



Registered Massage Therapy Diploma Program Outline

Program Title: Registered Massage Therapy Diploma Program

Program Duration: 96 weeks (2153 hours: 1726 instruction and 427 clinic {375 direct contact})

Program Type: Career Training/Academic

Career Occupation: Registered Massage Therapist

Recommended Homework Hours: 10 hours per week

Admission Requirements: Successful completion of admission process

Program Description

The Registered Massage Therapy (RMT) Program at Rhodes Wellness College offers a comprehensive and immersive journey, blending scientific rigor with the artistry of therapeutic touch. Our program is designed to provide a solid theoretical foundation alongside extensive hands-on practice, ensuring our students graduate as well-prepared and confident therapists.

Fundamental to our approach is a client-centered philosophy, informed by trauma-sensitive practices and a biopsychosocial perspective that integrates wellness and healing. From the outset of the program, students cultivate essential skills such as presence, empathy, and client-centered care, which form the foundation of their education. These skills are continuously reinforced throughout the program, emphasizing evidence-based care and critical thinking in both theoretical studies and practical applications.

Rhodes' RMT program is structured to maximize learning through a blended format. Students engage in synchronous online sessions that foster collaboration and depth of understanding, complemented by in-person classes focused on simulated and clinical hands-on practice. This approach ensures students are well-prepared for their final board exams and for real-world practice.

This RMT program is designed to provide a solid theoretical foundation alongside extensive hands-on practice that meets the requirements as set out by the Canadian Massage Therapy Council for Accreditation ([CMTCA](#)), the College of Massage Therapist of British Columbia ([CMTBC](#)) (amalgamated under the College of Complementary Health Professionals of BC - [CCHPBC](#)), and the Inter-Jurisdictional Practice Competencies and Performance Indicators set by the [Federation of Massage Therapy Regulatory Authorities of Canada](#). Meeting the above requirements ensures students graduate as well-prepared and competent practitioners. The curriculum seamlessly integrates anatomy, physiology, pathology, and systemic treatments, guiding students from academic understanding to practical application in a way that deepens their knowledge and enhances their effectiveness as therapists.

At Rhodes, we recognize the importance of holistic health for both clients and practitioners. Emphasized throughout the program is a mindful approach to learning and practice promoting self-care techniques that students can apply, not only in their future careers, but also in their



personal lives. Our goal is to graduate healthy, compassionate, and skilled therapists who understand the profound impact of human connection in healing.

In essence, Rhodes Wellness College's RMT program blends the scientific foundation of massage therapy with the art of compassionate care, preparing our students to excel as future healthcare professionals who embody both clinical expertise and the healing power of human connection.

Program Learning Objectives

Upon completion of this program, students will be able to practice and employ the following skills and abilities:

- Perform massage therapy at an entry-to-practice level in a manner that is safe, effective, and ethical.
- Conduct an appropriate and customized interview and assessment resulting in a treatment plan for massage therapy and prescribed homecare appropriate to the presenting condition and agreed upon treatment goals of the patient.
- Communicate to patients in a way that is simple, accessible, and empowering.
- Utilize appropriate medical terminology when collaborating with other health care practitioners for the benefit of a patient.
- Empower patients by navigating explicit and ongoing consent in all aspects of delivering massage therapy so as to avoid sexualization of the therapeutic space and avoid any actual or imagined sexual misconduct.
- Understand the nuanced reality of pain, chronic pain, and the need to customize case management.
- Comprehend musculoskeletal anatomy, physiology, pathology, orthopedic conditions, medications, and nutrition.
- Recognize typical presentations and significance of common pain ailments and their related injuries and orthopedic conditions, along with realistic treatment goals.
- Demonstrate an understanding of the benefits, strengths, and limitations of massage therapy.
- Display the value and importance of evidence-based health care and the ability to critically examine claims and evidence encountered with patients.

Program Format

This program includes a variety of teaching methods that coincide with diverse learning styles and the skills required for a Registered Massage Therapist. Class size is limited affording ample time and space for individual feedback, personalized support, and supervision.

Teaching tools will include and not be limited to:

1. Lectures
2. Readings
3. Videos
4. Discussion Groups
5. Roleplays

6. Group Exercises
7. Case Studies
8. Demonstrations
9. Experiential Exercises
10. Writing and Reflection
11. Research

Program Readings

A variety of materials including e-books, articles, readings, course notes, and other resources will be utilized to support each course. Specific required and recommended readings are detailed below.

1. Required Textbooks: (provided under material fees)

Andrade, C. K. (2023). *Outcome-based massage: Across the continuum of care* (4th ed.). Philadelphia, PA: Wolters Kluwer Health.

Conroy, V. M., Murray, Jr. B. N., Alexopoulos, Q. T., & McCreary, J. (2024). *Kendall's muscles: Testing and function with posture and pain* (6th ed.). Philadelphia, PA: Wolters Kluwer Health.

Fitch, M. (2014). *Talking bodies, listening hands: A guide to professionalism, communication and the therapeutic relationship*. Berkeley, CA: North Atlantic Books.

