



Course Outline

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Note: A number one (1) after the course name means it is taught in the first year; a number two (2) after the course name means it is taught in the second year; number one and two (1&2) after the course name means it is taught in both years.

Course: Anatomy & Physiology (1&2)

SUBJECT MATTER	The branches of science that study the structures and functions of the normal human body.
LEARNING OUTCOMES	Explain the structure and function of the major human body systems, with emphasis on how anatomical and physiological principles relate to massage therapy practice, including tissue response and nervous system regulation.
DELIVERY METHOD	<p>Self-directed online readings and assignments.</p> <p>The required textbook is supported by an expanded multimedia Evolve website, featuring Netter's 3D anatomy, active concept maps, audio summaries, case study questions, an audio glossary, an electronic anatomy colouring book, test questions with instant feedback, and 3D animations. This text features instructionally sound learning modules that incorporate animation, interactive exercises, and assessments.</p> <p>Applicable sections of anatomy and physiology are embedded directly and indirectly into the related regular program courses.</p>
ASSESSMENT	Academic
INSTRUCTORS	<p>Two faculty instructors supervise this self-directed course, with technical support provided by the systems administrator.</p> <p>Contact via email and Moodle.</p>
COURSE SCHEDULE	This self-directed course runs from the beginning of year one to the end of year two. Students must complete a minimum number of assignments on scheduled dates; however, they have the flexibility to work at a faster pace. Due dates and schedules are available to students on the learning management system, Moodle.
TEXTBOOKS & REFERENCES	Patton, K; Bell, F; Thompson, T; Williamson, P. (2022). Anatomy and Physiology, Ed. 11. Elsevier Inc.
LAST REVISION	September 2022

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CHAPTER 45 - Male reproductive system

Topics	
Sexual Reproduction, 1055 Male Reproductive Organs, 1055 Male Reproductive Tract, 1055 Perineum, 1056 Testes, 1057 Structure and Location, 1057 Microscopic Anatomy of the Testis, 1057 Functions of the Testes, 1058 Spermatozoa, 1060 Reproductive Ducts, 1062 Epididymis, 1062 Vas Deferens, 1062 Ejaculatory Duct, 1062 Urethra, 1062	Accessory Reproductive Glands, 1064 Seminal Vesicles, 1064 Prostate Gland, 1064 Bulbourethral Glands, 1065 Supporting Structures, 1065 Scrotum, 1065 Penis, 1066 Spermatic Cords, 1066 Composition and Course of Seminal Fluid, 1066 Male Fertility, 1066 Cycle of Life, 1067 The Big Picture: Male Reproductive System, 1067 Mechanisms of Disease, 1068 Case Study, 1070

CHAPTER 46 - Female reproductive system

Topics	
Overview of the Female Reproductive System, 1074 Function, 1074 Structure, 1074 Perineum, 1075 Ovaries, 1076 Location of the Ovaries, 1076 Microscopic Structure of the Ovaries, 1077 Functions of the Ovaries, 1077 Ova, 1077 Uterine Tubes, 1077 Location of the Uterine Tubes, 1077 Structure of the Uterine Tubes, 1078 Function of the Uterine Tubes, 1079 Uterus, 1079 Structure of the Uterus, 1079 Functions of the Uterus, 1081 Vagina, 1081 Location of the Vagina, 1081 Structure of the Vagina, 1082	Functions of the Vagina, 1082 Vulva, 1082 Structure of the Vulva, 1082 Functions of the Vulva, 1083 Female Reproductive Cycles, 1084 Recurring Cycles, 1084 Control of Female Reproductive Cycles, 1087 Importance of Female Reproductive Cycles, 1088 Infertility, 1089 Menarche and Menopause, 1091 Breasts, 1093 Location and Size of the Breasts, 1093 Structure of the Breasts, 1093 Function of the Breasts, 1094 Cycle of Life, 1096 The Big Picture: Female Reproductive System and the Whole Body, 1096 Mechanisms of Disease, 1096 Case Study, 1102

CHAPTER 47 - Growth, development, and aging

Topics	
Human Reproduction, 1107 Production of Sex Cells, 1107 Ovulation and Insemination, 1109 Fertilization, 1112 Prenatal Period, 1113 Cleavage and Implantation, 1113 Placenta, 1114 Periods of Development, 1117 Stem Cells, 1118 Formation of the Primary Germ Layers, 1118 Histogenesis and Organogenesis, 1119 Birth, 1122 Stages of Labor, 1123 Multiple Births, 1124	Postnatal Period, 1126 Growth, Development, and Aging, 1126 Infancy, 1126 Childhood, 1128 Adolescence and Adulthood, 1128 Older Adulthood, 1129 Aging, 1129 Mechanisms of Aging, 1129 Effects of Aging, 1130 Causes of Death, 1133 The Big Picture: Growth, Development, Aging, and the Whole Body, 1134 Mechanisms of Disease, Conditions of Pregnancy and Early Development, 1134 Case Study, 1137

CHAPTER 48 - Genetics and heredity

Topics	
The Science of Genetics, 1142 Chromosomes and Genes, 1142 Mechanism of Gene Function, 1142 The Human Genome, 1142 Distribution of Chromosomes to Offspring, 1145 Gene Expression, 1146 Hereditary Traits, 1146 Sex-Linked Traits, 1148 Genetic Mutations, 1149 Medical Genetics, 1150 Mechanisms of Genetic Diseases, 1150 Nuclear Inheritance, 1150	Single-Gene Diseases, 1152 Multiple-Gene Diseases, 1154 Epigenetic Conditions, 1154 Chromosomal Diseases, 1155 Genetic Basis of Cancer, 1155 Prevention and Treatment of Genetic Diseases, 1156 Genetic Counseling, 1156 Treating Genetic Diseases, 1158 The Big Picture: Genetics, Heredity, and the Whole Body, 1160 Case Study, 1162 Career Choices, 1162

Course: Pathology (1&2)

