



Registered Massage Therapy Diploma Program Outline

Program Title: Registered Massage Therapy Diploma Program

Program Duration: 96 weeks (2153 hours: 1726 instruction and 427 clinic {375 direct contact})

Program Type: Career Training/Academic

Career Occupation: Registered Massage Therapist

Recommended Homework Hours: 10 hours per week

Admission Requirements: Successful completion of admission process

Program Description

The Registered Massage Therapy (RMT) Program at Rhodes Wellness College offers a comprehensive and immersive journey, blending scientific rigor with the artistry of therapeutic touch. Our program is designed to provide a solid theoretical foundation alongside extensive hands-on practice, ensuring our students graduate as well-prepared and confident therapists. Fundamental to our approach is a client-centered philosophy, informed by trauma-sensitive practices and a biopsychosocial perspective that integrates wellness and healing. From the outset of the program, students cultivate essential skills such as presence, empathy, and client-centered care, which form the foundation of their education. These skills are continuously reinforced throughout the program, emphasizing evidence-based care and critical thinking in both theoretical studies and practical applications. Rhodes' RMT program is structured to maximize learning through a blended format. Students engage in synchronous online sessions that foster collaboration and depth of understanding, complemented by in-person classes focused on simulated and clinical hands-on practice. This approach ensures students are well-prepared for their final board exams and for real-world practice.

This RMT program is designed to provide a solid theoretical foundation alongside extensive hands-on practice to pursue a career in massage therapy and that meets the requirements as set out by the Canadian Massage Therapy Council for Accreditation ([CMTCA](#)), the College of Massage Therapist of British Columbia ([CMTBC](#)) (amalgamated under the College of Complementary Health Professionals of BC - CCHPBC), and the Inter-Jurisdictional Practice Competencies and Performance Indicators set by the [Federation of Massage Therapy Regulatory Authorities of Canada](#). The curriculum seamlessly integrates anatomy, physiology, pathology, and systemic treatments, guiding students from academic understanding to practical application in a way that deepens their knowledge and enhances their effectiveness as therapists.

At Rhodes, we recognize the importance of holistic health for both clients and practitioners. Emphasized throughout the program is a mindful approach to learning and practice promoting self-care techniques that students can apply, not only in their future careers, but also in their personal lives. Our goal is to graduate healthy, compassionate, and skilled therapists who understand the profound impact of human connection in healing. In essence, Rhodes Wellness College's RMT program blends the scientific foundation of massage therapy with the art of compassionate care, preparing our students to excel as future healthcare professionals who embody both clinical expertise and the healing power of human connection.

This program holds a status of Preliminary Accreditation with the Canadian Massage Therapy Council for Accreditation (CMTCA). Graduates are not able to take the registration examinations administered by the College of Complementary Health Professionals of BC (CCHPBC) until the program receives full accreditation status. An institution must be operating its Registered Massage Therapy program for at least six months in Preliminary Accreditation status in order for CMTCA to perform a site visit and make a decision whether the institution will receive Full Accreditation status. Rhodes Wellness College will receive its Fully Accreditation on-site inspection in June 2026 by CMTCA to determine eligibility for Full Accreditation status.

Program Learning Objectives

Upon completion of this program, students will be able to practice and employ the following skills and abilities:

- Perform massage therapy at an entry-to-practice level in a manner that is safe, effective, and ethical.
- Conduct an appropriate and customized interview and assessment resulting in a treatment plan for massage therapy and prescribed homecare appropriate to the presenting condition and agreed upon treatment goals of the patient.
- Communicate to patients in a way that is simple, accessible, and empowering.
- Utilize appropriate medical terminology when collaborating with other health care practitioners for the benefit of a patient.
- Empower patients by navigating explicit and ongoing consent in all aspects of delivering massage therapy so as to avoid sexualization of the therapeutic space and avoid any actual or imagined sexual misconduct.
- Understand the nuanced reality of pain, chronic pain, and the need to customize case management.
- Comprehend musculoskeletal anatomy, physiology, pathology, orthopedic conditions, medications, and nutrition.
- Recognize typical presentations and significance of common pain ailments and their related injuries and orthopedic conditions, along with realistic treatment goals.
- Demonstrate an understanding of the benefits, strengths, and limitations of massage therapy.
- Display the value and importance of evidence-based health care and the ability to critically examine claims and evidence encountered with patients.

Program Format and Evaluation Methods

This program includes a variety of teaching methods that coincide with diverse learning styles and the skills required for a Registered Massage Therapist. Class size is limited affording ample time and space for individual feedback, personalized support, and supervision. Teaching tools will include and not be limited to:

1. Lectures
2. Readings
3. Videos
4. Discussion Groups
5. Roleplays
6. Group Exercises

7. Case Studies
8. Demonstrations
9. Experiential Exercises
10. Writing and Reflection
11. Research

Program Readings

A variety of materials including e-books, articles, readings, course notes, and other resources will be utilized to support each course. Specific required and recommended readings are detailed below.

1. **Required Textbooks:** (provided under textbook fees listed in the “Program Costs” section below)

Andrade, C. K. (2023). *Outcome-based massage: Across the continuum of care* (4th ed.). Philadelphia, PA: Wolters Kluwer Health.

