

Program Outline

Introduction to Massage Therapy

Brief Program Description

The course is designed to introduce students to basic manual applications of massage therapy for general relaxation. Students will learn safe and appropriate biomechanical skills, hygiene standards, patient handling, table set up and draping techniques as they develop their palpation and tactile skills. Students will also be introduced to the profession of Massage Therapy as it exists in B.C.

Career Occupation* (if applicable)

This course is a prerequisite requirement for prospective students seeking to apply for entry into our Competency Based Mastery Level RMT program (which trains students to become registered massage therapists).

Admission Requirements

High School Graduation

Learning Objectives*

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

- *Define and describe basic therapeutic massage techniques*
- *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*
- *Describe the profession of Massage Therapists as it exists in B.C.*

Method(s) of Evaluation*

Students undertake an oral practical assessment with respect to the techniques in this course and their ability to apply these in practice. This oral practical assessment also considers the students' maturity, deportment and professionalism in the application of techniques to practice. This course also includes a written quiz dealing with regulatory requirements for registered massage therapists in B.C.

Completion Requirements*

All students must meet 100% attendance requirement and achieve a passing grade of 75% in the oral assessment and a passing grade of 75% in the written quiz.

Program Duration

18 hours (including half an hour for lunch breaks).