

# MASSAGE THERAPY

## Overview

Faculty of Health and Community Studies  
 Department of Allied Health and Human Performance  
 MacEwan.ca/Massage (<http://MacEwan.ca/Massage/>)

The Massage Therapy program offers a unique blend of scientific theory and clinical practice. It offers a comprehensive clinical education that develops well-rounded massage therapists able to practice in a wide range of medical and therapeutic environments. The program teaches soft tissue manipulation techniques for the assessment and treatment of stress, pain, and a variety of physical conditions. With challenging courses in anatomy, physiology, kinesiology, pathology, and communication, students gain a foundation of knowledge that carries them through dynamic field placement experiences and professional practice at MacEwan University's public massage clinic.

The program prepares students to become registered massage therapists (RMT) with a provincial association. With MacEwan University's reputation as a leader in massage education, graduates may be eligible for registration across Canada and internationally.

## Career Potential

Massage therapy is on the leading edge of a vastly expanding market of health-related services. As massage therapy continues to gain recognition in the general population and the healthcare community, the profession can be seen as having high job potential, particularly with the growing trend toward self-employment. Graduates can specialize in areas that suit their lifestyles, their needs, and the needs of their patients. Potential work sites for massage therapists include multi-disciplinary healthcare settings, private practice, sports centres, hospitals, long-term care facilities, and health spas.

## Contact Information

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 E: [massage@macewan.ca](mailto:massage@macewan.ca)

Teaching Clinic Receptionist  
 T: 780-497-4121

### PROGRAM OFFICE

Robbins Health Learning Centre  
 Room 9-302, 10910 - 104 Avenue  
 Edmonton, AB T5J 4S2  
 T: 780-497-4121

## Program Requirements

The following program requirements are needed to complete the credential. Refer to the Student Plan as this plan identifies the usual course schedule.

Code	Title	Credits
<b>Year 1</b>		
MTST 108	Massage Therapy Foundations <sup>1</sup>	2
MTST 109	Palpation Lab <sup>1</sup>	1
MTST 115	Functional Survey for Massage Therapists <sup>1</sup>	1
MTST 120	Human Anatomy I <sup>1</sup>	3
MTST 122	Human Anatomy II <sup>1</sup>	3

MTST 125	Physiology I <sup>1</sup>	3
MTST 126	Physiology II <sup>1</sup>	3
MTST 131	Techniques I <sup>1</sup>	3
MTST 137	Developing Therapeutic Relationships <sup>1</sup>	2
MTST 142	Techniques II <sup>1</sup>	3
MTST 143	Techniques III <sup>1</sup>	3
MTST 146	Body Movements <sup>1</sup>	3
MTST 155	Assessment for Massage Therapists I <sup>1</sup>	2
MTST 161	Clinical Practice I <sup>1</sup>	1
MTST 162	Clinical Practice II <sup>1</sup>	1
University-level English (includes WRIT 101)		3
<b>Year 2</b>		
HLST 150	Pathophysiology <sup>1</sup>	3
HLST 290	Nutrition/Pharmacological Concepts <sup>1</sup>	3
MTST 151	Research Literacy for Massage Therapists <sup>1</sup>	1
MTST 156	Assessment for Massage Therapists II <sup>1</sup>	2
MTST 224	Techniques IV <sup>1</sup>	3
MTST 225	Techniques V <sup>1</sup>	3
MTST 226	Techniques VI <sup>1</sup>	3
MTST 260	Clinical Practice III <sup>1</sup>	1
MTST 261	Clinical Practice IV <sup>1</sup>	1
MTST 262	Clinical Practice V <sup>1</sup>	1
MTST 265	Business Management for Massage Therapists <sup>1</sup>	2
MTST 273	Massage Therapy for Special Populations I <sup>1</sup>	2
MTST 274	Massage Therapy for Special Populations II <sup>1</sup>	2
MTST 281	Treatments and Planning I <sup>1</sup>	2
MTST 283	Treatments and Planning II <sup>1</sup>	2
MTST 286	Sport Massage <sup>1</sup>	3
<b>Total Credits</b>		<b>71</b>

<sup>1</sup>

The minimum grade required for this course is C-.

The minimum passing grade for a course at MacEwan University is a D unless otherwise noted next to the appropriate course in the program of study.

## Program Regulations

### Police Information Check

Students must meet the specific Police Information Check (PIC) requirement as set out in the admission criteria for the duration of the program or they may be required to withdraw from the program.

Students are responsible for obtaining a PIC at intervals specified by clinical agencies or the program and making these available, upon request, to their clinical agency representative. Any costs incurred are the responsibility of the student.

Students whose PIC status changes following program admission must self-report this change in status; this may compromise the student's ability to complete the program and/or they may be required to withdraw from the program.

### Immunization

Current immunization against specified communicable diseases is required as a prerequisite for clinical experiences and thus for continued

enrolment in the program. Students must meet the specific immunization requirements prior to the end of the fifth term. Documentation of these requirements must be provided to the program by the end of the fifth term. Failure to meet the specified immunization requirements may result in a student being denied an approved clinical experience and/or they may be required to withdraw from the program. Any costs incurred are the responsibility of the student.