Conroy, V. M., Murray, Jr. B. N., Alexopoulos, Q. T., & McCreary, J. (2024). *Kendall's muscles: Testing and function with posture and pain* (6th ed.). Philadelphia, PA: Wolters Kluwer Health.

Fitch, M. (2014). *Talking bodies, listening hands: A guide to professionalism, communication and the therapeutic relationship*. Berkeley, CA: North Atlantic Books.

Goodman, C. C., & Fuller, K. (2020). *Pathology: Implications for the physical therapist* (5th ed.). St. Louis, MO: Elsevier.

Magee, D. J. (2021). *Orthopedic physical assessment* (7th ed.). St. Louis, MO: Elsevier.

Myers, B., & Hanks, J. (2022). *Management of common orthopaedic disorders: Physical therapy principles and methods* (5th ed.). Philadelphia, PA: Wolters Kluwer Health.

Netter, F. H. (2022). *Atlas of human anatomy: Classic regional approach* (8th ed.). St. Louis, MO: Elsevier Health Sciences.

Tortora, G. J., & Derrickson, B. (2020). *Principles of anatomy and physiology* (16th ed.). Hoboken, NJ: John Wiley & Sons, Inc.

2. **Recommended (Suggested but not Required) Textbooks:**

Biel, A. (2019). *Trail guide to the body* (6th ed.). Boulder, CO: Books of Discovery.

Fritz, S., & Fritz, L. A. (2021) *Mosby's fundamentals of therapeutic massage*. St. Louis, MO: Elsevier Health Sciences.

Houglum, P. A., & Bertoti, D. B. (2011). *Brunnstrom's clinical kinesiology* (6th ed.). Philadelphia, PA: F.A. Davis Company.

- Kisner, C., & Colby, L. A. (2022). *Therapeutic exercise foundations and techniques* (8th ed.). Philadelphia, PA: Wolters Kluwer Health.
- Muscolino, J. E. (2017). *The muscular system manual: The skeletal muscles of the human body* (4th ed.). St. Louis, MO: Elsevier.
- Persad, R. S. (2001). *Massage therapy and medications*. Toronto, ON: Curties-Overzet Publications Inc.
- Salvo, S. (2021). *Mosby's pathology for massage therapists* (5th ed.). St. Louis, MO: Elsevier.
- Sizer, F. S., Whitney, E., & Piche, L. (2020). *Nutrition: Concepts and controversies* (5th ed.). Boston, MA: Cengage Learning.

Program Evaluation

The course evaluation methods meet the course objectives and are designed to coincide with the various learning styles of the students. The methods of evaluation to assess student performance include and are not limited to:

- Participation and Professionalism
- Presentations
- Assignments
- Demonstrations
- Case Studies
- Quizzes
- Oral Exams
- Written Exams
- Clinical Supervision

Based on the above evaluations, students will receive a grade according to the following scale:

A+	95% or more	B	75-79
A	90-94	B-	70-74
A-	85-89	NC	0-69**
B+	80-84		

**NC = Not Complete (course completion credit will not be granted)

Program Completion Requirements

- Students must fulfill the college's [Assignment Completion Policy](#) to complete this program.
- Students must fulfill specific course outline assignment expectations.
- Students must meet the college's [Attendance Policy](#) to complete this program.
- Students must fulfill the following graduation requirements:
 - Completion of all courses with a minimum grade of 70%.
 - A minimum grade of 70% in all academic and practical final exams for MTPR 509 Professional Considerations, MTPR 610 Integrated Sciences Review, and MTPR 611 Applied Health Sciences Review.
 - Attendance of a minimum 70% in all classes and the program as a whole.

- o Completion of a minimum of 330 direct clinic hours.
- o Fulfill all financial obligations to Rhodes Wellness College.

Program Organization, Hours, and Flow

Semester One:

16 weeks (350 hours)

MTPR 100 Anatomy and Physiology Level 1	28 hours
MTPR 101 Wellness Level 1	58 hours
MTPR 102 Manual Skills Level 1	116 hours
MTPR 103 Applied Kinesiology Level 1	80 hours
MTPR 108 Orthopedic Assessment Level 1	68 hours

Semester Two:

16 weeks (370 hours)

MTPR 200 Anatomy and Physiology Level 2	80 hours
MTPR 202 Manual Skills Level 2	48 hours
MTPR 203 Applied Kinesiology Level 2	76 hours
MTPR 206 Neurology Level 1	60 hours
MTPR 207 Systemic Treatments Level 1	32 hours
MTPR 208 Orthopedic Assessment Level 2	48 hours
MTPR 212 Standard First Aid and CPR-C	14 hours
MTSC 200 Student Clinic Level 1	12 hours

Semester Three:

16 weeks (353 hours)

MTPR 300 Anatomy and Physiology Level 3	42 hours
MTPR 301 Wellness Level 2	12 hours
MTPR 302 Manual Skills Level 3	48 hours
MTPR 303 Applied Kinesiology Level 3	40 hours
MTPR 305 Pathology Level 1	48 hours
MTPR 306 Neurology Level 2	36 hours
MTPR 307 Systemic Treatments Level 2	40 hours
MTPR 308 Orthopedic Assessment Level 3	48 hours
MTSC 300 Student Clinic Level 2	39 hours

