



# Course Content Outline

## *Daily classes*

The daily class available in Calgary in September 2022, is made up of five terms. Year 1 includes terms 1-3; Year 2 includes terms 4 and 5. The daily class covers 67 weeks, including holidays and breaks over Christmas and New Year's and between terms 3 and 4.

The course content is identical to our weekly and monthly classes, which are delivered as blended learning.

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### **Course: Massage Techniques I**

*Subject Matter:* Application of Swedish relaxation massage principles and techniques; non-specific joint mobilization techniques; stretching techniques for healthy tissue.

*Delivery Method:* Theory, Practical

*Delivered:* Delivered: Year 1, Term 1

### **Course: Massage Techniques II**

*Subject Matter:* Application of therapeutic massage techniques and principles, including static compression techniques, tissue approximation, myofascial techniques, manual lymphatic drainage techniques, trigger point release, and deep transverse friction techniques.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Palpatory Anatomy and Kinesiology**

*Subject Matter:* Manual identification of bones and bony landmarks of musculoskeletal system. Origins, insertions, actions, and accessory structures of the musculoskeletal system. Identification and practical application of active, passive, and resisted movements of major joints.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Nerve Pathways**

*Subject Matter:* Identification of major nerve plexuses and associated muscles.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Stretch and Strengthen**

*Subject Matter:* Principles and practical application of stretch and strengthen techniques for major muscle groups in healthy clients.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

## **Course: Pharmacology**

*Subject Matter:* Overview of pharmacology, including drug mechanisms of action, effects, routes of admission and commonly prescribed drug classifications as well as contraindications and considerations for massage therapy.

*Delivery Method:* Theory

*Delivered:* Year 1, Term 3

## **Course: Medical Terminology**

*Subject Matter:* The terminology of science and medicine; pronunciation and etymology of scientific and medical terms.

*Delivery Method:* Theory

*Delivered:* Year 1, Term 1

## **Course: Vital Signs**

*Subject Matter:* Manual identification of major pulse points and blood pressure evaluation.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

## **Course: Adjunctive Therapies**

*Subject Matter:* Student-led research and presentations about adjunctive therapeutic modalities.

*Delivery Method:* Theory; Presentation

*Delivered:* Year 1, Term 2

## **Course: Infection Control**

*Subject Matter:* Rationale for and implementation of hygiene and infection control in a clinical massage setting.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, terms 1 and 3

## **Course: Emergency Preparedness**

*Subject Matter:* Recognition of situations requiring immediate response during a medical emergency in a clinical massage setting.

*Delivery Method:* Theory

*Delivered:* Year 1, Term 1

## **Course: Massage Clinic Equipment and Supplies**

*Subject Matter:* Analysis of standard massage equipment and accessories, design of massage space, and maintenance of equipment.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Body Mechanics**

*Subject Matter:* Analysis of biomechanics and implementation of correct body alignment during massage.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Self-Care**

*Subject Matter:* Use of self-care techniques to support the health, strength, and stamina of the massage therapist.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Indications and Contraindications**

*Subject Matter:* The circumstances that make a treatment advisable, the circumstances that make a particular treatment inadvisable, or what modifications may be necessary to perform a treatment.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Special Populations**

*Subject Matter:* Recognition of the needs of clients in different stages of their lives, including pregnant clients and clients with physical challenges and health-related issues.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Draping**

*Subject Matter:* Use of cloth drapes and various bolsters to provide a protective barrier between equipment and a client's skin, maintain client modesty and security, and provide client warmth.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Client Positioning**

*Subject Matter:* Application of client positioning during massage to promote comfort, relaxation, optimize therapist body mechanics, and provide access to targeted areas.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Nutrition**

*Subject Matter:* Evaluation of how the body takes in and uses food and how to obtain proper nutrition to provide energy, growth, and repair for the body.