### **CPR – Basic Life Support for Health Care Provider (C) or equivalent**

Students must meet the specific CPR requirements prior to the end of first term. The certification must be for Health Care Providers and include one and two person rescuers (adult, infant, child), bag-valve masks, and automated external defibrillation (AED). Documentation of these requirements must be provided to the program by the end of the first term. Failure to meet the specified CPR requirements may result in a student being denied an approved clinical experience and/or they may be required to withdraw from the program. Any costs incurred are the responsibility of the student.

### **First Aid – Basic**

Students must meet the specific First Aid requirements by the end of the first term. Documentation of these requirements must be provided to the program by the end of the first term. Failure to meet the specified First Aid requirements may result in a student being denied an approved clinical experience and/or they may be required to withdraw from the program. Any costs incurred are the responsibility of the student.

## **Student Plan**

Students must follow the Student Plan (listed below) to complete this credential in the year(s) indicated by the plan. Students must consult with a program Academic Advisor regarding any deviation from the Student Plan, as this may extend the time it takes to complete the program. The student plan may be subject to change.

<b>Year 1</b>					
<b>Term 1</b>	<b>Credits</b>	<b>Term 2</b>	<b>Credits</b>	<b>Term 3</b>	<b>Credits</b>
MTST 108 <sup>1</sup>		2 MTST 122 <sup>1</sup>		3 MTST 143 <sup>1</sup>	3
MTST 109 <sup>1</sup>		1 MTST 126 <sup>1</sup>		3 MTST 155 <sup>1</sup>	2
MTST 115 <sup>1</sup>		1 MTST 137 <sup>1</sup>		2 MTST 162 <sup>1</sup>	1
MTST 120 <sup>1</sup>		3 MTST 142 <sup>1</sup>		3	
MTST 125 <sup>1</sup>		3 MTST 146 <sup>1</sup>		3	
MTST 131 <sup>1</sup>		3 MTST 161 <sup>1</sup>		1	
University-level English (includes WRIT 101)		3			
		<b>16</b>		<b>15</b>	<b>6</b>
<b>Year 2</b>					
<b>Term 1</b>	<b>Credits</b>	<b>Term 2</b>	<b>Credits</b>	<b>Term 3</b>	<b>Credits</b>
HLST 150 <sup>1</sup>		3 HLST 290 <sup>1</sup>		3 MTST 226 <sup>1</sup>	3
MTST 151 <sup>1</sup>		1 MTST 225 <sup>1</sup>		3 MTST 262 <sup>1</sup>	1
MTST 156 <sup>1</sup>		2 MTST 261 <sup>1</sup>		1 MTST 265 <sup>1</sup>	2
MTST 224 <sup>1</sup>		3 MTST 274 <sup>1</sup>		2	
MTST 260 <sup>1</sup>		1 MTST 283 <sup>1</sup>		2	
MTST 273 <sup>1</sup>		2 MTST 286 <sup>1</sup>		3	
MTST 281 <sup>1</sup>		2			
		<b>14</b>		<b>14</b>	<b>6</b>

**Total Credits 71**

1

The minimum grade required for this course is C-.

The minimum passing grade for a course at MacEwan University is a D unless otherwise noted next to the appropriate course in the program of study.

## Admission Requirements

Applicants may be admitted to one of the following:

### Regular Admission

*To be evaluated through the Office of the University Registrar*

Applicants must have a minimum overall average of 60 percent, with no course grade lower than 50 percent, in the following high school courses:

1. ELA 30-1 or ELA 30-2
2. Biology 30
3. One subject from Group A, B, C or D

#### Notes:

- Group D subjects used for admission must be 5-credit or any credit combination of at least 5 credits (e.g., two 3-credit subjects).

### Mature Admission

*To be evaluated through the Office of the University Registrar*

Applicants must be 20 years of age or older and have been out of full-time high school at least one year by the beginning of the intake term. Applicants must have a minimum overall average of 60 percent, with no course grade lower than 50 percent, in the following high school courses:

1. ELA 30-1 or ELA 30-2
2. Biology 30

### Previous Post Secondary Work

*To be evaluated through the Office of the University Registrar*

Admission in this category does not imply or guarantee the transfer or any coursework and/or credential unless a block transfer agreement (internal or external) is in effect and published in the calendar by the Office of the University Registrar. In addition, transfer of coursework does not imply or guarantee that an applicant will be admitted.

Applicants must have successfully completed:

- A minimum of 18 post-secondary credits with a minimum Admission Grade Point Average (AGPA) of 2.0 on a 4.0 scale and must have successfully completed Biology 30.

## Additional Admission Criteria

All applicants must meet the following:

### 1. English Language Proficiency

*To be evaluated through the Office of the University Registrar*

#### Applicable to all admission categories

All applicants must meet an acceptable level of English language proficiency. We will require official documents such as high school or post-secondary transcripts or proof of successful completion of standardized language evaluation. Full details are available in MacEwan University's academic calendar or online at [MacEwan.ca/ELP](http://MacEwan.ca/ELP).

### 2. Other Admission Criteria

*To be evaluated through the Program*

#### Applicable to All Admission Categories

Applicants offered admission must present a clear Police Information Check (or equivalent from another policing agency) that includes a Vulnerable Sector Search. The Police Information Check must be submitted by the published document deadline and have been issued within three months of the start of the program intake term.