Semester Four:

16 weeks (356 hours)

MTPR 400 Anatomy and Physiology Level 4	24 hours
MTPR 401 Wellness Level 3	16 hours
MTPR 402 Manual Skills Level 4	48 hours
MTPR 403 Applied Kinesiology Level 4	48 hours
MTPR 405 Pathology Level 2	24 hours
MTPR 406 Neurology Level 3	40 hours
MTPR 407 Systemic Treatments Level 3	32 hours
MTPR 408 Orthopedic Assessment Level 4	52 hours
MTSC 400 Student Clinic Level 3	72 hours

Semester Five:

16 weeks (364 hours)

MTPR 500 Anatomy and Physiology Level 5	32 hours
MTPR 501 Wellness Level 4	16 hours
MTPR 502 Manual Skills Level 5	36 hours
MTPR 505 Pathology Level 3	24 hours
MTPR 506 Neurology Level 4	64 hours
MTPR 509 Professional Considerations Level 1	32 hours
MTSC 500 Student Clinic Level 4	160 hours

Semester Six:

16 weeks (360 hours)

MTPR 600 Anatomy and Physiology Level 6	24 hours
MTPR 601 Wellness Level 5	28 hours
MTPR 605 Pathology Level 4	24 hours
MTPR 609 Professional Considerations Level 2	36 hours
MTPR 610 Integrated Sciences Review	36 hours
MTPR 611 Applied Health Science Review	68 hours
MTSC 600 Student Clinic Level 5	144 hours

LIST OF COURSES AND COURSE DESCRIPTIONS

SEMESTER ONE:

MTPR 100 Anatomy and Physiology Level 1

In this introductory anatomy and physiology course, students will explore the human body's structural organization at multiple levels. They will familiarize themselves with essential anatomical terminology and obtain a broad understanding of the systems that maintain homeostasis. Additionally, the course will address topics such as injury, tissue healing, and repair, while also covering the fundamentals of connective tissue (fascia), including its structure and function.

MTPR 101 Wellness Level 1

This course establishes the foundational principles for all subsequent Wellness courses at Rhodes. It will introduce key topics such as active listening skills, non-violent communication, intentional touch, informed consent, and a biopsychosocial model of care. Students will develop strategies such as mindfulness, maintaining personal and professional boundaries, and creating their own self-care toolkit to promote personal and professional sustainability. Throughout the Wellness curriculum, these essential skills will be further developed and refined through case studies and real-world scenarios as the cohort's practical and clinical experiences widen.

MTPR 102 Manual Skills Level 1

In this introductory level of manual skills training, students will learn to perform full-body massage treatments using classic techniques. The course emphasizes intentional touch, client consent, secure draping, proper hygiene, and infection prevention protocols. Additionally, students will be introduced to contraindications, precautions, and how to tailor treatments to individual patient preferences. This foundational course lays the groundwork for understanding evidence-based massage treatments and developing effective treatment plans. A key focus will be on students' self-care and body mechanics to ensure a sustainable and healthy career as a massage therapist.

MTPR 103 Applied Kinesiology Level 1

In this introductory applied kinesiology course, students will gain a comprehensive overview of superficial muscles across the body, providing a solid foundation for their studies. The course is designed to prepare students for the regional approach introduced in semester two. Participants will explore various muscles, their attachment points, primary movements, and the nerves that innervate them. Additionally, they will learn how to conduct basic strength and length tests, which will serve as essential building blocks for developing their assessment and treatment skills.

MTPR 108 Orthopedic Assessment Level 1

This first Orthopedic Assessment class serves as an introduction to clinical sciences, laying the groundwork for more advanced study. Building on students' growing knowledge of anatomy and physiology, the course focuses on applying this understanding to injury and rehabilitation contexts. Students will develop a fundamental grasp of common orthopedic conditions, including muscle strains, ligament sprains, fractures, and dislocations. This knowledge will be crucial for the regional approach explored in subsequent semesters. Students will also be led in an assessment exercise strengthening their understanding of clinical signs and symptom presentation, as well as developing skills for treatment planning, homecare, and accurate documentation. This foundational charting exercise will develop the beginning of accurate documentation skills for students' future practice.

SEMESTER TWO:**MTPR 200 Anatomy and Physiology Level 2**

In MTPR 200 Anatomy and Physiology Level 2, students will begin to delve deeper into the fundamental elements of the human organism. The curriculum explores the chemicals that form tissues and how these tissues make up organs. Starting with the largest organ, students will study the structure and function of the integumentary system, followed by study of the physiology of muscular and bone tissues. This examination will illustrate how these organs contribute to maintaining overall homeostasis. This course offers students a solid academic foundation in preparation for learning pathologies related to these subjects.

MTPR 202 Manual Skills Level 2

MTPR 202 Manual Skills Level 2 takes students beyond general massage techniques to focus on more specific applications. The course introduces specific and superficial fluid techniques and methods tailored for the head, face, shoulder, arm, and hand. Additionally, students will acquire skills in applying basic stretching, strengthening, and hydrotherapy specifically for the upper quadrant of the body, incorporating active and passive range of motion and limb handling into seamlessly flowing massage treatments. Principles of consent, appropriate draping, and professional hygiene will also be reinforced.