Goodman, C. C., & Fuller, K. (2020). *Pathology: Implications for the physical therapist* (5th ed.). St. Louis, MO: Elsevier.

Magee, D. J. (2021). *Orthopedic physical assessment* (7th ed.). St. Louis, MO: Elsevier.

Myers, B., & Hanks, J. (2022). *Management of common orthopaedic disorders: Physical therapy principles and methods* (5th ed.). Philadelphia, PA: Wolters Kluwer Health.

Netter, F. H. (2022). *Atlas of human anatomy: Classic regional approach* (8th ed.). St. Louis, MO: Elsevier Health Sciences.

Tortora, G. J., & Derrickson, B. (2020). *Principles of anatomy and physiology* (16th ed.). Hoboken, NJ: John Wiley & Sons, Inc.

2. Recommended Textbooks:

Biel, A. (2019). *Trail guide to the body* (6th ed.). Boulder, CO: Books of Discovery.

Fritz, S., & Fritz, L. A. (2021) *Mosby's fundamentals of therapeutic massage*. St. Louis, MO: Elsevier Health Sciences.

Houglum, P. A., & Bertoti, D. B. (2011). *Brunnstrom's clinical kinesiology* (6th ed.). Philadelphia, PA: F.A. Davis Company.

Kisner, C., & Colby, L. A. (2022). *Therapeutic exercise foundations and techniques* (8th ed.). Philadelphia, PA: Wolters Kluwer Health.

Muscolino, J. E. (2017). *The muscular system manual: The skeletal muscles of the human body* (4th ed.). St. Louis, MO: Elsevier.

Persad, R. S. (2001). *Massage therapy and medications*. Toronto, ON: Curties-Overzet Publications Inc.

Salvo, S. (2021). *Mosby's pathology for massage therapists* (5th ed.). St. Louis, MO: Elsevier.

Sizer, F. S., Whitney, E., & Piche, L. (2020). *Nutrition: Concepts and controversies* (5th ed.). Boston, MA: Cengage Learning.

Program Evaluation

The course evaluation methods meet the course objectives and are designed to coincide with the various learning styles of the students. The methods of evaluation to assess student performance include and are not limited to:

- Participation and Professionalism
- Presentations
- Assignments
- Demonstrations
- Case Studies
- Quizzes
- Oral Exams
- Written Exams
- Clinical Supervision

Based on the above evaluations, students will receive a grade according to the following scale:

A+	95% or more	B	75-79
A	90-94	B-	70-74
A-	85-89	NC	0-69**
B+	80-84		

**NC = Not Complete (course completion credit will not be granted)

Program Completion Requirements

- Students must fulfill the college's [Assignment Completion Policy](#) to complete this program.

- Students must fulfill specific course outline assignment expectations.
- Students must meet the college's [Attendance Policy](#) to complete this program.
- Students must fulfill the following graduation requirements:
 - Completion of all courses with a minimum grade of 70%.
 - A minimum grade of 70% in all academic and practical final exams for MTPR 509 Professional Considerations, MTPR 610 Integrated Sciences Review, and MTPR 611 Applied Health Sciences Review.
 - Attendance of a minimum 80% in all classes and the program as a whole.
 - Completion of a minimum of 330 direct clinic hours.
 - Fulfill all financial obligations to Rhodes Wellness College.
 - Completion of a Program Evaluation.

Program Organization, Hours, and Flow

Semester One:

16 weeks (350 hours)

MTPR 100 Anatomy and Physiology	28 hours
MTPR 101 Wellness	58 hours
MTPR 102 Manual Skills	116 hours
MTPR 103 Applied Kinesiology	80 hours
MTPR 108 Orthopedic Assessment	68 hours

Semester Two:

16 weeks (370 hours)

MTPR 200 Anatomy and Physiology	80 hours
MTPR 202 Manual Skills	48 hours
MTPR 203 Applied Kinesiology	76 hours
MTPR 206 Neurology	60 hours
MTPR 207 Systemic Treatments	32 hours
MTPR 208 Orthopedic Assessment	48 hours
MTPR 212 Standard First Aid & CPR-C	14 hours
MTSC 200 Student Clinic	12 hours

Semester Three:

16 weeks (353 hours)

MTPR 300 Anatomy and Physiology	42 hours
MTPR 301 Wellness	12 hours
MTPR 302 Manual Skills	48 hours
MTPR 303 Applied Kinesiology	40 hours
MTPR 305 Pathology	48 hours
MTPR 306 Neurology	36 hours
MTPR 307 Systemic Treatments	40 hours
MTPR 308 Orthopedic Assessment	48 hours
MTSC 300 Student Clinic	39 hours

Semester Four:

16 weeks (356 hours)

MTPR 400 Anatomy and Physiology	24 hours
MTPR 401 Wellness	16 hours
MTPR 402 Manual Skills	48 hours
MTPR 403 Applied Kinesiology	48 hours
MTPR 405 Pathology	24 hours
MTPR 406 Neurology	40 hours
MTPR 407 Systemic Treatments	32 hours
MTPR 408 Orthopedic Assessment	52 hours
MTSC 400 Student Clinic	72 hours

