



## Massage Therapy Diploma

Diploma Program | Course Length: 2 Years  
(2355 Hours)

Students of ABM College's massage therapy courses get exposure through an in-house massage student clinic for their practicum. The advanced massage therapy course teaches students how to assess clients and provide effective healing treatments. Our comprehensive Massage Therapy Diploma Program can be your gateway to building a rewarding career in the healthcare sector.



### Interactive Classroom Environment

Instructors ensure students have access to additional support and tutoring

### Meet Provincial Certification Standards

Upon graduation students become registered massage therapists (RMTs)

### On-Campus Student Massage Clinic

Students get their required hours with first-hand experience on real clients in a real clinic

## Massage Therapy Course Summary

- Learn the nuances of massage therapy through a vigorous learning module.
- Gain the hours needed to become eligible to apply to be a Registered Massage Therapist.
- This blended learning makes the students qualified to explore career opportunities in various office settings.
- Explore employment opportunities at massage therapy clinics, spa/yoga/fitness centers, physiotherapy clinics, chiropractic clinics, community health services, and more.
- Apply your learning in real-work situations through practicum at ABM College's massage student clinic.



### Learning Options

Online  
On-Site  
Combination



### Length of Program

55 + 57 Weeks  
In-Class & In-Clinic



### Location

Calgary Campus



### Class Availability

Varying

## Career Opportunities

- Registered Massage Therapist
- Independent Practitioner
- Fitness/Sports Massage Therapist
- Clinic Massage Therapist
- Spa Massage Therapist

## Massage Therapist

Anticipated Salary Range



\*This estimate is based on available employment data at the time. Actual salary will be based on numerous factors.

## Who Should Enrol?

Massage therapists find fulfillment in working with their hands and helping people. They must have good physical stamina and endurance, effective time management abilities, and good listening skills. If you have a calm energy, strong intuition, nurturing personality, and a friendly attitude, this could be the right career choice for you.

## Admission Requirements

### Standard Admission

*Students must meet ONE of these criteria\*:*

1. Alberta High School Diploma verified by transcript or other Canadian Province equivalent.

**-OR-**

2. General Equivalency Diploma (G.E.D.).

AND

3. Successful interview with College Administration to validate academic interest and goals, communication skills and expectations.

### Mature Admission

*Students must meet ALL of these criteria\*:*

1. At least 18 years of age prior to admission.
2. Out of high school for 2 years.
3. Successful result on ABM College Entrance Exam (Scholastic Wonderlic) with a score of 15 or higher. The entrance exam assesses the student's aptitude and current level of English literacy, numeracy skills and logic.
4. Successful interview with College Administration to validate academic interest and goals, communication skills and expectations. All students must pass the criminal background check.

### Second-Year Pre-Requisite

Must have completed 1000-Hour Massage Therapy program from a recognized institute, or at least two years of practical experience in the field

*\*All students must provide a clear criminal record check prior to commencing practicum.*

## Contact Us

For more information and enrollment, contact an admissions advisor:

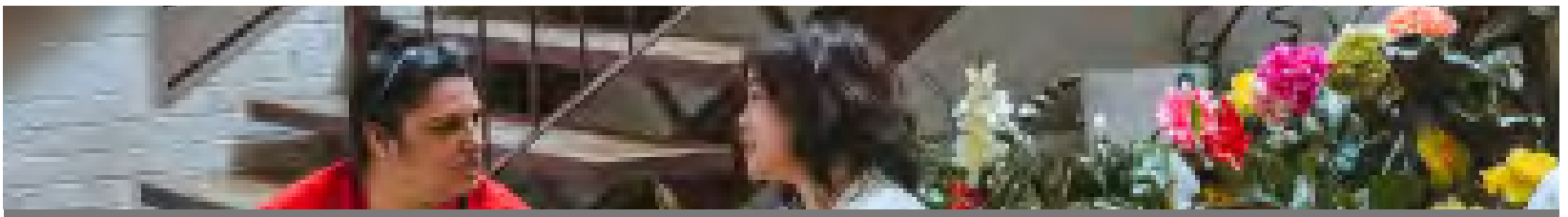
### Calgary:

1-800-840-9680

generalinfo@abmcollege.com

112 28 Street SE Calgary, AB





## Course Components

### YEAR 1

#### 1. Massage Therapy & Practice

Students learn Swedish massage techniques and their effects. Students learn how to drape and properly perform a full body massage. Students learn how Massage affects the different systems of the body. Students are able to understand and explain how massage therapy works. Students will understand the mechanical and physiological effects of massage.

#### 2. Ethics

Students study and learn important ethical standards for health professionals, as well as how to make ethical, safe, and professional decisions.

#### 3. Massage Practicum (Clinic)

Students begin their introduction to clinical work. Student therapists work under the supervision of a RMT to provide massage therapy to a variety of clientele in the community.

#### 4. Anatomy & Physiology 1

Students obtain an introduction to the human body and all of its systems. Students learn the body's cellular level of organization and structure and function of the four tissues of the body, with an emphasis on skin, muscle, bone, and nerve.

#### 5. Clinical Assessment 1

Students learn basic assessments of the body, and how to do Active, Passive and Resisted range-of-motion testing. Students learn postural assessment, gait analysis, normal ranges of motion. Students are introduced to orthopedic specialized tests and how to complete them on the lower body.