MTPR 203 Applied Kinesiology Level 2

MTPR 203 Applied Kinesiology Level 2 builds on the knowledge from previous courses by focusing on the upper quadrant. In this course, students will deepen their understanding of the regional anatomy, including the head and face, neck and shoulder, arm, forearm, and hand. The curriculum introduces new muscles, bony landmarks, manual muscle tests, and length tests, offering a comprehensive mastery of the muscular and skeletal anatomy of these areas. Students will also explore the movements occurring at the joints affected by these muscles and will be afforded the opportunity to practice palpation of musculoskeletal anatomy on skeletal models and each other.

MTPR 206 Neurology Level 1

MTPR 206 Neurology Level 1 offers an introduction to the anatomy and physiology of the peripheral nervous system. Students will explore the structure and function of this system, particularly in the upper quadrant, laying a strong foundation for identifying and understanding common pathologies. Students will learn to recognize and assess common neurological conditions and develop appropriate treatment plans. The course will address conditions such as cervical radiculopathy, thoracic outlet syndrome, mononeuropathies of the upper extremity, as well as neurological conditions of the face (Bell's palsy and trigeminal neuralgia), and carpal tunnel syndrome.

MTPR 207 Systemic Treatments Level 1

MTPR 207 Systemic Treatments Level 1 centers on the assessment and management of common traumatic, vascular, and neurological conditions affecting the head and face. Students will also study the fundamentals of pain physiology, gaining comprehensive insight into its complexities. This course will address a range of conditions, including concussions, post-concussion syndrome, headaches, and neuralgias. Additionally, students will be led in charting exercises that emphasize accurate documentation of a patient case in a holistic manner, including objective and subjective outcome markers.

MTPR 208 Orthopedic Assessment Level 2

Building on the foundation laid in Orthopedic Assessment Level 1, this course advances students' basic assessment skills by focusing on a new region: the neck, shoulder, and upper limb. The course will cover common conditions including whiplash, degenerative disc disease, torticollis, frozen shoulder, and tennis elbow, among other repetitive strain injuries. Students will gain expertise in identifying, assessing, and developing treatment plans for orthopedic conditions specific to the upper quadrant.

MTPR 212 Standard First Aid and CPR-C

This comprehensive course offers standard first aid and cardiopulmonary resuscitation (CPR) with automated external defibrillator practice to provide the training required to respond to emergencies at home or in the workplace, be it a private practice or in a clinical setting. Successful completion of this course is required before students may participate in and gain credit for direct clinical hours. This course meets the legislation requirements for provincial and territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

MTSC 200 Student Clinic Level 1

This 200-level introductory clinic course immerses students in essential clinical protocols, hygiene practices, and infection control procedures, as well as Rhodes' specific clinic policies. The curriculum covers the scheduling process for shifts, procedures for handling sick leave and absences, and marking rubrics for evaluations throughout clinic work. Students will also familiarize themselves with the requirements for successful clinic completion, including 330 direct patient contact hours in compliance with the Canadian Massage Therapy Council for Accreditation (CMTCA). This course includes a mock clinical experience, where students will treat classmates in a simulated massage therapy environment. This hands-on practice involves conducting intake, interviews, assessments, navigating informed consent, and providing appropriate homecare suggestions. This Orientation to Clinic is scheduled late in the semester to ensure students are well-prepared for their upcoming clinics, where they will begin treating the public.

SEMESTER THREE:**MTPR 300 Anatomy and Physiology Level 3**

In this 300-level Anatomy and Physiology course, students will explore the structure and function of the endocrine, cardiovascular, and lymphatic systems. Students will study how hormones regulate bodily functions, the role of immunity in combating disease, and the comprehensive workings of the cardiovascular system. By providing a robust academic foundation, this course prepares students for advanced study of pathologies related to these critical systems.

MTPR 301 Wellness Level 2

In MTPR 301 Wellness Level 2, students will delve deeper into pain physiology to gain a comprehensive understanding of chronic pain, which is the most significant healthcare burden globally. The course will reference the latest terminology and definitions from The International Association for the Study of Pain, providing insights into the biology of pain and the psychosocial factors influencing the pain experience. This course focuses specifically on pain and persistent pain within the context of the Biopsychosocial Model of client care, while ensuring ethical and effective therapeutic practice.

MTPR 302 Manual Skills Level 3

Building on their knowledge of the upper quadrant, students will acquire new techniques to refine their treatment skills for the thorax, abdomen, and pelvis. This course will cover the application of basic Swedish and other specific techniques, including myofascial and neuromuscular techniques (GTO, approximation, Trigger Point techniques), alongside advanced methods such as spinal and pelvic joint mobilizations.

MTPR 303 Applied Kinesiology Level 3

In MTPR 303 Applied Kinesiology Level 3, students will explore the muscles of the thorax, abdomen, and pelvis in greater depth. The curriculum aims to enhance student understanding of the muscular, bony, joint, and neurological anatomy of these areas. Additionally, students will learn techniques for stretching, exercises, and both length and strength testing of this specific region, expanding their assessment and treatment skill set.