SUBJECT MATTER	<p>Concepts of health and disease.</p> <p>Mechanisms of disease as they relate to the systems of the body.</p> <p>Pharmacology and Medication.</p>
LEARNING OUTCOMES	<p>Discuss anatomy and physiology of systems of the body.</p> <p>Identify signs and symptoms of common pathologies of each system of the body.</p> <p>List appropriate massage considerations for common pathologies. (Each chapter below lists <i>specific</i> outcomes)</p>
DELIVERY METHOD	<p>Self-directed online assignments and narrated PowerPoint presentations.</p> <p>Applicable sections of pathology are embedded directly and indirectly into related regular program courses.</p>
ASSESSMENT	<p>Academic, simulated, clinical</p>
INSTRUCTORS	<p>Two faculty instructors supervise this self-directed course, with technical support provided by the systems administrator.</p> <p>Contact is via email and Moodle.</p>
COURSE SCHEDULE	<p>This self-directed course runs from the beginning of year one to the end of year two. Students must complete a minimum number of assignments on scheduled dates; however, they have the flexibility to work at a faster pace. Due dates and schedules are available to students on the learning management system, Moodle.</p>
TEXTBOOKS & REFERENCES	<p>Salvo, Susan G.: <i>Pathology for the Massage Professionals</i>, 5th ed. Elsevier, 2022</p>
LAST REVISION	<p>September 2022</p>

CHAPTER 1 - Concepts of health and disease, standard precautions, transmission-based precautions, cleaning and disinfection procedures

Learning Outcomes and Competencies

- Define massage and concepts of health.
- Identify concepts of disease.
- Recall types of diseases and disorders.
- Describe the chain of infection and processes of disease transmission.
- Summarize standard precautions and transmission-based precautions.
- Discuss cleaning and disinfecting procedures for surfaces, objects, and laundry.

Topics	
<p>Introduction, Concepts of Health, Biomedical Model, Biopsychosocial Model, Biopsychosocial-Spiritual Model, Social-Ecologic Model, Concepts of Disease, Disease, Illness, Pathology, Diagnosis, and Prognosis, Signs and Symptoms, Etiology and Risk Factors, Disease Complications, Local and Systemic Diseases, Disease Outbreaks: Endemics, Epidemics, and Pandemics, Acute and Chronic Diseases, Morbidity, Incidence, Prevalence, and Mortality, Types of Diseases and Disorders, Congenital Disorders, Traumatic Disorders, Autoimmune Diseases, Cancerous Diseases (Cancer),</p>	<p>Deficiency Diseases, Degenerative Diseases, Genetic Diseases, Metabolic Diseases, Infectious Diseases, Chain of Infection: the Process of Disease Transmission, Infection, Inflammation, Treatment of Disease, Precautions to Prevent Transmission of Infectious Agents: Standard and Transmission- Based Precautions, Hand Hygiene, Personal Protective Equipment, Respiratory Hygiene and Cough Etiquette, Disinfecting Procedures for Surfaces, Objects, and Laundry, Hard Surfaces, Soft Surfaces, Reusable Objects, Laundry,</p>

CHAPTER 3 - Pharmacology and medications

Learning Outcomes

- Discuss drugs, their effects, and differences between prescription and nonprescription drugs.
- Indicate how to query clients about medication use, their routes of administration, and incorporate this information into a treatment plan.
- Describe how to modify massage for clients who use pain and inflammation-reducing drugs and medications to manage diabetes and cardiovascular disease.
- Explain how to modify massage for clients who use drugs to manage respiratory disorders, mood disorders, and gonadal hormones.

Topics	
Introduction, Drugs and Drug Effects, Therapeutic Effects, Side Effects, Adverse Events, Drug Distribution: Prescription, Over-The-Counter, And Behind-The-Counter Drugs, Prescription Drugs, Over-the-Counter Drugs, Behind-the-Counter Drugs, Medications and Treatment Planning, Routes of Administration, Oral Route, Inhalation Route, Injection Route, Transdermal (Topical) Route, Medications to Manage Pain and Inflammation, Nonsteroidal Anti-inflammatory Drugs, Corticosteroids, Skeletal Muscle Relaxants, Narcotics and Opioids, Medications to Manage Diabetes, Hypoglycemics and Antidiabetic Agents, Medications to Manage Cardiovascular Disease, Anticoagulants and Antiplatelets,	Vasodilators, Antiarrhythmic Drugs, Angiotensin-Converting Enzyme Inhibitors, Angiotensin II-Receptor Blockers, Alpha Blockers, Beta Blockers, Calcium Channel Blockers, Diuretics, Lipid-Lowering Drugs, Massage and Lipid-Lowering Drugs, Medications to Manage Respiratory Disorders, Antihistamines, Antitussives, Bronchodilators, Decongestants, Expectorants, Medications To Manage Mood Disorders, Antianxiety, Sedative, and Hypnotic Drugs, Antidepressant Drugs, Antipsychotic Drugs, Gonadal Hormones, Estrogens and Progesterone, Testosterone,

CHAPTER 4 - Dermatologic pathologies, conditions, injuries

Learning Outcomes

- Discuss anatomy, physiology, and lesions of the integumentary system.
- Define bacterial skin infections and list appropriate massage modifications.
- Summarize fungal skin infections and list appropriate massage modifications.
- Outline viral skin infections and list appropriate massage modifications.
- Discuss inflammatory skin conditions and list appropriate massage modifications.
- List miscellaneous skin conditions and list appropriate massage modifications.
- Describe lice and scabies infestations and state appropriate massage modifications.
- Identify bruises and scars, their massage considerations, and discuss scar tissue massage.
- Discuss burns, stretch marks, corns/calluses, decubitus ulcers, including massage considerations.
- Describe skin cancers and their appropriate massage considerations.
- Explain skin pigmentations and state appropriate massage modifications.

Topics	
Integumentary System Review, Skin Lesions, Primary Skin Lesions, Secondary Skin Lesions, Bacterial Skin Infections, Acne, Folliculitis, Impetigo, Boils and Carbuncles, Cellulitis, Paronychia, Fungal Skin Infections, Ringworm, Athlete's Foot, Nail Fungal Infection, Jock Itch, Viral Skin Infections, Cold Sores (Herpes Simplex), Chickenpox, Shingles, Warts, Inflammatory and Other Skin Conditions, Eczema (Atopic Dermatitis), Psoriasis, Contact Dermatitis, Seborrheic Dermatitis,	Rosacea, Pityriasis Rosea, Lichen Planus, Scleroderma, Hives (Urticaria), Ichthyosis Vulgaris, Epidermoid Cyst, Actinic Keratosis, Seborrheic Keratosis, Skin Tags, Lice and Scabies Infestations, Lice Infestation, Scabies Infestation, Skin Injuries, Bruises, Scars, Burns, Stretch Marks, Corns and Calluses, Decubitus Ulcers, Skin Cancers, Basal Cell Carcinoma, Squamous Cell Carcinoma, Melanoma, Skin Pigmentation Disorders and Conditions,