#### 6. Osteology & Myology

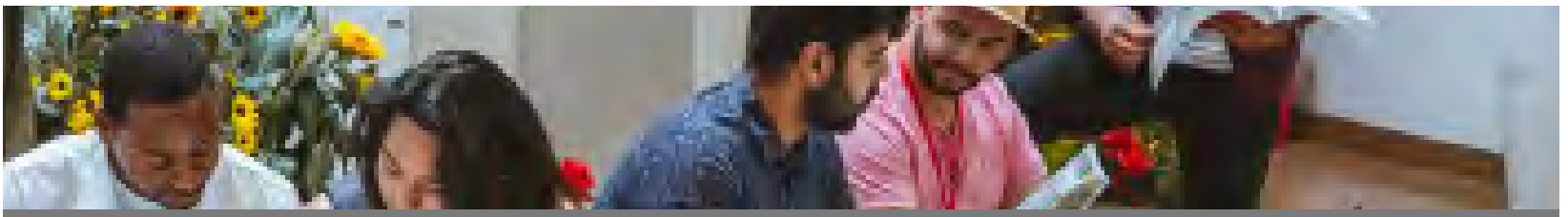
Students will learn osteology and myology together. Students begin with the bones, bone tissue, and bony landmarks. Students will learn all skeletal muscles of the body. With emphasis on origins, insertions, actions, and innervations. Bone and muscle physiology is also covered in this class.

#### 7. Hydrotherapy

Students will learn hydrotherapy and temperature therapy. Students will have a large practical component in this course. The use of heat and cold is used as a way to treat and control inflammation.

#### 8. Anatomy & Physiology 2

Students will learn the anatomical and physiological properties of the cardiovascular and pulmonary systems. This course teaches students about blood, the heart, lungs, and blood vessels in detail and how they are related to massage therapy. This course also includes a detailed look at the lymphatic system and immune system.



## Course Components

### 9. Massage Theory & Practice

Students will further their knowledge and skills in massage therapy. They will learn how to apply safe and effective massage treatments using advanced techniques. Students will also learn athletic massage, massage to specific muscle groups, and massage for special populations.

### 10. Pharmacology

This course has been designed to provide students with a basic and clear understanding of pharmacology, in relation to massage therapy. Student therapists will learn the importance of understanding drug interactions, contraindications and effects drugs will have on a massage treatment.

### 11. Career Planning

Students will learn the many career paths they may take as a massage therapist. Theory of clinical and spa settings, pay structure and expectations, and the difference between sub-contracting and employee status will be clearly explained. Students will engage in class discussion, and apply their knowledge to create resumes and obtain a desirable job. Students will learn how to present themselves in a competitive job market.

### 12. Clinical Outreach

Students are given the opportunity to work on special populations, under the supervisor of an RMT in a variety of settings. Outreaches are carefully chosen to include a variety of events, including sports, hospital care and charity situations. Students are allowed equal opportunity to enroll in various Outreaches, and are required to reflect back on their experiences.

## YEAR 2

### 1. Advanced Clinical Theory & Practice

This course builds on all course materials from the first year of the massage therapy program. Students go beyond relaxation massage and move to a treatment management model of assessment and techniques specific to musculoskeletal conditions as well as pathological conditions.

### 2. Systems Anatomy 1

This is the first of two systemic anatomy courses in the final year of study. In this course, students will acquire knowledge of the respiratory, digestive and urinary systems. Each system will be described in great detail, as well as their relation to massage therapy.

### 3. Systems Anatomy 2

In this course, students will acquire knowledge of the reproductive and endocrine systems. These systems will be described in great detail, and their relation to massage therapy.

### 4. Business

Students are introduced to the basic concepts of small business and the laws governing the practice of Massage Therapy in Alberta. Topics include: Business structures, contracts, Marketing, Business planning and Accounting.





## Course Components

### 5. Clinical Assessment 2

This course continues with the foundation training in the performance of clinical soft-tissue diagnostics and assessment techniques; including review of postural assessment, gait analysis, range of motion, and orthopaedic assessments.

### 6. Pathology

Students will learn general and systemic pathology according to the scope of massage therapy. They will be examining major pathological conditions with reference to etiology, pathogenesis and clinical features. Students will learn how to safely and effectively treat both general and specific pathological conditions as permitted within the scope of massage therapy.

### 7. Massage (Clinic)

Students continue their clinical work. Student therapists work under the supervision of a Registered Massage Therapist to provide massage therapy to a variety of clientele in the community.

### 8. Therapeutic Exercise

Students discuss the effects of therapeutic exercise on the development of flexibility, endurance, and strength. This course is designed to build principles of therapeutic exercise, with a greater emphasis on commonly encountered conditions that can be managed with exercise.

### 9. Nutrition

Students acquire the fundamental knowledge in integrating nutrition into massage therapy practice. Students will learn various dietary requirements for some common health related conditions and guidelines for the body's optimal function.

### 10. Integrated Studies

Students have the opportunity to refine their understanding of the techniques and theory learned. Learners will use critical thinking to decide which of their skills should be utilized with specific treatments. This course allows students to show their skills learned from content throughout the entire massage therapy program.

### 11. Neuroanatomy

Students will learn the structure and function of central nervous system and peripheral nervous systems. Major nerves of the cervical, brachial, lumbar, and sacral plexuses are studied with respect to their origins, pathway, innervations

### 12. Clinical Outreach

Students are given the opportunity to work on special populations, under the supervisor of an RMT in a variety of settings. Outreaches are carefully chosen to include a variety of events including sports, hospital care and charity situations.

# Completion Award

**\$2,000 (Upon completion of 2nd year)**

## **Note:**

Students are eligible for the Completion Award upon graduation, provided they have no outstanding tuition balance  
All courses as well as as Practicum should be completed successfully



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