MTPR 305 Pathology Level 1

Building on previous physiology studies, this course delves into pathological processes of the integumentary and orthopedic systems. Students will learn to recognize and identify various pathologies affecting these systems and how to respond appropriately in their practice. The curriculum also includes an examination of signs and symptoms, underlying causes, and common treatment methods for patients living with the effects of systemic disease and prepares students for knowing when it is best to refer patients to their primary physician. This comprehensive approach will prepare students to be collaborative members of the patient's health care team.

MTPR 306 Neurology Level 2

The MTPR 306 Neurology Level 2 course offers an academic exploration of the brain and spinal cord. Students will gain a comprehensive understanding of the various brain regions, their functions, and their roles in maintaining homeostasis. The curriculum covers the structure and function of cranial nerves, the autonomic nervous system, sensory, motor, and integrative systems, as well as the special senses—vision, hearing, taste, and smell. This foundational knowledge in neurology will prepare students for studying pathological processes in MTPR 506 Neurology Level 4, where they will explore diseases of the central nervous system.

MTPR 307 Systemic Treatments Level 2

This course extends students' knowledge of the metabolic and immune systems, focusing on identification, treatment precautions, and massage therapy modifications for related pathologies. Students will explore metabolic conditions such as Scheurmann's Disease, Osteoporosis, and Osteomalacia, as well as systemic inflammatory diseases like Psoriatic Arthritis. Additionally, the course covers autoimmune diseases with systemic inflammatory effects, including Rheumatoid Arthritis, and Ankylosing Spondylitis. Students will also engage in charting exercises to hone their documentation skills for accurate and legally compliant record-keeping of massage therapy assessment and treatment. This includes recording both objective measures, such as range of motion, and subjective indicators, like patient-reported symptoms and overall functional improvements, all within a holistic framework.

MTPR 308 Orthopedic Assessment Level 3

Building on the previous knowledge of anatomy and physiology courses, students in MTPR 308 Orthopedic Assessment Level 3 will focus on identifying and treating common orthopedic conditions affecting the thoracic spine, lumbar spine, and pelvis. The course will address assessment techniques, treatment indications, and necessary precautions for managing these conditions of this region. Students will engage in a detailed examination of issues such as rib subluxations, costochondritis, degenerative disc disease, and pelvic floor dysfunction.

MTSC 300 Student Clinic Level 2

In MTSC 300 Student Clinic Level 2, students gain practical experience in a supervised clinical environment, honing their massage therapy skills under the guidance of a qualified Registered Massage Therapist (RMT). This hands-on setting emphasizes various components of patient care, including intake processes, assessments, treatment planning, and charting. Students also adhere to standardized hygiene and infection protocols while refining their clinical reasoning, critical thinking, and interpersonal and professionalism skills. As students begin interacting with the public in this 300-level course, special emphasis is placed on practicing communication skills related to informed consent, trauma-informed care, and enhancing interview skills, ensuring students are well-prepared to navigate complex patient interactions and deliver high-quality patient-centered care. Additionally, students will integrate and apply assessments and massage therapy techniques from previous semesters specific to the cervical spine, shoulder, and upper limb, as well as integrate concurrent techniques specific to the thoracic spine, lumbar spine, and pelvis.

SEMESTER FOUR:**MTPR 400 Anatomy and Physiology Level 4**

This course leads students to a deeper exploration of the anatomy and physiology of the respiratory, liver and gallbladder, and gastrointestinal systems. It provides a strong academic foundation, preparing students to study related pathologies. Key topics include the transport of oxygen and nutrients throughout the body, the relationship between exercise and the respiratory system, the phases of digestion, and the effects of aging on both the respiratory and digestive systems.

MTPR 401 Wellness Level 3

MTPR 401 Wellness Level 3 advances the foundational knowledge and skills from previous semesters by integrating comprehensive case studies into both practical and theoretical scenarios. The course emphasizes delivering culturally sensitive care to patients of diverse sexual and gender orientations.

Students will also learn to prevent and address sexualization in the treatment space while maintaining professional conduct. This course will feature discussions and assessments of recent abuse cases within the Massage Therapy field.

MTPR 402 Manual Skills Level 4

Advancing towards proficiency in entry-to-practice skills, this 400-level Manual Skills course focuses on the application of localized massage techniques for the hip, thigh, leg, ankle, and foot. Students will engage with various techniques, including joint mobilization, Swedish, non-Swedish, neuromuscular, and both direct and indirect myofascial methods. In addition, this course will focus on integrating these techniques into cohesive treatment plans, enabling students to craft customized and fluid massage therapy sessions.

MTPR 403 Applied Kinesiology Level 4

In MTPR 403 Applied Kinesiology Level 4, students will deepen their understanding of lower extremity anatomy, building on their foundational knowledge from previous courses. Students will study the myology, osteology, and arthrology of the lower limb in greater detail so as to list and locate bones, all muscles, their attachment points, their actions, the associated nerves, and the relevant arthrology. Students will enhance their grasp of human anatomy and develop advanced skills in muscle length testing and manual muscle testing. By the end of this level, students will have achieved a high level of proficiency in applying these assessment methods.

