

# Program Outline

## Competency Based Mastery Level RMT Program

As of May, 2021

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### **Brief Program Description**

*The purpose of WCCMT's Competency Based Mastery Level RMT Program of study is to educate and train students in the knowledge, skills and aptitudes required to successfully meet entry to practice requirements for the healthcare field of Registered Massage Therapy.*

### **Career Occupation\* (if applicable)**

*This program is intended to prepare students for entry to practice in the field of Registered Massage Therapy.*

### **Admission Requirements**

- *Transcript of proof of minimum high school graduation*
- *Proof of completion of an Introduction to Massage course*
- *3 signed original character reference letters*
- *Medical note from physician*
- *Student budget worksheet*
- *Application essay*
- *Current resume*
- *Criminal record check*
- *Educational interview*
- *Language proficiency assessment policy and procedure for students whose first language is not English*

### **Learning Objectives\***

**Upon completion of this program the successful student will have reliably demonstrated the ability to:**

*Acquire and integrate knowledge and understanding of Health Science curriculum based on the College of Massage Therapists of British Columbia's Guidelines for Foundational Knowledge document.*

*Fulfill clinical competency requirements outlined in the Inter-Jurisdictional Practice Competencies and Performance Indicators for Massage Therapists at Entry-to-Practice*

*Apply knowledge and skills in the classroom and in the College's student intern clinic and outreach practicum settings.*

*Provide safe, effective and ethical Registered Massage Therapy care.*

### **Method(s) of Evaluation\***

*All methods of evaluation are included in course outlines.*

### **Completion Requirements\***

*All students must complete each course in the program with a minimum passing grade of 75%. All students must also complete 550 hours of clinical internship which includes on-site clinical practicum and outreach practicum.*

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**Program Duration**

*The RMT program consists of 2423 instructional hours, a total of seventy - five (75) weeks in duration.*

**Homework Hours**

*In order for a student in the RMT program to be successful, he/she will require to put in a minimum of 18-21hours/week of study and review outside of schoolwork, for the entire duration of the program.*

**Delivery Method(s)**

*Indicate how the program is delivered*

- In-class instruction.*
- Distance education*
- Combined delivery*

**Required course materials**

**TEXTBOOKS: Not provided as part of tuition fee, students must purchase independently.** *(Please note this textbook list is subject to change. Students should confirm required texts prior to purchase)*

**TERM 1**

*Principles of Anatomy & Physiology 16<sup>th</sup> Ed., Tortora & Derrickson  
Atlas of Human Anatomy 7<sup>th</sup> Ed., Frank H. Netter  
Ethics and Professionalism, Cidalia Paiva*

*Messages – The Communication Skills Book 3<sup>rd</sup> Ed., McKay/ Davis/  
Fanning*

*Orthopedic Physical Assessment, 7<sup>th</sup> Ed., Magee*

*Outcome-Based Massage. Putting Evidence into Practice, 3<sup>rd</sup> Ed.,  
Andrade. CK*

*Muscles: Testing and Function with Posture and Pain, 5<sup>th</sup> Ed., Kendall  
The Muscular System Manual, 5<sup>th</sup> Ed., Muscolino*

**TERM 2**

*Brunnstrom’s Clinical Kinesiology 6<sup>th</sup> Ed., Houglum*

*Myofascial Pain and Dysfunction The Trigger Point Manual, Donnelly,  
Joseph*

*Clinical Massage Therapy, Rattray, Ludwig*

*Pathology for Health Professions 5<sup>th</sup> Ed., Ivan Damjanov*

**TERM 3**

*Therapeutic Exercise – Foundations & Techniques, 7<sup>th</sup> Ed., Kisner &  
Colby*

*Making Sense of Research 2<sup>nd</sup> Ed., Martha Brown Menard*

*Textbook of Disorders and Injuries of the Musculoskeletal System,  
3<sup>rd</sup>., Salter*

*Management of Common Musculoskeletal Disorders, 4<sup>th</sup> Ed. Hertling  
& Kessler*

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### TERM 4

*All previously required textbooks.*

### TERM 5

*All previously required textbooks.*

### RECOMMENDED ADDITIONAL RESOURCE

*Clinical Anatomy by Regions, 10<sup>th</sup> Ed., Snell*  
*Modern Hydrotherapy for the Massage Therapist, Sinclair*  
*Pathology: Implications for the Physical Therapist, 4<sup>th</sup> Ed., Goodman*  
*Massage Therapy and Medications, Persad*

**MATERIALS AND SUPPLIES: Not provided as part of tuition fee, students must purchase independently.**

- Linens
- Miscellaneous school supplies (pens, binders, etc.)

**UNIFORM, EQUIPMENT AND OTHER: Not provided as part of tuition fee, students must purchase independently.**

- Clinic Uniform
- Stethoscope
- Blood Pressure Cuff
- Massage Table
- Personal Protective Equipment (masks, goggles, face shield)
- Completion of Standard First Aid, Level "C" with AED

## Program Organization

Title of Course/Work Experience Component	# of Hours
<b>Term 1</b>	
Anatomy & Physiology I	90
MSAK I Lecture	105
MSAK I Lab	80.5
Manual Skills I	105
Clinical Assessment	49
Ethics & Professionalism	27
Professional Communication	18
<b>Term 2</b>	
Anatomy & Physiology II	45
MSAK II Lecture	90
MSAK II Lab	52.5
Manual Skills II	98

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Neurology I PNS	45
General Pathology I	36
Health Regulation	15
Clinic Internship I	98
<b>Term 3</b>	
Anatomy & Physiology III	84
Neurology II CNS	72
Systemic Treatments I	35
General Orthopedic Treatments	98
Therapeutic Exercise	52.5
Research and Academic Writing	36
Clinic Internship II	98
<b>Term 4</b>	
Regional Orthopedic Treatment	77
Orthopedic Pathology	45
Anatomy and Physiology IV	39
General Pathology II	66
Systemic Treatments II	35
Joint Mobilizations	35
Clinic Internship III	196
<b>Term 5</b>	
Neurological Assessment & Treatments	66.5
Business Practice Management	39
Pain & Stress	35
Consolidated Health Science	17.5
Clinical Case Presentation	24.5
Medications	18
Surgery	15
Spinal Orthopedic Treatment	42
Consolidated Practice	21
Mock Oral Practical	26
Clinic Internship IV	196