Semester Five:

16 weeks (364 hours)

MTPR 500 Anatomy and Physiology	32 hours
MTPR 501 Wellness	16 hours
MTPR 502 Manual Skills	36 hours
MTPR 505 Pathology	24 hours
MTPR 506 Neurology	64 hours
MTPR 509 Professional Considerations	32 hours
MTSC 500 Student Clinic	160 hours

Semester Six:

16 weeks (360 hours)

MTPR 600 Anatomy and Physiology	24 hours
MTPR 601 Wellness	28 hours
MTPR 605 Pathology	24 hours
MTPR 609 Professional Considerations	36 hours
MTPR 610 Integrated Sciences Review	36 hours
MTPR 611 Applied Health Science Review	68 hours
MTSC 600 Student Clinic	144 hours

LIST OF COURSES AND COURSE DESCRIPTIONS

MTPR 100 Anatomy and Physiology

In this initial anatomy and physiology course students will be introduced to the levels of structural organization in the human body and its systems. An overview of the characteristics of the living human organism, homeostasis, and basic anatomical terminology will be taught. Students will be introduced to an overview of connective tissue (fascia), its components, structures, and function before discussing tissue behaviour, healing, and repair. This sets the stage for understanding the science of pain management and the effects and applications of massage therapy.

MTPR 101 Wellness

Throughout the program, the Wellness courses equip students with essential personal and professional skills for effective and empathetic massage therapy. The biopsychosocial model forms the foundation for this course and integrates the biological, psychological, and social factors into comprehensive client care. Students will explore and practice core professional communication strategies, including active and empathic listening, conflict resolution, and non-violent communication techniques, alongside trauma-informed care to create supportive environments. Ethical practice is explored, focusing on navigating ethical dilemmas such as dual relationships. With each Wellness course students build on their previous skills including their own self-care through strategies such as mindfulness, boundary-setting, and creating their own self-care toolkit to promote personal and professional sustainability. This holistic approach prepares students for evidence-based, outcome-oriented massage therapy.

MTPR 102 Manual Skills

This level of manual skills teaches students how to offer a full body treatment using classic massage techniques with a focus on intentional touch, client consent, draping techniques, proper hygiene implementation and infection prevention protocols. Students will be introduced to contraindications, precautions, and client preferences. This course forms the foundation for understanding evidence-based massage treatments and creating effective treatment plans. Emphasis will be placed on student's self-care in regard to body mechanics to set the foundation for a healthy career as a massage therapist.

MTPR 103 Applied Kinesiology

This initial applied kinesiology course is taught in a kinesthetically engaging format and covers the basic principles of musculoskeletal anatomy and kinesiology. Students will study osteology, myology and arthrology so as to list and locate all bones as well as nearly 60 superficial muscles, their attachment points, the associated nerves, and their actions. Length and stretch testing, when appropriate, will be learned for each muscle studied. Students will be encouraged to practice palpation of musculoskeletal anatomy on skeletal models and on each other. The content of this course corresponds with Manual Skills and Orthopedic Assessment of the same semester where students study different aspects of the same body regions.

MTPR 108 Orthopedic Assessment

This first Orthopedic Assessment class guides students in performing a basic examination of the client by performing an interview and using history, observation, palpation, and movement. Students will learn to define some commonly occurring orthopedic injuries and recognize them by their presenting signs and symptoms. This information guides students in creating a safe massage treatment in the presence of these injuries, and applying appropriate precautions, contraindications, and modifications. Students are then led in a basic charting exercise, developing the beginnings of accurate documentation skills for their future practice.

MTPR 200 Anatomy and Physiology

In this Anatomy and Physiology 200 course, students engage in an extensive exploration of structural organization. An in-depth study of the chemical, cellular, and tissue levels of the body are examined. Students will further investigate the structure and function of the integumentary system and the skeletal system, including a detailed analysis of the microscopic structures of bone tissue, as well as muscular tissue. This course offers students a solid academic foundation in preparation for learning pathologies related to these subjects.

MTPR 202 Manual Skills

This Manual Skills course is taught in an engaging format and builds on the previously learned massage curriculum. This level will focus on manual techniques applied to the cervical spine, shoulder, and upper extremity. Students will study and apply Swedish, non-swedish (including myofascial techniques), and neuromuscular techniques (GTO, approximation, Trigger Point Techniques), as well as incorporate active and passive range of motion and limb handling into seamlessly flowing massage treatments. Basic stretching and strengthening will also be discussed and practiced. Principles of consent, appropriate draping and professional hygiene will be reinforced throughout. Student learning in this course is benefited by concurrent study of the same anatomical regions in: Applied Kinesiology, Neurology, Systemic Treatment, and Orthopedic Assessment.