CHAPTER 5 - Musculoskeletal pathologies, disorders, and injuries

Learning Outcomes

- Discuss anatomy and physiology of the musculoskeletal system.
- Define osteoporosis, fibromyalgia syndrome, myofascial pain syndrome, headaches (tension, migraines, cluster), and Dupuytren contracture and list appropriate massage modifications.
- Explain bunions, hammertoes, mallet toes, pes planus and pes cavus, bone cancer, Paget disease, osteomalacia and rickets, Marfan syndrome, and muscular dystrophy and list appropriate massage considerations.
- Identify spinal deviations and list appropriate massage modifications.
- Distinguish joint disorders and list appropriate massage considerations.
- Describe osteoarthritis and spondylosis, joint replacement surgeries, and massage considerations for each including postsurgical scar tissue massage.
- List other types of arthritis including rheumatoid arthritis, juvenile rheumatoid arthritis, ankylosing spondylitis, gout, and Lyme disease and list appropriate massage modifications.
- Summarize dislocations and subluxations, fractures, osteomyelitis, and myositis ossificans and list appropriate massage considerations.
- Discuss sprains and strains, patellofemoral pain syndrome and chondromalacia patellae, tendinopathies, Osgood-Schlatter disease, torticollis, and whiplash-associated disorders and list appropriate massage modifications.
- Identify adhesive capsulitis, rotator cuff tears, impingement syndrome, compartment syndrome, shin splints, and plantar fasciitis and list appropriate massage considerations.

Topics	
Skeletal System Review, Muscular System Review, Musculoskeletal Pathologies and Disorders, Osteoporosis, Fibromyalgia Syndrome, Myofascial Pain Syndrome, Headaches (Tension, Migraine, and Cluster), Dupuytren Contracture, Bunions, Hammertoes, and Mallet Toes, Pes Planus and Pes Cavus, Bone Cancer, Paget Disease, Osteomalacia and Rickets, Marfan Syndrome, Muscular Dystrophy, Spinal Deviations, Hyperkyphosis (Kyphosis), Hyperlordosis (Lordosis), Scoliosis Joint Disorders, Spondylolisthesis and Spondylolysis, Ganglion Cyst, Baker Cyst, Bursitis, Temporomandibular Disorders, Arthritis, Osteoarthritis and Spondylosis, Rheumatoid Arthritis and Juvenile Rheumatoid Arthritis, Ankylosing Spondylitis, Gout, Lyme Disease,	Traumatic and Repetitive Musculoskeletal Injuries, Soft Tissue Injuries: The Inflammatory Response and Recommended Protocols, Dislocations and Subluxations, Fractures, Osteomyelitis, Myositis Ossificans, Sprains and Strains, Patellofemoral Pain Syndrome and Chondromalacia Patellae, Tendinopathies: Tendinitis, Tendinosis, Tenosynovitis (De Quervain Tenosynovitis), and Epicondylitis, Osgood-Schlatter Disease, Torticollis (Cervical or Spasmodic Dystonia), Whiplash-Associated Disorder, Adhesive Capsulitis (Frozen Shoulder), Rotator Cuff Tears and Impingement Syndrome, Compartment Syndrome, Shin Splints (Medial Tibial Stress Syndrome), Plantar Fasciitis,

Chapter 6 - Neurologic Pathologies and disorders

Learning Outcomes

- Discuss anatomy and physiology of the nervous system.
- Identify central nervous system disorders, such as spina bifida, cerebral palsy, attention deficit—hyperactivity disorder, and autism spectrum disorder and list appropriate massage considerations.
- Explain seizure disorders, their massage considerations, and discuss first aid measures for this condition.
- Identify traumatic brain injuries (concussions, contusions, and coup-contrecoup), spinal cord injuries, and brain and spinal cord tumors and list their appropriate massage considerations.
- Define neurodegenerative diseases of the nervous system and list appropriate massage considerations.
- Discuss neurovascular disorders and infectious diseases and state appropriate massage considerations.
- Describe intervertebral disc disorders and list appropriate massage considerations.
- Summarize peripheral nerve disorders and list appropriate massage considerations.

Topics	
Nervous System Review, Central Nervous System Disorders, Spina Bifida, Cerebral Palsy, Attention Deficit-Hyperactivity Disorder, Autism Spectrum Disorder, Seizure Disorders (Epilepsy), Traumatic Brain Injuries (Concussions, Contusions, Coup-Contrecoup), Spinal Cord Injuries, Brain and Spinal Cord Tumors, Neurodegenerative Diseases, Dementia, Alzheimer Disease, Parkinson Disease, Amyotrophic Lateral Sclerosis (Lou Gehrig Disease), Multiple Sclerosis, Huntington Disease,	Neurovascular Disorders, Transient Ischemic Attack, Stroke, Infectious Diseases, Meningitis, Encephalitis, Poliomyelitis and Postpolio Syndrome, Intervertebral Disc Disorders, Degenerative Disc Disease, Herniated Disc and Bulging Disc, Sciatica (Piriformis Syndrome), Peripheral Nerve Disorders, Trigeminal Neuralgia, Bell Palsy, Myasthenia Gravis, Guillain-Barré Syndrome, Peripheral Neuropathy, Thoracic Outlet Syndrome, Carpal Tunnel Syndrome,

CHAPTER 7 - Endocrine Pathologies

Learning Outcomes

- Discuss anatomy and physiology of the endocrine system.
- Define diseases of the pituitary and list appropriate massage considerations.
- Summarize diseases of the thyroid and parathyroids and list appropriate massage considerations.
- Identify diseases of the adrenal cortex and list appropriate massage considerations.
- Define types of diabetes and list appropriate massage considerations.
- Discuss amputations and list appropriate massage modifications.

Topics	
Endocrine System Review, Diseases of the Pituitary, Gigantism, Acromegaly, Dwarfism, Diabetes Insipidus, Diseases of the Thyroid, Graves Disease (Hyperthyroidism), Hashimoto Disease (Hypothyroidism), Thyroid Cancer	Diseases of the Parathyroids, Hyperparathyroidism, Hypoparathyroidism, Diseases of the Adrenal Cortex, Cushing Disease and Cushing Syndrome (Hypercortisolism), Addison Disease (Hypocortisolism), Diseases of the Pancreas Diabetes Mellitus, Type 1 and 2

CHAPTER 8 - Cardiovascular pathologies and disorders

Learning Outcomes

- Discuss anatomy and physiology of the cardiovascular system.
- Define blood disorders and list appropriate massage considerations.
- Describe hypertension, angina pectoris, and congestive heart failure and list appropriate massage considerations.
- Summarize rheumatic fever and rheumatic heart disease, carditis, and myocardial infarction and list appropriate massage modifications.
- Identify arterial diseases and list appropriate massage considerations.
- Define venous diseases and list appropriate massage modifications.

