



Course Content Outline

Weekly and monthly classes

The weekly and monthly classes start in September and January each year and cover from 88 to 94 weeks, depending on where holidays fall during each year. This period includes holidays and includes breaks over Christmas and New Year's and between years 1 and 2.

The course content is identical to our daily class, which meets Monday to Friday in Calgary, starting in September 2022, and takes 67 weeks to complete.

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

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

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

Course: Nerve Pathways

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

Delivery Method: Theory, Practical

Delivered: Year 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

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

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

Course: Vital Signs

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

Delivery Method: Theory, Practical

Delivered: Year 1

Course: Adjunctive Therapies

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

Delivery Method: Theory; Presentation

Delivered: Year 1

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

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

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

Course: Body Mechanics

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

Delivery Method: Theory, Practical

Delivered: Year 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

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

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

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

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

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

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

Course: Seated Massage

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

Delivery Method: Theory, Practical

Delivered: Year 1

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

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

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

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

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 and Year 2

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

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

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 midway in Year 1 when students begin working with the public.

Delivery Method: Theory, Practical

Delivered: Year 1

Course: Massage Techniques III

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

Delivery Method: Theory, Practical

Delivered: Year 1

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

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

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

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

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

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

Core Science Courses

The following courses are completed through directed interactive online work over the course of the two-year program. Students are tested on this material independently of their other coursework.

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

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 and Year 2

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

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: Years 1 and Year 2