MTPR 203 Applied Kinesiology

This Applied Kinesiology course is taught in a kinesthetically engaging format and builds on the previous musculoskeletal anatomy and kinesiology curriculum. Students will study the myology, osteology, and arthrology of the cervical spine, shoulder, and upper extremity in greater detail so as to list and locate bones, all muscles, their attachment points, their actions, the associated nerves, and the relevant arthrology. Length and stretch testing, when appropriate, will be learned for each muscle studied. Students will be encouraged to practice palpation of musculoskeletal anatomy on skeletal models and on each other. The content of this course corresponds with Manual Skills, Orthopedic Assessment, Systemic Treatment, and Neurology of the same semester where students study different aspects of the same body regions.

MTPR 206 Neurology

Neurology introduces students to the anatomy and physiology of the nervous system. Students will be taught to recognize, assess, and develop appropriate treatment plans for common neurological conditions. Clinical reasoning will be practiced in order to select and apply appropriate orthopedic testing to differentiate between similarly presenting conditions. This

level focuses on study of the peripheral nervous system in the upper extremity, its roots in the cervical spine, and the facial nerves. Special focus will be given to the study of cervical radiculopathies, thoracic outlet syndrome, and mononeuropathies of the upper extremity, as well as neurological conditions of the face (Bell's palsy and trigeminal neuralgia). Student learning in this course is benefited by concurrent study of the same anatomical regions in: Applied Kinesiology, Manual Skills, Systemic Treatment, and Orthopedic Assessment.

MTPR 207 Systemic Treatments

Systemic Treatment guides students to perform a thorough systematic examination of the client. Students are taught to perform a comprehensive assessment based on history, observation, palpation, movement, neurology, referred sensation, and special tests as relevant. At this level, students are guided through this assessment process with particular focus on common systemic conditions as they appear in the head and face. This information guides students in creating and applying an effective treatment plan. Students are led in charting exercises that emphasize accurate documentation of the case in a holistic manner, including objective and subjective outcome markers. Student learning in this course is complemented by concurrent studies in Manual Skills, Applied Kinesiology, Neurology, and Orthopedic Assessment.

MTPR 208 Orthopedic Assessment

Orthopedic Assessment guides students to perform a thorough systematic examination of the client. Students are taught to perform a comprehensive assessment based on history, observation, palpation, movement, neurology, referred sensation, and special tests as relevant. At this level, students are guided through this assessment process with particular focus on common orthopedic conditions as they appear in the cervical spine, shoulder, and upper extremity. This information guides students in creating and applying an effective treatment plan. Students are led in charting exercises that emphasize accurate documentation of the case in a holistic manner, including objective and subjective outcome markers.

MTPR 212 Standard First Aid and CPR-C

This comprehensive course offers standard first aid and cardiopulmonary resuscitation (CPR) with automated external defibrillator practice to provide the training required to respond to emergencies at home or in the workplace. Successful completion of this course is required before students may participate in and gain credit for direct clinical hours. This course meets the legislation requirements for provincial and territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

MTSC 200 Student Clinic

Student Clinic provides students with a supervised clinical setting to practice and develop their massage therapy skills under the guidance and supervision of a qualified Registered Massage Therapist in good standing. Students will practice various aspects of the intake process, examination, charting, treatment planning, standardized hygiene and infection protocols, as well as develop their clinical reasoning, critical thinking, interpersonal, and professionalism

skills. Student Clinic at this 200-level focuses on development and application of specific massage therapy assessments and techniques that relate to the regions of the cervical spine and upper extremity. Students will be required to attend the clinical experience offered during each semester in order to move forward in the program, as this is a requirement for graduation. Students will maintain a clinic tracker from semester two onwards to ensure they are meeting the requirements consistently throughout the program as all clinic hours are a mandatory requirement for graduation in adherence with the Canadian Massage Therapy Council of Accreditation (CMTCA).

MTPR 300 Anatomy and Physiology

This 300-level course guides the students to further investigate the anatomy and physiology of the endocrine, cardiovascular, and lymphatic systems. Students explore how immunity and the healing process function in the body. This course offers students a solid academic foundation in preparation for learning pathologies related to these areas.

MTPR 301 Wellness

This Wellness course builds on the topics introduced in semester one with a focus on pain and persistent pain within the context of the biopsychosocial model of care. Students will develop essential communication skills with a focus on non-violent communication for interactions with colleagues and clients, as well as navigating conflict scenarios. The curriculum is enriched with guest speakers and practical case study applications, ensuring a thorough understanding of ethical and effective therapeutic practices.

MTPR 302 Manual Skills

This Manual Skills course is taught in an engaging format and builds on the previously learned massage curriculum. This level will focus on manual techniques applied to the thoracic spine, lumbar spine, abdomen, and pelvic region. Students will study and apply Swedish, non-swedish (including myofascial techniques), and neuromuscular techniques (GTO, approximation, Trigger Point Techniques), as well as incorporate active and passive range of motion and limb handling into seamlessly flowing massage treatments. Basic stretching and strengthening will also be discussed and practiced. Principles of consent, appropriate draping, and professional hygiene will be reinforced throughout. Student learning in this course is benefited by concurrent study of the same anatomical regions in: Applied Kinesiology, Anatomy and Physiology, Systemic Treatment, and Orthopedic Assessment.