Topics	
Cardiovascular System Review, Diseases and Disorders of Blood, Anemia, Leukemia, Multiple Myeloma, Diseases and Disorders of the Heart, Hypertensive Heart Disease (Hypertension), Angina Pectoris, Congestive Heart Failure, Rheumatic Fever and Rheumatic Heart Disease, Carditis: Pericarditis, Myocarditis, and Endocarditis, Myocardial Infarction,	Diseases and Disorders of the Arteries, Atherosclerosis, Coronary Artery Disease, Peripheral Artery Disease, Aneurysm, Raynaud Disease (Raynaud Syndrome), Buerger Disease (Thromboangiitis Obliterans), Diseases and Disorders of the Veins, Deep Vein Thrombosis, Thrombophlebitis, and Venous Thromboembolism, Phlebitis, Varicose Veins

CHAPTER 9 - Lymphatic and immune pathologies and conditions

Learning Outcomes

- Discuss anatomy, physiology, and the effects of aging on the lymphatic system and immunity.
- Define conditions of the lymphatic system outlined in the chapter and list appropriate massage considerations for each.
- Identify conditions of immunity featured in the chapter and list appropriate massage considerations for each.

Topics
Lymphatic System Review, Pathologies and Conditions of the Lymphatic System, Lymphedema and Edema, Lymphoma: Hodgkin and Non-Hodgkin, Pathologies and Conditions of Immunity, Allergies, Myalgic Encephalomyelitis/Chronic Fatigue Syndrome, Systemic Lupus Erythematosus, Human Immunodeficiency Viral Infection,

CHAPTER 10 - Respiratory pathologies, disorders, and conditions

Learning Outcomes

- Discuss anatomy and physiology of the respiratory system.
- Define upper respiratory tract infections and list appropriate massage considerations.
- Identify lower respiratory tract infections and appropriate massage modifications.
- Explain asthma and list its appropriate massage considerations.
- Summarize bronchitis, emphysema, pneumoconiosis, cystic fibrosis, and obstructive sleep apnea and appropriate massage modifications.
- Explain pulmonary edema and pulmonary embolism and appropriate massage considerations.
- Discuss hay fever and its appropriate massage considerations.

Topics	
Respiratory System Review, Upper Respiratory Tract Conditions, Common Cold, Sinusitis, Pharyngitis, Laryngitis, Laryngeal Cancer, Influenza, Mononucleosis, Lower Respiratory Tract Conditions, Pneumonia, Tuberculosis, Pleurisy, Lung Cancer,	Chronic Obstructive Pulmonary Diseases, Asthma, Bronchitis, Emphysema, Pneumoconiosis, Cystic Fibrosis, Obstructive Sleep Apnea, Vascular Disorders, Pulmonary Edema, Pulmonary Embolism, Immune Disorders, Hay Fever,

CHAPTER 11 - Gastrointestinal pathologies, dysfunctions, and disorders

Learning Outcomes

- Discuss anatomy and physiology of the gastrointestinal system.
- Define general dysfunctions of the gastrointestinal tract and list appropriate massage considerations.
- Identify diseases of the upper gastrointestinal tract and list appropriate massage modifications.
- Summarize diverticulosis, diverticulitis, irritable bowel syndrome, ulcerative colitis, and Crohn disease, and discuss colostomies and ileostomies; include their appropriate massage considerations.
- Define appendicitis, hemorrhoids, and colorectal cancer and include appropriate massage considerations.
- Explain diseases of the liver, gallbladder, and pancreas and include appropriate massage considerations.
- Identify types of hernias and peritonitis and list appropriate massage modifications.
- Discuss disorders of nutrient intake and absorption and list appropriate massage considerations.

Topics	
Gastrointestinal System Review, General Dysfunctions of the Gastrointestinal Tract, Nausea, Vomiting, Constipation, Diarrhea, Jaundice, Diseases of the Upper Gastrointestinal Tract, Thrush, Oral, Pharyngeal, and Esophageal Cancers, Tonsillitis, Gastroesophageal Reflux Disease, Peptic Ulcer Disease: Esophageal, Stomach, and Intestinal Ulcers, Gastritis, Gastroenteritis, Stomach Cancer, Diseases of the Lower Gastrointestinal Tract, Diverticulosis and Diverticulitis, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn Disease,	Appendicitis, Hemorrhoids, Colorectal Cancer, Diseases of the Liver, Gallbladder, and Pancreas, Hepatitis, Cirrhosis, Liver Cancer, Gallstones, Cholecystitis, Pancreatitis, Pancreatic Cancer, Hernias and Peritonitis, Hernias: Hiatal, Umbilical, Inguinal, Femoral, and Incisional, Peritonitis, Disorders of Nutrient Intake and Malabsorption, Overweight and Obesity, Celiac Disease, Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder,

CHAPTER 12 - Urinary Pathologies

Learning Outcomes

- Discuss anatomy and physiology of the urinary system.
- Define disorders of the kidneys and list appropriate massage considerations.
- Explain dialysis and list appropriate massage modifications.
- Summarize disorders of the lower urinary tract and appropriate massage considerations.

Topics
Urinary System Review, Pathologies and Disorders of the Kidney, Glomerulonephritis, Kidney Cancer, Kidney Stones, Kidney Infection (Pyelonephritis), Polycystic Kidney Disease, Kidney Failure, Dialysis, Pathologies and Disorders of the Lower Urinary Tract, Urinary Tract Infections (Urethritis and Cystitis), Bladder Cancer, Urinary Incontinence,

CHAPTER 13 - Reproductive pathologies, conditions, and disorders

Learning Outcomes

- Discuss anatomy and physiology of the reproductive system.
- Define conditions of the female reproductive system, while stating appropriate massage considerations.
- Identify premenstrual syndrome, dysmenorrhea, endometriosis, uterine fibroids, endometrial cancer, cervical cancer, ovarian cysts, polycystic ovary syndrome, and ovarian cancer while stating their appropriate massage considerations.
- Identify pelvic organ prolapse, pelvic inflammatory disease, and vaginal candidiasis while stating their appropriate massage modifications.
- Discuss infertility and pregnancy-related pathologies/disorders and list appropriate massage considerations.
- Summarize pathologies and disorders of the breasts and list massage considerations.
- Describe prostatic pathologies and disorders, as well as sexually transmitted diseases and list appropriate massage modifications.

