Students are then informed that they must sign the Student Policy Agreement Form to acknowledge they have read and understood the contents of the documents. They must hand in the signed declaration by the end of the first week of the program

Clinic Patients:

When a patient books an appointment on Soap Vault, a new patient intake form is electronically sent to them along with the Clinic Patient Policies and Procedures Manual. Upon arrival for their first appointment, patients are required to sign the Patient Policy Agreement Form to acknowledge they have read and understood the contents of the document. The front desk receptionist collects the forms and indicates in the patient's Soap Vault file that they have signed the policy.

Staff and Faculty:

When faculty and staff are hired, they are given a copy of the Faculty and Staff Policies and Procedures Manual, Faculty and Staff Code Conduct, along with their Contractor Agreement. They are required to read and sign the Faculty and Staff Policy Agreement Form and return it to the Director of Academics.

Copies of all policy and procedure manuals are available in printed copy and electronic copy at www.ocht.ca or via the Massage Therapy Program Coordinator.

PROVINCIAL REGULATOR, ASSOCIATION AND OTHER PROFESSIONAL BODIES

IMPORTANT PROFESSIONAL BODIES

COLLEGE OF MASSAGE THERAPISTS OF ONTARIO
https://www.cmto.ca

CANADIAN MASSAGE THERAPY COUNCIL FOR ACCREDITATION
https://www.cmtca.ca

REGISTERED MASSAGE THERAPISTS ASSOCIATION OF ONTARIO
https://www.rmtao.com

ONTARIO COUNCIL OF PRIVATE MASSAGE THERAPY COLLEGES
https://www.ocpmtc.ca

CANADIAN COUNCIL OF MASSAGE THERAPY SCHOOLS
http://www.ccmts.ca