MTPR 303 Applied Kinesiology

This Applied Kinesiology course is taught in a kinesthetically engaging format and builds on the previous musculoskeletal anatomy and kinesiology curriculum. Students will study the myology, osteology and arthrology of the thoracic spine, lumbar spine, and pelvis in greater detail so as to list and locate bones, all muscles, their attachment points, their actions, the associated nerves, and the relevant arthrology. Length and stretch testing, when appropriate, will be learned for each muscle studied. Students will be encouraged to practice palpation of musculoskeletal anatomy on skeletal models and on each other. The content of this course corresponds with Anatomy and Physiology, Manual Skills, Orthopedic Assessment, and Systemic

Treatments of the same semester where students study different aspects of the same body regions.

MTPR 305 Pathology

This course teaches students to recognize, identify, and respond appropriately to pathologies they may encounter in their practice. Signs and symptoms, causes, and common courses of treatment will be discussed, as well as when a client's presentation warrants a referral to their primary physician. When appropriate, treatment precautions and modifications will be identified. This comprehensive approach will prepare students to be collaborative members of the patient's health care team. This level focuses on pathologies and conditions of the integumentary and orthopedic systems. Student learning in this course intentionally builds on their previous studies in Anatomy and Physiology and is complemented by concurrent studies in Orthopedic Assessment and Systemic Treatment.

MTPR 306 Neurology

Neurology introduces students to the anatomy and physiology of the nervous system. This level focuses on study of the central nervous system through an academic lens. Students will develop a detailed understanding of the different regions of the brain, their respective functions, and how they interact to maintain homeostasis and generate movement. Aspects explored include the following: the brain and cranial nerves; the autonomic nervous system; the sensory, motor, and integrative systems; and the special senses (vision, hearing, taste, and smell).

MTPR 307 Systemic Treatments

Systemic Treatment guides students to perform a thorough systematic examination of the client. Students are taught to perform a comprehensive assessment based on history, observation, palpation, movement, neurology, referred sensation, and special tests as relevant. At this level, students are guided through this assessment process with particular focus on common systemic conditions that have direct effects on the musculoskeletal system. Conditions studied in this level include those in categories such as metabolic diseases (ex. Scheurmann's, osteoporosis, osteomalacia), systemic inflammatory diseases (ex. Psoriatic Arthritis), and autoimmune diseases with systemic inflammatory implications (ex. Rheumatoid Arthritis and Ankylosing Spondylitis). This information guides students in creating and applying an effective treatment plan. Students are led in charting exercises that emphasize accurate documentation of the case in a holistic manner including objective and subjective outcome markers.

MTPR 308 Orthopedic Assessment

Orthopedic Assessment guides students to perform a thorough systematic examination of the client. Students are taught to perform a comprehensive assessment based on history, observation, palpation, movement, neurology, referred sensation, and special tests as relevant. At this level, students are guided through this assessment process with particular focus on common orthopedic conditions as they appear in the thoracic spine, lumbar spine, and pelvis. This information guides students in creating and applying an effective treatment plan. Students

are led in charting exercises that emphasize accurate documentation of the case in a holistic manner including objective and subjective outcome markers.

MTSC 300 Student Clinic

Student Clinic provides students with a supervised clinical setting to practice and develop their massage therapy skills under the guidance and supervision of a qualified Registered Massage Therapist in good standing. Students will practice various aspects of the intake process, examination, charting, treatment planning, standardized hygiene and infection protocols, as well as develop their clinical reasoning, critical thinking, interpersonal, and professionalism skills. Student Clinic at this 300-level focuses on development and application of specific massage therapy assessments and techniques that relate to the regions of the thoracic spine, lumbar spine, and pelvis.

MTPR 400 Anatomy and Physiology

This course guides students to further investigate the anatomy and physiology of the respiratory, liver and gallbladder, and gastrointestinal systems. This course offers students a solid academic foundation in preparation for learning pathologies related to these areas.

MTPR 401 Wellness

This Wellness course builds on the topics introduced in previous semesters and integrates comprehensive case studies with practical and theoretical learning. The emphasis is on providing culturally sensitive care to clients along a diverse spectrum of sexual and gender orientations. Students will learn skills relevant for the potential sexualization of the treatment space and how to maintain professional conduct.

MTPR 402 Manual Skills

This Manual Skills course is taught in an engaging format and builds on the previously learned massage curriculum. This level will focus on manual techniques applied to the hip and lower extremity. Students will study and apply Swedish, non-swedish (including myofascial techniques), and neuromuscular techniques (GTO, approximation, Trigger Point Techniques), as well as incorporate active and passive range of motion and limb handling into seamlessly flowing massage treatments. Basic stretching and strengthening will also be discussed and practiced. Principles of consent, appropriate draping, and professional hygiene will be reinforced throughout. Student learning in this course is benefited by concurrent study of the same anatomical regions in: Applied Kinesiology, Neurology, and Orthopedic Assessment.