Topics	
Reproductive System Review, Conditions of the Female Reproductive System, Menstruation, Pregnancy and Childbirth, Menopause, Pathologies and Disorders of the Female Reproductive System, Premenstrual Syndrome, Dysmenorrhea (Menstrual Cramps), Endometriosis, Uterine Fibroids, Endometrial (Uterine) Cancer, Cervical Cancer, Ovarian Cysts and Polycystic Ovary Syndrome, Ovarian Cancer, Pelvic Organ Prolapse, Pelvic Inflammatory Disease, Vaginal Candidiasis (Yeast Infection), Infertility and Pathologies/Disorders of Pregnancy, Infertility, Hyperemesis Gravidarum, Miscarriage (Spontaneous Abortion), Ectopic Pregnancy,	Preterm Labor, Preeclampsia, Gestational Diabetes Mellitus, Placenta Previa, Placental Abruption, Prenatal Depression, Postpartum Depression, Pathologies and Disorders of the Breasts, Fibrocystic Breasts, Mastitis, Breast Cancer, Pathologies and Disorders of the Prostate, Benign Prostatic Hyperplasia, Prostatitis, Prostate Cancer, Sexually Transmitted Diseases, Chlamydia, Gonorrhea, Syphilis, Genital Herpes, Genital Warts, Trichomoniasis,

CHAPTER 14 - Cancer and oncology massage

Learning Outcomes

- Define cancer, cancer cell characteristics, and tumors.
- State cancer progression, metastasis, diagnosis, risk factors, and cancer signs and symptoms.
- Summarize cancer treatments, including chemotherapy, radiation, and surgery.
- Discuss oncology massage and massage modifications for cancer-related surgery, radiation therapy, and chemotherapy.

Topics	
Introduction, Cancer, Cancer Cell Characteristics, Tumors, Benign Tumors and Nomenclature, Malignant Tumors and Nomenclature, Tumor Nomenclature Exceptions, Cancer Progression, Metastasis, Diagnosis, and Prognosis, Progression, Metastasis, Diagnosis, Prognosis: Staging and Grading, Risk Factors for Cancer, External Risk Factors, Internal Risk Factors,	Cancer Signs and Symptoms, C-A-U-T-I-O-N, Cancer Treatments and Hospice Care, Surgery, Chemotherapy, Radiation Therapy, Hospice Care, Oncology Massage, Be a Team Player, Educate Yourself, Be Accepting and Reverent, Teach Massage to Family, Friends, and Caregivers of Cancer Patients, Teach Self-Massage to Cancer Patients, Oncology Massage: General Considerations,

CHAPTER 15 - Mental Disorders and disorders of sleep, anxiety, mood, eating, and substance use

Learning Outcomes

- Define anxiety and mood disorders outlined in this chapter and list appropriate massage considerations for each.
- Identify eating disorders and those related to substance use and describe appropriate massage considerations for each.

Topics	
Introduction, Mental Disorders, Sleep and Sleep Disorders, Sleep Disorders (Insomnia, Hypersomnia, Narcolepsy, Parasomnia, Sleep Apnea, and Restless Leg Syndrome), Anxiety Disorders, Generalized Anxiety Disorder, Panic Attack and Panic Disorder, Specific Phobias, Obsessive-Compulsive Disorders, Acute Stress and Posttraumatic Stress Disorder, Mood Disorders, Major Depressive and Persistent Depressive Disorders, Seasonal Affective Disorder, Bipolar Disorders, Prenatal and Postpartum Depression, Eating Disorders and Substance Use Disorders, Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Substance Use Disorders,	

CHAPTER 16 - Geriatric Massage

Learning Outcomes

- Define geriatric massage and discuss physiologic effects of aging and age-related diseases.
- Discuss practice settings and body positions for elderly clients, and geriatric massage techniques.
- Describe impairments of vision, hearing, and mobility, appropriate practice settings and technique modifications for these populations, and the duty to protect through mandatory reporting.

Topics
Introduction, Aging: Physiologic Effects and Associated Diseases, Aging and the Integumentary System, Aging and the Musculoskeletal System, Aging and the Nervous System, Aging and the Endocrine System, Aging and the Cardiovascular System, Aging and the Lymphatic System/Immunity, Aging and the Respiratory System, Aging and the Gastrointestinal System, Aging and the Urinary System, Aging and the Reproductive System, Geriatric Massage, Practice Setting, Determine Client Robustness or Frailty, Body Positions for Elderly Clients, Geriatric Massage Techniques, Impairments of Vision, Hearing, and Mobility, Visual Impairments, Hearing Impairments, Mobility Impairments, The Duty to Protect,

Course: Foundations (1)

SUBJECT MATTER	Massage tables, accessories, linens, lubricants, the massage environment, body mechanics, massage clinic equipment and supplies. Therapist wellness, wellbeing, and self-care. Client Safety. Concepts of Disease. Introductory anatomy and physiology of the skeletal, muscular, integumentary, and nervous systems.
LEARNING OUTCOMES	<ul style="list-style-type: none"> ▪ Define massage table features and state how to care for table fabrics. Discuss table accessories: face rests and bolsters, and massage linens. Discuss massage lubricants: how to choose, dispense, apply, and store them. ▪ Describe the massage room environment and safety guidelines. ▪ Define body mechanics. ▪ State and demonstrate principles of effective body mechanics. ▪ Define vocabulary and terms used to discuss disease and disease transmission. Discuss disinfecting procedures. Introduction to emergency preparedness. ▪ Define career longevity, wellness, wellbeing, self-care, and the wellness and biopsychosocial models. ▪ Discuss the physical dimension of wellness. ▪ Outline the occupational, intellectual, emotional, social, and spiritual dimensions of wellness. ▪ Introduction to the anatomy and physiology of the skeletal, muscular, integumentary, and nervous systems.
DELIVERY METHOD	Lecture, demonstration, applied, simulated
ASSESSMENT	Academic, simulated, clinical
INSTRUCTORS	Vicars' faculty. Out-of-class contact is via email and Moodle.
COURSE SCHEDULE	Year one. Dates and schedules are available to students on the learning management system, Moodle.
TEXTBOOKS & REFERENCES	<p>Salvo, Susan G.: <i>Massage Therapy Principles and Practice</i>, 7th ed. Elsevier, 2023. Chapter 3, <i>Tools of the Trade</i>; Chapter 7, <i>Body Mechanics, Client Positioning, and Draping</i>; Chapter 4, <i>Career Longevity</i>; Chapter 9, <i>Concepts of Disease, etc.</i>, Chapters 18-23, <i>Anatomy and Physiology</i></p> <p>Patton, K; Bell, F; Thompson, T; Williamson, P.: <i>Anatomy and Physiology</i>, Ed. 11. Elsevier Inc. 2022.</p> <p>Intermediate First Aid and CPR C</p> <p>In-house handbooks</p>
LAST REVISION	September 2025

