

**WEST COAST COLLEGE OF MASSAGE THERAPY
Practical Prerequisite Courses – 2013 Schedule**

Victoria Campus Introduction to Massage Course

This course is open to anyone interested in massage in general, as well as being the practical prerequisite for applicants to the Massage Therapy Program and the Spa Practitioner Program.

Please register at least one week before the course begins.

Course fee: **\$300.00** (including a non-refundable \$50.00 deposit)

All courses are Friday 6:00 p.m. – 9 p.m.; Saturday and Sunday 9 a.m. – 5 p.m.

_____ April 12, 13, 14 / 2013 _____ June 14, 15, 16 / 2013
_____ August 9, 10, 11 / 2013 _____ October 18, 19, 20 / 2013
_____ December 13, 14, 15 / 2013

Note that changes in scheduling may occur. Please call the College Administration – Victoria Campus (250-381-9800, ext. 227 or 224) to confirm prior to registering. Classes offered subject to minimum enrollment.

General Information:

1. Wear loose, comfortable clothing e.g. sweat pants, tights, runners, short-sleeved shirt (no jeans, no boxer shorts). No excessive jewelry. Trim fingernails.
2. Please expect to practice massage techniques on fellow classmates. You will be disrobing but underclothing will be kept on and you will be covered and draped at all times.
3. Lunch break is 1 hour. You may bring your own or visit one of the restaurants or cafes in the area. No food or drink (except for water) is permitted in the classroom.

REGISTRATION FORM – INTRODUCTION TO MASSAGE – VICTORIA CAMPUS

Mail to: #101-637 Bay Street, Victoria, BC V8T 5L2

Personal Information:

Where did you hear about us? _____

NAME _____

ADDRESS _____

(Please include postal code)

HOME PHONE _____ WORKPHONE _____

PROGRAM DATE _____

A non-refundable deposit is due upon registration OR you may pay the full fee.

Full fee is due one week prior to commencement of course.

\$50.00 Non-refundable deposit OR \$300.00 Payment of Full Fee

You may pay by cheque, money order, debit card, MasterCard or Visa.

Please make cheque payable to: **West Coast College of Massage Therapy (WCCMT)**

WEST COAST COLLEGE OF MASSAGE THERAPY INTRODUCTION TO MASSAGE COURSE

Instructor: Fran Blake, RMT

Course Objectives:

Upon completion of this course, the participants will be able to:

- Define and describe basic therapeutic massage techniques
i.e. Palpation, effleurage, petrissage: wringing, kneading, stroking
- Apply basic therapeutic massage techniques for general relaxation massage.
- Understand **contraindications** to therapeutic massage.
- Utilize the basic biomechanical skills while performing therapeutic massage techniques.
- Use appropriate draping methods.
- Practice the Basic Principles of Application
i.e. Superficial-Deep-Superficial
- Describe the profession of Massage Therapy as it exists in BC

Schedule:

- Friday Evening** Introductions. Review of printed material, demonstrations of draping, biomechanics and demonstration of massage techniques for the back.
- Saturday Morning** Review of massage techniques for the back followed by student exchanges. Demonstration of draping and massage techniques for lower extremity followed by student exchanges.
- Saturday Afternoon** Demonstration of draping and massage techniques for upper extremity followed by student exchanges.
- Sunday Morning** Review Quiz. Demonstration of draping and massage techniques for the upper chest, neck, face and scalp followed by student exchanges. Review of draping and application of massage techniques for full body massage. Comprehensive full body massage and evaluation.
- Sunday Afternoon** Comprehensive full body massage and evaluation.
Question period.