MTPR 405 Pathology Level 2

Expanding on their foundational knowledge from Anatomy and Physiology, students will apply their understanding of physiology to explore common pathologies in the endocrine, cardiovascular, and lymphatic systems. This course will cover a range of conditions, including hypertension, vasculitis, chronic fatigue syndrome, myalgic encephalomyelitis (previously fibromyalgia), COPD, and diabetes. Through this in-depth study, students will gain insights into management of these conditions within the scope of massage therapy.

MTPR 406 Neurology Level 3

MTPR 406 Neurology Level 3 provides a final comprehensive examination of the peripheral nervous system, with particular focus on the lower quadrant. Students will deepen their understanding of the system's structure and function, completing their education in peripheral neurology. The course emphasizes the assessment and treatment of common conditions affecting the lumbar spine, sacral plexus, and coccygeal plexus, including lumbar radiculopathy, stenosis, disc herniations, and coccydynia. Students will develop practical skills for assessment and effective management of these conditions in their clinical practice.

MTPR 407 Systemic Treatments Level 3

In MTPR 407 Systemic Treatments Level 3, students will build on their knowledge from Anatomy and Physiology and Pathology to understand the Massage Therapist's role in managing symptoms of common heart, blood vessel, and autoimmune conditions. Conditions covered include myalgic encephalomyelitis (previously fibromyalgia), ankylosing spondylitis, arthritis, emphysema, and asthma. Through a simulated environment, students will learn to design and apply direct massage therapy treatments and effective client-centered homecare plans.

MTPR 408 Orthopedic Assessment Level 4

This course completes students' knowledge of orthopedic conditions by focusing on the hip, knee, ankle, and foot. Conditions explored in this course include repetitive stress injuries and tendinopathies specific to the lower limb, labral injuries, iliotibial band syndrome, and stress fractures. Throughout Orthopedic Assessment courses, and now culminated in this final level, students are guided to perform a thorough systematic examination of the patient. Students are taught to perform a comprehensive assessment based on history, observation, palpation, movement, neurology, referred sensation, and special tests as relevant. At this advanced level, students are expected to demonstrate entry-level proficiency in understanding injury mechanisms, recognizing signs and symptoms, identifying indications for massage therapy, and developing comprehensive treatment plans with corresponding homecare prescriptions.

MTSC 400 Student Clinic Level 3

Under the guidance of a qualified Registered Massage Therapist, students will advance their skills in key aspects of the clinical process. This includes intake, examination, treatment planning, massage application, homecare prescription, and charting. At the 400-level, the focus shifts to refining clinical reasoning abilities. Students will practice identifying and addressing orthopedic and neurological conditions as they present in real-world scenarios. Alongside this, there will be continued emphasis on developing interpersonal skills and professionalism while adhering to standardized hygiene and infection protocols. Integration of concurrent studies related to the assessment and treatment of the hip, knee, lower leg, ankle, and foot will be a core component of the curriculum.

SEMESTER FIVE:**MTPR 500 Anatomy and Physiology Level 5**

MTPR 500 Anatomy and Physiology Level 5 delves into the detailed anatomy and physiology of the kidney, urinary, and reproductive systems. Students will also explore fluid, electrolyte, and acid-base homeostasis in detail. By providing a thorough academic foundation, this course prepares students for studying pathologies related to these systems.

MTPR 501 Wellness Level 4

Building on topics covered in previous semesters, the MTPR 501 Wellness Level 4 course emphasizes advanced communication skills, with a heightened focus on informed consent and trauma-informed care through case study scenarios. Students will focus on understanding how to respect each client's narrative, ensuring that massage therapists can accurately assess their clients' needs and support them in achieving their treatment goals without manipulation or undue influence. This holistic approach prepares students for evidenced-based, outcome-oriented massage therapy. Additionally, students will develop skills for delivering culturally sensitive care to Indigenous populations in Canada.

MTPR 502 Manual Skills Level 5

Expanding on the massage curriculum previously covered, MTPR 502 Manual Skills Level 5 challenges students to integrate their existing knowledge into effective treatment strategies for special populations. These special populations include athletes requiring sports massage, individuals in active rehabilitation, clients needing chair massage, pregnant individuals, those with pelvic floor conditions, and those requiring breast/chest massage or intra-oral treatments. Additionally, students will focus on the safety and communication skills necessary for treating sensitive areas.

MTPR 505 Pathology Level 3

MTPR 505 Pathology Level 3 builds upon students' prior studies in Anatomy and Physiology. Students will learn to recognize and identify signs and symptoms, understand underlying causes, and familiarize themselves with standard medical treatment approaches. Discussions will cover the safe application of massage therapy for patients with common respiratory and digestive pathologies. Conditions covered in the course include sinusitis, tuberculosis, gastritis, Crohn's disease, cirrhosis of the liver, and cholecystitis.

MTPR 506 Neurology Level 4

This course combines in-person and online formats to deepen students' academic knowledge of central nervous system diseases. Students will then apply this understanding in practical classroom settings, focusing on delivering high-quality massage therapy to patients with these conditions. The course will also introduce new techniques for addressing symptoms specific to central nervous system diseases, such as Parkinson's, Cerebral Palsy, Stroke, hemiplegia, and paraplegia.