MTPR 403 Applied Kinesiology

This Applied Kinesiology course is taught in a kinesthetically engaging format and builds on the previous musculoskeletal anatomy and kinesiology curriculum. Students will study the myology, osteology, and arthrology of the lower limb in greater detail so as to list and locate bones, all muscles, their attachment points, their actions, the associated nerves, and the relevant arthrology. Length and stretch testing, when appropriate, will be learned for each muscle studied. Students will be encouraged to practice palpation of musculoskeletal anatomy on skeletal models and on each other. The content of this course corresponds with Manual Skills,

Orthopedic Assessment, and Neurology of the same semester where students study different aspects of the same body regions.

MTPR 405 Pathology

This course teaches students to recognize, identify, and respond appropriately to pathologies they may encounter in their practice. Signs and symptoms, causes, and common courses of treatment will be discussed, as well as when a client's presentation warrants a referral to their primary physician. When appropriate, treatment precautions and modifications will be identified. This comprehensive approach will prepare students to be collaborative members of the patient's health care team. This level focuses on pathologies and conditions of the endocrine, cardiovascular, and lymphatic systems. Student learning in this course intentionally builds on their previous studies in Anatomy and Physiology and is complemented by concurrent studies in Systemic Treatment.

MTPR 406 Neurology

Neurology introduces students to the anatomy and physiology of the nervous system. Students will be taught to recognize, assess, and develop appropriate treatment plans for common neurological conditions. Clinical reasoning will be practiced in order to select and apply appropriate orthopedic testing to differentiate between similarly presenting conditions. This level focuses on study of the peripheral nervous system of the trunk, lower extremity, and the roots in the lumbar spine. Special focus will be given to the study of lumbar radiculopathies, sciatica and pseudo-sciatica, and mononeuropathies of the lower extremity. Student learning in this course is benefited by concurrent study of the same anatomical regions in: Applied Kinesiology, Manual Skills, and Orthopedic Assessment.

MTPR 407 Systemic Treatments

Systemic Treatment guides students to perform a thorough systematic examination of the client. Students are taught to perform a comprehensive assessment based on history, observation, palpation, movement, neurology, referred sensation, and special tests as relevant. At this level, students are guided through this assessment process with particular focus on common systemic conditions of the cardiovascular, lymphatic and immune, respiratory, and endocrine systems. Conditions studied include myalgic encephalomyelitis, COPD, diabetes, and various conditions of the heart and peripheral vasculature. This information guides students in creating and applying an effective treatment plan. Students are led in charting exercises that emphasize accurate documentation of the case in a holistic manner, including objective and subjective outcome markers.

MTPR 408 Orthopedic Assessment

Orthopedic Assessment guides students to perform a thorough systematic examination of the client. Students are taught to perform a comprehensive assessment based on history, observation, palpation, movement, neurology, referred sensation, and special tests as relevant. At this level, students are guided through this assessment process with particular focus on common orthopedic conditions as they appear in the hip and lower extremity. This information guides students in creating and applying an effective treatment plan. Students are led in

charting exercises that emphasize accurate documentation of the case in a holistic manner, including objective and subjective outcome markers.

MTSC 400 Student Clinic

Student Clinic provides students with a supervised clinical setting to practice and develop their massage therapy skills under the guidance and supervision of a qualified Registered Massage Therapist in good standing. Students will practice various aspects of the intake process, examination, charting, treatment planning, standardized hygiene and infection protocols, as well as develop their clinical reasoning, critical thinking, interpersonal, and professionalism skills. Student Clinic at this 400-level focuses on development and application of specific massage therapy assessments and techniques that relate to the regions of the hip, knee, lower leg, ankle, and foot.

MTPR 500 Anatomy and Physiology

This course guides students to further investigate the anatomy and physiology of the kidney, urinary, and reproductive systems. In addition, fluid, electrolyte, and acid-base homeostasis is covered in depth. This course offers students a solid academic foundation in preparation for learning pathologies related to these areas.

MTPR 501 Wellness

This Wellness course builds on the topics introduced in previous semesters and concentrates on communication skills through focusing on informed consent and trauma-informed care. This course also provides students with skills to incorporate culturally sensitive care to Indigenous populations in Canada.

MTPR 502 Manual Skills

This Manual Skills course is taught in an engaging format and builds on the previously learned massage curriculum; it challenges students to synthesize their existing knowledge into cohesive application in the context of special populations. Principles of consent, appropriate draping, and professional hygiene will be reinforced throughout. This course focuses on special populations and the skills and modifications to treatment required to provide appropriate care and massage therapy treatment in these contexts. Topics covered include: athletics and sports massage; active rehabilitation; chair massage; pregnancy massage; pelvic floor conditions; breast or chest massage; intra-oral treatments; and the safety and communication skills required for treatment of sensitive areas.