*Delivery Method:* Theory

*Delivered:* Year 1, Term 1

## **Course: Stress Management for Therapists**

*Subject Matter:* Investigation of strategies for stress management for the massage therapist in an overall health program.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Seated Massage**

*Subject Matter:* Application of massage techniques while the client is sitting erect or reclining.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

## **Course: Infant Massage**

*Subject Matter:* The massage techniques that can be used to create a nurturing and bonding experience between infant and caregiver.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

## **Course: Hydrotherapy**

*Subject Matter:* Application of the external therapeutic use of all forms of water, focused on a therapeutic outcome.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

## **Course: Assessment I**

*Subject Matter:* The rationale and steps to provide the framework for interpreting the results of an orthopedic assessment

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

## **Course: Clinical Treatment Planning I**

*Subject Matter:* The process of planning and documenting an outcome-based relaxation treatment according to predetermined goals, intake information, and current health status.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

## **Course: Therapeutic Relationship**

*Subject Matter:* Analysis of the interpersonal skills necessary for developing an effective therapeutic relationship with a client. The course covers: ethical behavior; professional boundaries; confidentiality; conflict resolution; business ethics; and appropriate body work on survivors of sexual abuse.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

## **Course: Case Report I**

*Subject Matter:* An outcome-based approach to establish a therapeutic relationship with one client and document their quality of life for the duration of the report. The focus of the outcome is relaxation and wellness.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

### **Course: Research**

*Subject Matter:* Analysis of the types of research, research articles, and research literacy that lead to understanding how massage therapy affects the physiology and psychology of the client.

*Delivery Method:* Theory

*Delivered:* Year 2, Term 4

### **Course: First Aid and CPR Level C**

*Subject Matter:* First Aid and CPR Level C. Each student is responsible for arranging and completing this training on their own, no later than the end of Term 1 when students begin working with the public.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 1

### **Course: Massage Techniques III**

*Subject Matter:* Application of the therapeutic principles of joint play techniques.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

### **Course: Remedial Exercise**

*Subject Matter:* Application of range-of-motion, stretch, and strengthening techniques focused on a therapeutic outcome.

*Delivery Method:* Theory, Practical

*Delivered:* Year 2, Term 4

### **Course: Assessment II**

*Subject Matter:* The interpretation of an orthopedic assessment, building on the steps learned in Assessment I.

*Delivery Method:* Theory, Practical

*Delivered:* Year 2, Term 4

## **Course: Treatment Strategies**

*Subject Matter:* An outcome-based approach to strategies and treatment foundations. Techniques are applied in a manner consistent with client presentation of signs and symptoms, indications, and contraindications. Students learn strategies for monitoring and adapting treatment and self-care to client response.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

## **Course: Clinical Treatment Planning II**

*Subject Matter:* The process of planning and documenting an outcome-based therapeutic treatment according to client interview, orthopedic assessment, goals, and current health status for specific orthopedic pathologies.

*Delivery Method:* Theory, Practical

*Delivered:* Year 2, Term 4

## **Course: Case Report II**

*Subject Matter:* An outcome-based approach to the treatment of one client over a period of several months and presenting the results as a written document and an oral presentation. This project draws from every aspect of the program.

*Delivery Method:* Theory, Practical

*Delivered:* Year 2, Terms 4 and 5

## **Course: Business**

*Subject Matter:* This course introduces all aspects of operating an effective massage business, including marketing, accounting, and finance.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

## **Core Science Courses**

The following courses are completed through directed interactive online work and reinforced in the classroom through lectures.



## **Course: Anatomy and Physiology**

*Subject Matter:* The branches of science that study the structures and functions of the normal human body, which leads to a foundation for understanding the relationship between these two closely related subjects.

*Delivery Method:* Theory

*Delivered:* Year 1, Terms 1 and 2

## **Course: Pathology**

*Subject Matter:* The blending of knowledge of anatomy and physiology with the mechanisms of disease along with skillful observation and palpation, a wide range of massage techniques, critical thinking skills, and client safety.

*Delivery Method:* Theory

*Delivered:* Year 1, Term 3; Year 2, Term 4

## **Supervised Clinical Experience Courses**

In the following courses, Vicars students practice their clinical skills on members of the public in a safe, supervised environment. Students carry out all the steps of a complete massage, including interview, assessment, treatment, and assigning homecare. Each student will complete a minimum of 332 hours of supervised clinical experience.

### **Course: Public Clinic I**

*Subject Matter:* Practical application of theory and techniques learned in the context of a therapeutic relationship and relaxation massage treatments in a supervised clinical experience.

*Delivery Method:* Theory, Practical

*Delivered:* Year 1, Term 2

### **Course: Public Clinic II**

*Subject Matter:* Practical application of skills learned in Public Clinic I, and including assessment and clinical treatment planning, to apply to special population clients with diagnosed conditions that are not necessarily musculoskeletal in nature, and volunteer massage at a variety of outreach community and sporting events. This is a Supervised Clinical Experience.

*Delivery Method: Theory, Practical*

*Delivered: Year 1, Term 3; Year 2, Terms 4 and 5*