MTPR 509 Professional Considerations Level 1

Ethics and professionalism form the bedrock of effective healthcare delivery. The standards of practice set by the regulatory body (CCHPBC) guide the quality of care and the character of healthcare professionals. This course emphasizes the importance of critical thinking and self-reflection in applying these standards. Students will explore topics such as common logical fallacies, critical thinking skills, the Health Professions Act, the Personal Information and Privacy Act, and various regulatory standards of practice for RMTs in British Columbia.

MTSC 500 Student Clinic Level 4

In this 500-level Clinic, students will elevate their massage practice by focusing on the ongoing advancement of their clinical reasoning skills. Under the supervision of experienced RMTs, students will refine their ability to form appropriate clinical impressions to accurately identify and address a wide range of conditions. A key component of this Student Clinic is the integration of concurrent studies in systemic conditions and special populations, including pregnant individuals and athletes. Students will practice a collaborative selection of self-management strategies for patients, resulting in the formation of effective homecare plans. This course emphasizes the importance of adapting techniques to meet the unique needs of diverse groups while maintaining high standards of care.

SEMESTER SIX:**MTPR 600 Anatomy and Physiology Level 6**

This final level of Anatomy and Physiology expands on students' understanding of physiology by delving into the roles of medications and nutrition. Students will study nutrition as a crucial component of foundational knowledge among health professionals. This course also covers medication classifications, including their uses, effects, and relevant contraindications and precautions for massage therapy. By integrating this knowledge, the future Massage Therapist will enhance their ability to contribute effectively to a healthcare team and identify when a patient may need to be referred to their general practitioner for further evaluation.

MTPR 601 Wellness Level 5

Building on the knowledge and experience gained throughout the entire program, this final Wellness course enhances students' skills in communication and holistic care strategies.

Through a combination of role plays, case studies, and group discussions, students will refine their approach to client interactions. Additionally, the course focuses on identifying signs and symptoms of burnout, as well as equipping students with effective prevention strategies to promote healthy self-care.

MTPR 605 Pathology Level 4

MTPR 605 Pathology Level 4 concludes the student's extensive study of common pathologies by focusing on the urinary and reproductive systems. Students will gain skills in recognizing the signs and symptoms of various conditions and will learn to identify when a referral to a family doctor is necessary. Covered conditions include acute and chronic renal failure, urinary tract infections, cystic mastitis, ectopic pregnancy, and various sexually transmitted diseases.

MTPR 609 Professional Considerations Level 2

MTPR 609 Professional Considerations Level 2 equips students with the vital entrepreneurial skills needed to start their own Massage Therapy practice. This course covers key aspects of practice management, including business registration, extended health care billing, basic accounting, and appointment scheduling. Students will also learn how to develop a comprehensive business plan, explore effective marketing strategies, financial management, and build professional networks within the healthcare community.

MTPR 610 Integrated Sciences Review

MTPR 610 Integrated Sciences Review offers a comprehensive academic review of anatomy and physiology, pathology, and neurology, preparing students for graduation and the provincial registration exams. This integrated course equips students to become Registered Massage Therapists by consolidating their knowledge across these essential areas.

MTPR 611 Applied Health Sciences Review

MTPR 611 Applied Health Sciences Review provides an extensive review of clinical sciences, offering students a thorough assessment of their knowledge. Students will gain valuable insights through a combination of peer and instructor feedback on exam performance. This course utilizes classroom discussions, case studies, and critical thinking exercises to enhance clinical reasoning skills, preparing students for a professional career and helping them succeed on provincial registration exams.

MTSC 600 Student Clinic Level 5

In this 600-level Clinic, students will culminate their training by integrating all aspects of their massage therapy education into a cohesive practice. This final course emphasizes the synthesis of skills acquired throughout the program with a strong focus on delivering collaborative, patient-centered care. Students will engage in complex case management, applying their comprehensive knowledge of assessment, treatment planning, and therapeutic techniques to provide high-quality care. Special attention will be given to informed consent, trauma-informed practices, and the effective implementation of self-management strategies in patient care. The curriculum is designed to prepare students for successful entry into professional practice and to excel in their provincial registration exams. Students will work closely with clients and incorporate feedback for improvement. Emphasis is placed on refining clinical reasoning, integrating techniques from previous levels, and demonstrating professionalism in all aspects of patient interactions. This course will also reinforce students' abilities to adapt to diverse patient needs and settings, solidifying their readiness for independent practice in the field.

Admission Requirements

Rhodes Wellness College is committed to enrolling students who meet program admission criteria and who are capable of achieving their education and career goals. For admission to Rhodes Wellness College's Professional Registered Massage Therapy Diploma program, an applicant must meet the following criteria:

- Grade 12 (or equivalent) graduate in an English-based school system or reach the age of majority (19 years old in British Columbia).
- Submit a Personal Statement on why the applicant desires to pursue a Massage Therapy Diploma at Rhodes Wellness College.
- Submit two letters of reference (personal and professional).
- Submit a criminal record check.
- Successfully complete an Admissions interview.
- If an applicant has had an addiction to drugs or alcohol, a minimum of 12 months prior sobriety is required to be verified during the interview. The College may require the applicant to provide a letter from a counselor, confirming the applicant's sobriety.
- Meet the program's Language Proficiency requirement.