MTPR 505 Pathology

This course teaches students to recognize, identify, and respond appropriately to pathologies they may encounter in their practice. Signs and symptoms, causes, and common courses of treatment will be discussed, as well as when a client's presentation warrants a referral to their primary physician. When appropriate, treatment precautions and modifications will be identified. This comprehensive approach will prepare students to be collaborative members of the patient's health care team. This level focuses on pathologies and conditions of the respiratory and digestive systems, as well as the liver and gallbladder. Student learning in this

course intentionally builds on their previous studies in Anatomy and Physiology and is complemented by concurrent studies in Systemic Treatment.

MTPR 506 Neurology

In this course students engage in a detailed exploration of the anatomy, functions, and interrelationships within the central nervous system (CNS). Utilizing this exploration, the course will examine various conditions and pathologies affecting the CNS, along with the presentation, signs and symptoms, and typical behaviours related to these. Students will continue to develop skills in treatment planning, while learning how to apply massage therapy to older populations, with proper respect to treatment modifications, precautions, contraindications, and any special care that needs to be taken, including patient transfers.

MTPR 509 Professional Considerations

This course focuses on the ethical, professional, and legal obligations of Registered Massage Therapists (RMTs) practicing in the province of British Columbia. These include the College of Complementary Health Professionals of British Columbia's (CCHPBC) registration requirements, standards, and code of ethics. Lecture and case studies will be used throughout this course to exemplify application of legal and ethical issues RMTs will encounter in clinical practice. Essential skills in research literacy and evidence-based practice are also taught. Students will explore the concept of evidence-based practice within the context of massage therapy, gaining proficiency in conducting literature searches and understanding the peer review process in scientific research. Emphasis will be placed on critically summarizing strengths and weaknesses of common research designs, identifying components of research articles, and applying statistical methods such as mean, median, mode, and standard deviation to clinical evidence. Participants will evaluate validity claims in clinical evidence. The course will also highlight evidence with potential to influence practice and explain the ethical considerations addressed through ethics reviews in scientific research.

MTSC 500 Student Clinic

Student Clinic provides students with a supervised clinical setting to practice and develop their massage therapy skills under the guidance and supervision of a qualified Registered Massage Therapist in good standing. Students will practice various aspects of the intake process, examination, charting, treatment planning, standardized hygiene, and infection protocols, as well as develop their clinical reasoning, critical thinking, interpersonal, and professionalism skills. Student Clinic at this 500-level focuses on development of clinical reasoning skills, performing a differential, and providing an indicated homecare plan.

MTPR 600 Anatomy and Physiology

This class builds on students' knowledge of physiology in the study of medications and nutrition. Students will develop a basic understanding of nutrition as an element of shared foundational knowledge amongst health professionals. Students will learn the basic classifications of medications, as well as their uses and effects. This knowledge will be applied for the identification of contraindications and precautions relevant to massage therapy.

MTPR 601 Wellness

Building on students' experience from the entire program, this final Wellness course is an opportunity for further reflection and synthesis of the communication and holistic care strategies applied with clients. This final course also serves to further develop these care and communication skills through role plays, case studies, and group discussion. This class provides students with abilities to recognize signs and symptoms of burnout and prevention strategies to help ensure healthy self-care. This course culminates in providing closure for the cohort with the goal of ensuring a holistic and practical learning experience.

MTPR 605 Pathology

This course teaches students to recognize, identify, and respond appropriately to pathologies they may encounter in their practice. Signs and symptoms, causes, and common courses of treatment will be discussed, as well as when a client's presentation warrants a referral to their primary physician. When appropriate, treatment precautions and modifications will be identified. This comprehensive approach will prepare students to be collaborative members of the patient's health care team. This level focuses on pathologies and conditions of the urinary and reproductive systems. Student learning in this course intentionally builds on their previous studies in Anatomy and Physiology.

MTPR 609 Professional Considerations

This course introduces students to the essential entrepreneurial skills required for new registered massage therapists launching their own practice or business. Students will explore the logistical aspects of practice management, such as business registration, extended health care billing, as well as basic accounting and booking. Key steps such as crafting a comprehensive business plan, navigating municipal requirements, and establishing professional networks within the healthcare community will be emphasized. Additionally, students will explore effective marketing strategies to attract clients and financial management techniques tailored to the massage therapy industry.

MTPR 610 Integrated Sciences Review

This course gives an integrated review of anatomy and physiology, pathology, and neurology in preparation for student graduations and writing of the provincial registration exams in order to earn the title of Registered Massage Therapist.

MTPR 611 Applied Health Science Review

This course gives an integrated and experiential review of kinesiology, orthopedic assessments, systemic treatments, manual skills, and neurological conditions. A unique approach, borrowing from the structure of the provincial Performance-Based Assessment (PBA), is used to prepare students for board examinations. These mock exams give students the opportunity to learn from the viewpoint of the patient, the examiner, and the applicant. Students will benefit from receiving well rounded constructive feedback on their exam performance both from their peers and the instructor. Classroom discussions, case studies, and critical thinking exercises are used to strengthen students' clinical reasoning in preparation for their professional career in clinical practice and successfully passing their registration exams along the way.