Course: Palpatory Anatomy and Kinesiology (1)

SUBJECT MATTER	Bones and bony landmarks of skeletal system; origins, insertions, actions of the muscular system, and accessory structures of the musculoskeletal system.
LEARNING OUTCOMES	<ul style="list-style-type: none"> Identify bones, bony landmarks, muscles and accessory structures. Locate bones, bony landmarks, muscles and accessory structures. Palpate bones, bony landmarks, muscles and accessory structures.
DELIVERY METHOD	Lecture, demonstration, applied, simulated
ASSESSMENT	Academic, simulated, clinical
INSTRUCTORS	Vicars' faculty. Out-of-class contact is via email and Moodle.
COURSE SCHEDULE	Year one. Dates and schedules are available to students on the learning management system, Moodle.
TEXTBOOKS & REFERENCES	<p>Biel, Andrew: <i>Trail Guide to the Body</i>, 6th ed. Books of Discovery, 2019</p> <p>Biel, Andrew: <i>Trail Guide to the Body</i>, 6th ed. <i>Student Workbook</i>, Books of Discovery, 2019</p> <p>Biel, Andrew: <i>Trail Guide to the Body Flashcards</i>, 6th ed. Books of Discovery, 2019</p> <p>Muscolino, Joseph: <i>Musculoskeletal Anatomy Coloring Book</i>, Mosby, 2004</p>
LAST REVISION	September 2019
LIST OF STRUCTURES	See addendum: <i>List of bony landmarks and muscles</i> at the end of this document.

Course: Massage Techniques (1)

Subject Matter	<p>Manual techniques applicable to massage therapy.</p> <p>Indications, safety considerations, effects, outcomes and modifications for a variety of manual techniques.</p> <p>Client draping in a therapeutic setting.</p> <p>Application of massage techniques while the client is sitting erect or reclining.</p> <p>Use of massage techniques to create a nurturing and bonding experience between infant and caregiver.</p>
Learning Outcomes	<ul style="list-style-type: none"> ▪ Apply the qualities and characteristics, as they apply to massage, of intention, touch, depth and direction of pressure, speed, frequency, rhythm, continuity, duration, sequence, and principles of massage. ▪ Explain and demonstrate appropriate draping variations using sheets and towels. ▪ Demonstrate appropriate draping maintenance for client turning and getting off the table. ▪ Identify common client positions. ▪ Demonstrate effective use of bolsters to support various client body positions. ▪ Demonstrate skill in explaining and performing all variations of effleurage, stroking, petrissage, skin rolling, vibration, tapotement, non-specific joint mobilization, friction, muscle stripping, muscle approximation, Golgi tendon organ techniques, manual lymphatic drainage techniques, trigger point techniques, myofascial techniques, joint mobilization techniques, and diaphragmatic breathing techniques ▪ Identify cautionary sites and general massage contraindications. ▪ Define seated massage and list major considerations when buying a massage chair. ▪ Perform a basic seated massage sequence. ▪ Direct caregivers in the performance of bonding massage techniques on their infants.
Delivery Method	Lecture, demonstration, applied, simulated
Assessment	Academic, simulated, clinical
Instructors	Vicars' faculty. Out-of-class contact is via email and Moodle.
Course Schedule	Year one. Dates and schedules are available to students on the learning management system, Moodle.

Textbooks and References	<p>Salvo, Susan G: Massage Therapy Principles and Practice, 7th ed. Elsevier, 2023. Chapter 7, Body Mechanics, Client Positioning and Draping, Chapter 8, Massage Techniques, Mobilizations, Stretches, Endangerment Sites, and Emergency Preparedness, Chapter 15, Seated Massage: Principles and Practice.</p> <p>Standards of Practice MTAA 2012</p> <p>In-house video resources on Moodle</p> <p>In-house handbooks</p>
Last Revision	<p>September 2023</p>

Course: Medical Terminology (1)

SUBJECT MATTER	The terminology of science and medicine; pronunciation and etymology of scientific and medical terms
LEARNING OUTCOMES	<ul style="list-style-type: none"> ▪ Identify common medical prefixes, suffixes, and roots. ▪ Identify combining vowels and forms. ▪ Identify terms and definitions of common medical words. ▪ Identify directional terms relating to the human body. ▪ Identify numerical values. ▪ Identify terms relating to surgical procedures. ▪ Identify terms relating to diagnostic procedures. ▪ Identify terms relating to the five senses. ▪ Identify common synonyms relating to medical terms. ▪ Identify the etymology of terminology relating to anatomy and physiology. ▪ Verbalize the terms relating to medical terminology.
DELIVERY METHOD	Lecture, demonstration, applied, simulated
ASSESSMENT	Academic, simulated, clinical
INSTRUCTORS	Vicars' faculty. Out-of-class contact is via email and Moodle.
COURSE SCHEDULE	Year One. Dates and schedules are available to students on their learning management system, Moodle.
TEXTBOOKS & REFERENCES	<p>Salvo, Susan G: <i>Massage Therapy Principles and Practice</i>, 7th ed. Elsevier, 2023. Chapter 18, <i>Medical Terminology</i>.</p> <p>Biel, Andrew: <i>Trail Guide to the Body</i>, 6th ed. Books of Discovery, 2019</p> <p>Linton, Dr. Corinne B: <i>Medical Terminology, The Basics</i>, 2000 / 2002 BarCharts Inc.</p> <p>Patton, K; Bell, F; Thompson, T; Williamson, P. (2022). <i>Anatomy and Physiology</i>, Ed. 11. Elsevier Inc.</p>
LAST REVISION	September 2017

Course: Ethics (1&2)