Registered Massage Therapy Diploma Language Proficiency Requirement:

The Registered Massage Therapy Diploma is considered both an academic and career training program and will therefore, require English proficiency to be at a level sufficient for candidates to meet the program's learning objectives. This program will attract a diverse set of learners, including many mature students, whose English proficiency will enable them to fully comprehend the learning objectives.

All students, whether they be Canadian or International students, must prove sufficient English proficiency through one of the following methods:

1. Evidence that 3 years of full-time secondary education (Grades 8-12), or 2 years if the Grades are 10, 11, or 12, have been successfully completed in the program's language of instruction in a country where the language of instruction is one of the principal languages. *This may be demonstrated by providing a high school transcript, completion of a BC Adult Graduation program or providing international education credentials recognized through [WES](#), [ICES](#), or [IQAS](#).*
2. Two years of full-time post-secondary education* have been completed in the program's language of instruction in a country where the language of instruction is one of the principal languages (includes international education credentials recognized through [WES](#), [ICES](#), and [IQAS](#)). **Language development courses (i.e., ELL courses) cannot be included in this calculation.*
3. Successful completion of one of the following English proficiency exams, achieving the minimum required score indicated below:
 - a. International English Language Testing System (IELTS) Academic: Minimum overall score of 5.5
 - b. Test of English as a Foreign Language (TOEFL) IBT: Minimum overall score of 46
 - c. Canadian Academic English Language Assessment (CAEL): Minimum overall score of 40
 - d. Canadian English Language Proficiency Index Program (CELPIP): Listening 6, Speaking 6, Reading 5, and Writing 5
 - e. Duolingo English Test (DET): Minimum overall score of 95

- f. Pearson Test of English (PTE) Academic: Minimum overall score of 43
 - g. Cambridge English Qualifications: B2 First exam (FCE): Minimum overall score of 160 or "C" (Institutions may include other Cambridge Qualifications at a higher level, e.g., C2 Proficiency (CPE))
 - h. Cambridge Linguaskill: Minimum overall B2 level
 - i. LANGUAGECERT Academic: Minimum overall B2 level
 - j. The Michigan English Test (MET): Minimum overall B2 level
 - k. iTEP Academic: Minimum overall score of 3.5
 - l. EIKEN: Minimum placement of Grade Pre-1
4. Where the applicant is 19 years of age or older at the start of the program and is a Canadian citizen or [permanent resident](#), and the applicant cannot access their educational records **or** cannot provide sufficient evidence of secondary or post-secondary education through one of the other stipulated methods in the College's Language Proficiency Policy, they may satisfy language proficiency requirements through the **Accuplacer English Assessment** process as follows:
- a. Applicant provides attestation that they have completed at least three years of full-time instruction in English in a country where the English is one of the principal languages*, **and**
 - b. Applicant completes an Accuplacer English Assessment (Next Generation: Reading, Writing and WritePlacer) and achieves the following minimum scores:
 - i. Reading: 230, and
 - ii. Writing: 230, and
 - iii. WritePlacer: 4

**Language development courses (i.e., ELL courses) cannot be included in this calculation. Accuplacer may not be used to demonstrate that a student meets an admission requirement other than Language Proficiency.*

*English-speaking countries include the following:

American Samoa	Dominica	Lesotho	St. Kitts & Nevis
Anguilla	Falkland Islands	Liberia	St. Lucia
Antigua and Barbuda	Fiji	Malta	St. Vincent & the Grenadines
Australia	Gambia	Mauritius	Tanzania
Bahamas	Ghana	Montserrat	Trinidad & Tobago
Barbados	Gibraltar	New Zealand	Turks & Caicos Islands
Belize	Grenada	Nigeria	Uganda
Bermuda	Guam	Seychelles	United Kingdom
Botswana	Guyana	Sierra Leone	US Virgin Islands
British Virgin Islands	Ireland	Singapore	USA
Canada	Jamaica	South Africa	Zambia
Cayman Islands	Kenya	St. Helena	Zimbabwe

Rhodes Wellness College reserves the right to deny any candidate admission into this program if it does not believe the applicant will be a potential fit or adequately benefit from taking the program.

PROGRAM COSTS	Domestic Students	International Students
Tuition	\$34,680	\$34,680
Application Fee	\$100	\$500
Textbooks & Materials Fee	\$1,808	\$1,808
Other Fees*	\$455	\$455

** Other Fees include a \$300 Student Activities Fee, a \$100 Record Archives Fee, and a \$55 Graduation and Transcript Fee*

Possible careers:

Registered Massage Therapist (NOC 32201 – noted as a high opportunity occupation by *WorkBC* at <https://www.workbc.ca/career-profiles/massage-therapists>), RMT College Teacher Assistant, RMT College Instructor, RMT College Supervisor

Professionals who desire to augment their current careers:

Bodywork Therapist, Unregulated Massage Therapists, Kinesiologists, Physiotherapists
 Chiropractors