MTSC 600 Student Clinic

Student Clinic provides students with a supervised clinical setting to practice and develop their massage therapy skills under the guidance and supervision of a qualified Registered Massage Therapist in good standing. Students will practice various aspects of the intake process, examination, charting, treatment planning, standardized hygiene, and infection protocols, as well as develop their clinical reasoning, critical thinking, interpersonal, and professionalism skills. Student Clinic at this 600-level focuses on critical thinking skills that help develop a differential through case history taking, using assessment skills to rule in/out specific musculoskeletal conditions, and provide an indicated treatment plan through a biopsychosocial lens of care.

Admission Requirements

Rhodes Wellness College is committed to enrolling students who meet program admission criteria and who are capable of achieving their education and career goals. For admission to Rhodes Wellness College's Professional Registered Massage Therapy Diploma program, an applicant must meet the following criteria:

- Grade 12 (or equivalent) graduate in an English-based school system or reach the age of majority (19 years old in British Columbia).
- Submit a Personal Statement on why the applicant desires to pursue a Massage Therapy Diploma at Rhodes Wellness College.
- Submit two letters of reference (personal and professional).
- Submit a criminal record check.
- Successfully complete an Admissions interview.
- If an applicant has had an addiction to drugs or alcohol, a minimum of 12 months prior sobriety is required to be verified during the interview. The College may require the applicant to provide a letter from a counselor, confirming the applicant's sobriety.
- Meet the program's Language Proficiency requirement.

Registered Massage Therapy Diploma Language Proficiency Requirement:

The Registered Massage Therapy Diploma is considered both an academic and career training program and will therefore, require English proficiency to be at a level sufficient for candidates to meet the program's learning objectives. This program will attract a diverse set of learners, including many mature students, whose English proficiency will enable them to fully comprehend the learning objectives.

All students, whether they be Canadian or International students, must prove sufficient English proficiency through one of the following methods:

1. Grade 12 completion in an English-based school system (or the equivalent of Grade 12 education in an English-based school system that does not call high school completion "Grade 12," e.g., O-Level or A-Level certification in the UK or other Commonwealth school system).
2. GED (General Education Development) completion in an English-speaking country*.
3. Two completed full-time semesters at a post-secondary where the program of study is taught in English.
4. Successful completion of one of the following English proficiency exams, achieving the minimum required score indicated below:
 - a. International English Language Testing IELTS (academic or general version): minimum score of 6.0 overall, and no individual category score less than 5.5.
 - b. Test of English as a Foreign Language (TOEFL): minimum score 78 (internet-based).
 - c. Canadian Academic English Language Assessment Test (CAEL): minimum score of 50 in each category.
 - d. Canadian English Language Proficiency Index Program (CELPIP): minimum score of 7 in each category.

- e. Cambridge English Scale: minimum score of 169.
- f. Duolingo: minimum score of 105.
- g. Pearson Test of English: minimum score of 46.

*English-speaking countries include the following:

- Australia
- American Samoa
- Anguilla
- Antigua and Barbuda
- Barbados
- Belize
- Bermuda
- Botswana
- British Virgin Islands
- Brunei
- Canada
- Cayman Islands
- Cook Island
- Dominica
- Falkland Islands
- Fiji
- Gambia
- Ghana
- Gibraltar
- Grenada
- Guam
- Guyana
- Hong Kong
- Ireland
- Isle of Man
- Jamaica
- Jersey
- Kenya
- Liberia
- Mauritius
- Micronesia
- New Zealand
- Nigeria
- Norfolk Island
- Pitcairn Islands
- Philippines
- Saint Kitts and Nevis
- Saint Lucia
- Saint Vincent and the Grenadines
- Sierra Leone
- Singapore
- Sint Maarten
- Solomon Islands
- South Africa
- South Sudan
- Trinidad and Tobago
- Turks and Caicos Islands
- U.S. Virgin Islands
- Uganda
- United Kingdom
- United States

Rhodes Wellness College reserves the right to deny any candidate admission into this program if it does not believe the applicant will be a potential fit or adequately benefit from taking the program.

Program Tuition and Costs

Tuition	\$34,500
Application Fee	
• Domestic	\$100
• International	\$500
Textbooks & Material Fee	\$1936
• includes textbooks, sheets, holster, oil bottle, t-shirt, clinic supplies, equipment usage, perishables, medical gear usage, CPR course certification, etc.	
Archive Fee	\$100
Student Activity Fee	\$300
Other Fees	\$400
• includes technology fee, equipment usage, graduation and transcript fee, and clinic fees.	

Possible careers:

- Registered Massage Therapist
 - (NOC 32201 – noted as a high opportunity occupation by *WorkBC* at <https://www.workbc.ca/career-profiles/massage-therapists>)
- RMT College Teacher Assistant
- RMT College Instructor
- RMT College Supervisor

Professionals who desire to augment their current careers:

- Bodywork Therapist
- Unregulated Massage Therapists
- Kinesiologists
- Physiotherapists
- Chiropractors