

Massage Therapy

Program Location:	Peterborough
Program Code:	MST
Co-ordinator:	Jennifer Chambers
Credential:	Ontario College Advanced Diploma
Start Date:	September 04, 2012
Tuition Fees:	\$2,199.10 per semester. Tuition and fees subject to change.



If you're interested in helping people achieve their physical potential and manage their pain and stress, then massage therapy may be the career for you.

Program Highlights

This program meets competency requirements of the College of Massage Therapists of Ontario (CMTO) and our students have the opportunity to receive the Fitness Instructor Specialist and Personal Trainer Specialist Certifications from CANFITPRO.

Touch is essential to our well-being and health, and the laying-on of hands has been practiced around the world as a means of healing throughout the ages. Massage therapy takes this philosophy and puts it into action, offering an important means of health care as an adjunct to other therapies and medical treatment.

The practice of massage therapy is the "assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabilitate, or augment physical function, or relieve pain," according to The Massage Therapy Act of Ontario. The Massage Therapy program at Fleming is both challenging and rewarding. Through this program, you can acquire the core knowledge and skills required to succeed as a massage therapist.

You will apply theory and practice skills during laboratory and clinical sessions. Individual attention is ensured through limited enrolment and direct interaction with faculty. To round out your skill set, there is complementary training in theory on small business entrepreneurship, computer studies, generic skills, and general study electives.

Why Choose Fleming

There are very few programs like the one at Fleming College, which is registered by the Ministry of Training, Colleges and Universities. The Massage Therapy program adheres to the high standards set by the Ministry, and as such, is an excellent preparation for provincial exams and registration to practice in Ontario. Fleming has offered the Massage Therapy program at our Peterborough campus since 1995. The program has acquired a great reputation, with a consistently high (over 90%) overall employment rate.

Work Experience

The program offers a unique learning environment with hands-on experience and a variety of placement opportunities, including an on-site public clinic at our Peterborough campus. In the course of training, students can expect to work with clients with physical and mental disabilities, various illnesses and the elderly. Field and clinical agencies may require you to submit a current police records check, which is available from your local police department upon payment of a fee. In addition, you may also be required to provide a current Standard First Aid

Certificate, a current Basic CPR Certificate (level C) and Proof of Immunization.

Is this You?

You will receive and give extensive amounts of massage (several times a week) throughout the program. You will develop and demonstrate maturity with respect to your own touch history and that of your fellow students. You will develop a deep respect for personal boundaries, and exceptional communication skills. You must have a strong desire to improve the lives of your clients through massage and related health education, and excellent interpersonal skills. Other skills/attributes that would be assets include:

- self-motivation
- self-discipline
- strong organizational skills
- entrepreneurial attitude
- good problem solving skills

Program faculty strongly recommend that entering students receive at least ten professional massages prior to entry to this program, and that students contemplating admission take as much science as possible. You must be prepared to study a minimum of three hours daily outside of classes during the program. Students would benefit by having basic computer skills including e-mail, word processing, file management and internet web browsing.

Career Opportunities

You can find satisfying work as a Massage Therapist in private practice, rehabilitation facilities, hospitals, long-term care facilities, hospice centres, chiropractic clinics, and health care centres/hospitals providing prenatal care and birthing facilities. Taking a step away from these traditional settings, you could also have an interesting career as a Massage Therapist for a sports team, a spa facility, at a resort, or even with a corporation providing employee care/retention programs. Finding a career in massage therapy upon graduation is reasonably easy, with many grads opening up a private practice. Particularly with the current emphasis on alternative health care/complementary care, and the increase of people over the age of 55, opportunities in the field should be numerous.

Minimum Admission Requirements

OSSD with the majority of credits at the College (C) and Open (O) level, including:

- 2 College (C) English courses (Grade 11 or Grade 12)
- 2 College (C) Science courses (Grade 11 or Grade 12)

When (C) is the minimum course level for admission, (U) or (U/C) courses are also accepted.

Recommended:

- Grade 11 College Biology
- Kinesiology, Health Science course
- U/C level courses

(Although not required for admission, the above recommendations will help to prepare you for the program.)

Mature Students

If you are 19 years of age or older before classes start, and you do not possess an OSSD, you can write the Canadian Adult Achievement Test to assess your eligibility for admission. Additional testing or academic upgrading may be necessary to meet specific course requirements for this program.

All applicants will be required to achieve course credit in the mandatory sciences, through Secondary School or through Academic Upgrading programs.