SUBJECT MATTER	The interpersonal skills necessary for developing an effective therapeutic relationship with a client, including ethical behaviour, professional boundaries, confidentiality, and conflict resolution.
LEARNING OUTCOMES	<p>Ethical Foundations</p> <ul style="list-style-type: none"> ▪ Define the Therapeutic Relationship ▪ Recognize the significance of Power Differentials ▪ Identify the signs of Transference and Countertransference ▪ Identify Universal Ethical Principles <ul style="list-style-type: none"> ○ Identify Sources of Ethical Guidance ○ Official Codes and Regulations ▪ Personal Ethics and Self-Accountability ▪ Employ a framework for Resolving Ethical Dilemmas <p>Boundaries</p> <ul style="list-style-type: none"> ▪ Recognize Types of Boundaries ▪ Recognize How Boundaries Develop ▪ Identify Boundary Models ▪ Recognize Boundary Crossings and Violations ▪ Identify Why Boundary Crossings Occur ▪ Establish, Maintain, and Change Boundaries <p>Dual and Sequential Relationships</p> <ul style="list-style-type: none"> ▪ What Are Dual Relationships? ▪ Recall An Historic Perspective ▪ Recognize The Range of Dual Relationships ▪ Examine The Benefits of Dual Relationships ▪ Analyze The Risks of Dual Relationships ▪ Examine Sequential Relationships ▪ Practice Minimizing Concerns ▪ Compare the role of teachers in The Special Case of Schools

Dynamics of Effective Communications

- Recognize Communication Barriers
- Evaluate Challenging Topics of Conversation
- Assess Communications Beyond the Treatment Room

Communication Techniques and Strategies

- Demonstrate the value of Reflecting
- Demonstrate the value of Inviting Input
- Employ various learning styles
- Practice The Assertion Sequence

Sex, Touch, and Intimacy: Students will develop a culturally competent understanding of the distinctions between sex, touch, and intimacy, and learn to ethically navigate psychosexual dynamics in practice.

- A Psychosocial Overview
- Touch
 - Exploring Touch and Culture
- Intimacy
- Sex
 - Examining Cultural Values
- Sex and Touch Therapy
- Sexual Misconduct and Sexual Harassment
- Desexualize the Touch Experience through Preparation, Language, and Behaviour

Practice Management: In this section, the student will identify, apply and practice

- Professionalism
- Scope of Practice
- Standards of Practice
- Client/Practitioner Expectations
- Time Management
- Confidentiality
- Informed Consent
- Working with Minors
- Declining Potential New Clients
- Referring Out
- Dismissing a Client
- Client Policy Statements

The Team Approach

- Describe and discuss Office Ethics
- Describe and discuss Working for Others
- Describe and discuss Care Coordination and Case Management
- Describe and discuss Group Practices
- Describe and discuss Spas
- Describe and discuss Hospitals and Hospices
- Describe and discuss Medical Clinics

Business Ethics

- Recognize Attitudes About Money
- Compare Fee Structures
- Debate Gratuities
- Debate Barter
- Debate Gift Certificates
- Recognize Taxes
- Debate Product Sales
- Discuss Referrals
- Discuss Fraudulent Practices
- Compare and Contrast Marketing Materials
- Discuss Social Media Ethics
- Discuss Legal Issues
- Discuss Insurance Reimbursement Issues

Support Systems: In this section, the student will compare and discuss the following topics

- Supervision
- Peer Support Groups
- Mentoring
- Mastermind Groups
- Coaching
- Internships, Externships, and Apprenticeships
- Online Discussion Forums

	<p>Working with Trauma Survivors</p> <ul style="list-style-type: none"> ▪ Comprehend the meaning of Trauma and Abuse ▪ Describe and discuss the Benefits of Touch Therapy for Survivors ▪ Identify the Prerequisites for Working with Survivors ▪ Identify and practice the Protocol for Working with Self-Disclosed Survivors ▪ Define Trauma-Informed Care
DELIVERY METHOD	Lecture, demonstration, applied, simulated
ASSESSMENT	Academic, simulated, clinical
INSTRUCTORS	Vicars' faculty. Out-of-class contact is via email and Moodle.
COURSE SCHEDULE	Year one and year two. Dates and schedules are available to students on the learning management system, Moodle.
TEXTBOOKS & REFERENCES	Ben E. Benjamin, PhD, Cherie Sohnen-Moe, Ethics of Touch, 3 rd ed. Sohnen-Moe Associates, 2021.
LAST REVISION (Y1)	September 2022
LAST REVISION (Y2)	August 2024

Course: Research (1 & 2)

Subject Matter	Types of research, research articles, and research literacy that lead to understanding how massage therapy affects the physiology and psychology of the client.
Learning Outcomes	<ul style="list-style-type: none"> ▪ Define research. ▪ Discuss types of research. ▪ Explain the scientific method. ▪ Identify parts of a scientific article. ▪ Explain why research is important to the massage profession. ▪ Demonstrate research literacy skills. ▪ Discuss the funding of research and the importance of professional involvement. ▪ Describe and explain the mechanical, physiologic, and psychologic effects of massage therapy. ▪ Explain how massage therapy affects various systems of the body. ▪ List psychological aspects of massage therapy. ▪ Describe whole body effects of massage therapy and indications for specific conditions and populations. ▪ Explain common misconceptions and false claims related to massage therapy treatment and effects. ▪ Describe the importance of keeping up to date on new massage therapy knowledge. ▪ Write a case report.
Delivery Method	Lecture, website article search, scientific journal review
Assessment	Academic
Instructors	Vicars' faculty. Out-of-class contact is via email and Moodle.
Course Schedule	Year one and year two.
Textbooks and References	<p>Salvo, Susan G: Massage Therapy Principles and Practice, 7th ed. Elsevier, 2023. Chapter 5, <i>Evidence Informed Practice and Research Literacy</i>.</p> <p>Tracy Walton, 5 Myths and Truths About Massage Therapy</p> <p>Other possible references:</p> <p>Vicars' Reference and Research Library (on-going update and revision in Forms and Resources)</p>
Last Revision (Y1)	September 2025
Last Revision (Y2)	November 2024

Course: Orthopedic Assessment (1&2)