Related Programs

If you're interested in other health care careers, you might want to consider the Occupational Therapist Assistant and Physiotherapist Assistant, the Practical Nursing or Trent/Fleming - Bachelor of Science Nursing programs.

Health Requirements

You need to be in good mental health. Independent physical mobility and manual dexterity are essential in the massage therapy profession.

For second and third year students: A completed up-to-date immunization record (measles, mumps, rubella, tetanus/diphtheria, 2-step tuberculin skin testing, Hepatitis B) is required prior to the start of classes in order to ensure placement in clinical and field placement facilities.

Please note:

- Vaccination against seasonal flu is mandatory in some clinical placement agencies and strongly recommended for all others.

Additional Requirements

During the first week of school, **second and third-year** students **MUST** present the following Non-Academic Field Requirements:

- A current Standard First Aid certificate (issued within the last 3 years of the placement dates)
- A current CPR-C Level certificate (issued within one year of the placement dates)
- A police record check, including vulnerable sector screening (issued within one year of the placement dates)
- A completed up-to-date immunization record: The required immunization form for your program can be printed from the [Immunization Information](#) page

Failure to provide this information by the due date will result in an inability to participate in the mandatory placement component of your program of study.

Additional Costs

You should plan to spend up to \$1,500 per year for books and supplies. Students are also required to purchase a massage therapy table (costs range from \$500 - \$1,500) prior to entering their fourth semester, two massage therapy program shirts, and khaki pants of their choice. You may also need to allocate funds for travel to placements. Students planning to write the provincial College of Massage Therapists of Ontario registration exam

Transfer Agreements

We are committed to providing students and graduates with flexible options to get maximum recognition of their college studies. Through joint programs and transfer agreements with the following universities, you can apply the learning you acquire at Fleming College to earn a related degree in less time, and at less cost.

- Athabasca University
- Laurentian University
- University of Ontario Institute of Technology

Curriculum for Massage Therapy

Semester 1

Code	Course Name	Hours
HLTH 177	Awareness through Exercise I	30
COMM 79	College Communications for the Helping Professions	37
HLTH 65	Concepts in Health Care	15
HLTH 242	Healthcare Concepts for Massage Therapy	30
FLPL 124	Introduction to Clinic	15
HLTH 192	Introduction to Massage	120
SCIE 18	Introduction to Physiology	75
SCIE 22	Introductory Anatomy	60
COMP 345	Introductory Computing	45
HLTH 193	Orientation to Massage Therapy Program	14

Semester 2

Code	Course Name	Hours
HLTH 178	Awareness through Exercise II	30
COMM 159	Communicating at Work for the Health Professions	45
SOCI 25	Human Growth and Development	45
HLTH 197	Massage Practicum I	15
SCIE 125	Regional Anatomy	120
HLTH 196	Standards and Legalities for Massage Therapists	30
HLTH 195	Therapeutic Exercise	30
HLTH 194	Thermal and Hydrotherapy	75

Semester 3

Code	Course Name	Hours
HLTH 179	Awareness through Exercise III	30
FLPL 125	Clinical Experience I	15
HLTH 198	Massage Practicum II	15
HLTH 199	Orthopedic Assessment	120
HLTH 200	Palpation	30
SCIE 1	Physiology	135
GENED	General Education Elective	

Semester 4

Code	Course Name	Hours
HLTH 180	Awareness through Exercise IV	30
FLPL 126	Clinical Experience II	60
HLTH 201	Clinical Treatment I	150
HLTH 203	Evidence Based Practice	30
SCIE 25	Introduction to Pathophysiology	90
ORGB 8	Effective Problem Solving	45

Semester 5

Code	Course Name	Hours
FLPL 127	Clinical Experience III	60
SCIE 133	Clinical Pathology I	75
HLTH 202	Clinical Treatment II	105
BUSN 16	Management Strategies for Small Business	45
HLTH 204	Psychology of Manual Therapy	30

Semester 6

Code	Course Name	Hours
HLTH 205	Clinical Case Studies	30
FLPL 128	Clinical Experience IV	60
SCIE 134	Clinical Pathology II	75
HLTH 206	Modalities	40
HLTH 207	Preparation and Comprehensive Exam	30
GENED	General Education Elective	

Every attempt is made to ensure the accuracy of the information on our website and in our publications. The College reserves the right to modify or cancel any course, program, fee, timetable, or campus location at any time.