Subject Matter	To gather information and make informed decisions about treatment.
Learning Outcomes	<ul style="list-style-type: none"> ▪ List and implement essential skills used during a client interview. ▪ Compare and contrast open-ended and closed-ended questions. ▪ Identify and implement the elements of a client intake. ▪ Identify and implement all elements of informed consent. ▪ Define scope of practice. ▪ Define and state the value of documentation. ▪ State aspects and significance of client confidentiality. ▪ Compare and contrast different documentation formats. ▪ Compare and contrast subjective and objective information. ▪ Year one: list and identify the sequence and rationale of an orthopedic assessment ▪ Year two: Identify and interpret the significant results of an orthopedic assessment ▪ Use critical thinking skills to determine an appropriate treatment plan. ▪ Recognize importance of community collaboration and interdisciplinary treatment. ▪ Identify common pulse points. ▪ Palpate common pulse points. ▪ Monitor blood pressure.
Delivery Method	Lecture, demonstration, applied, simulated
Assessment	Academic, simulated, clinical
Instructors	Vicars' faculty. Out-of-class contact is via email and Moodle.
Course Schedule	Year one and year two. Dates and schedules are available to students on the learning management system, Moodle.
Textbooks and References	<p>Magee, David J: <i>Orthopedic Physical Assessment</i>, 7th ed. Saunders, an imprint of Elsevier, 2014. In-house video</p> <p>Salvo, Susan G: <i>Massage Therapy Principles and Practice</i>, 7th ed. Elsevier, 2023. Chapter 14, <i>Clinical Massage</i></p> <p>In-house videos and handbooks (Forms and Resources)</p>
Last Revision (Y1)	September 2023
Last Revision (Y2)	May 2025

Course: Treatment Planning (1&2)

Subject Matter	<p>Scope of practice, standards of care, assessments, documentation, informed consent, treatment planning, and referrals.</p> <p>Clients in different stages of their lives.</p> <p>Clients with physical challenges and health-related issues.</p> <p>Presence of a disease or condition that requires the therapist to postpone massage, avoid an area, or modify the client's position or the delivery of procedures or techniques.</p> <p>The documented process of planning a client-centred massage treatment and plan according to client goals, subjective and objective intake information, the client's current health status, and current best evidence for practice.</p> <p>External therapeutic use of all forms of water.</p>
Learning Outcomes	<ul style="list-style-type: none"> ▪ Discuss the scope of practice and standards of care. ▪ Describe massage-related assessments and documentation. ▪ Compare local, general, modified, and absolute contraindications. ▪ Conduct client assessments using a client interview. ▪ Define special populations, disability, and quality of life. ▪ Discuss pregnancy massage, state modifications for spa hydrotherapy, and high-risk pregnancies by trimester, for childbirth and the postpartum period. ▪ Discuss massage modifications for infants, children, and adolescents. ▪ Describe aging and its physiologic effects by body systems with their associated diseases. ▪ Identify massage modifications for aging adults and clients with visual, hearing, and mobility impairments, as well as mandatory reporting. ▪ Define informed consent and state the benefits and potential risks related to massage. ▪ Explain treatment planning and the importance of evidence in a massage practice. ▪ Utilize standardized client documentation formats and explain how to refer a client to a healthcare provider for medical evaluation. ▪ Identify the indications, benefits, and appropriate referral for selected adjunctive therapies. See the addendum: <i>Adjunctive Therapies</i> for a list. ▪ Define hydrotherapy.

	<ul style="list-style-type: none"> ▪ Describe the thermal, chemical, and mechanical effects on the body of hydrotherapy. ▪ Describe the therapeutic effects and benefits of heat and cold on the body. ▪ Describe the indications for the therapeutic application of heat and cold on the body. ▪ Describe contraindications for the therapeutic application of heat and cold on the body. ▪ Demonstrate the application of therapeutic heating, cooling, ice massage, and contrast treatments. ▪ Identify and implement the client's goals for hydrotherapy, massage, and exercise into a treatment plan. ▪ Identify and instruct the client goals for self-care. ▪ Reassess and adapt treatment plan as needed according to client goals and therapeutic outcomes. <p>See Inter-Jurisdictional Practice Competencies and Performance Indicators for Massage Therapists at Entry-to-Practice <i>Appendix</i> for list of commonly occurring conditions</p>
Delivery Method	<ul style="list-style-type: none"> ▪ Lecture, demonstration, applied, simulated
Assessment	<ul style="list-style-type: none"> ▪ Academic, simulated, clinical
Instructors	Vicars' faculty. Out-of-class contact is via email and Moodle.
Course Schedule	Year one and year two. Dates and schedules are available to students on the learning management system, Moodle.
Textbooks and References	<p>Salvo, Susan G: <i>Massage Therapy Principles and Practice</i>, 7th ed. Elsevier, 2023. Chapter 10, <i>Professional Standards</i>, Chapter 11, <i>Special Populations</i>, Chapter 12, <i>Hydrotherapy</i>, Chapter 14, <i>Clinical Massage</i>,</p> <p>Salvo, Susan G: <i>Pathology for Massage Professionals</i>, 5th ed. Elsevier, 2022</p> <p>In-house handbooks (Forms and Resources)</p>
Last Revision (Y1)	September 2023
Last Revision (Y2)	May 2025

Course: Self-Care (2)

Subject Matter	Techniques and strategies for self-care.
Learning Outcomes	<p>Identify the recovery process relevant to the client. Determine and demonstrate appropriate progression of active and passive exercises to maintain, improve, and restore client health. Incorporate the appropriate exercises into a treatment and self-care plan.</p> <p>For the following</p> <ul style="list-style-type: none"> • Stretching • Range of motion • Strengthening exercises • Proprioception exercises • Functional exercises to restore capacity in activities of daily living <p>Students will be able to</p> <ul style="list-style-type: none"> • Demonstrate knowledge of indications, safety considerations, effects and outcomes • Demonstrate and direct the client in the exercises • Incorporate the strategies into treatment • Modify the exercises based on client history, presentation, and response
Delivery Method	Lecture, demonstration, applied, simulated
Assessment	Academic, simulated, clinical
Instructors	Vicars' faculty. Out-of-class contact is via email and Moodle.
Course Schedule	Year two. Dates and schedules are available to students on the learning management system, Moodle.
Textbooks and References	<p>In-house handbooks (Forms and Resources)</p> <p>Salvo, S. Salvo, Susan G: Massage Therapy Principles and Practice, 7th ed. Elsevier</p> <p>In-house video resource on Moodle</p>
Last Revision	May 2025

Course: Business (2)

Subject Matter	Business, marketing, accounting, and finance.
Learning Outcomes	<ul style="list-style-type: none"> ▪ Write a vision and mission statement. ▪ Define professionalism and list qualities of a professional massage therapist. ▪ List employment opportunities for massage therapists and explain differences between an employee and an independent contractor. ▪ Compare and contrast types of business entities. ▪ Outline pertinent licenses, permits, and registrations required to operate a professional practice. ▪ List types of insurance and describe their purpose. ▪ Identify several marketing and advertising strategies. ▪ Prepare a resume and curriculum vitae. ▪ List business resources and explain their importance. ▪ Describe a typical day for a massage therapist. ▪ Create a plan to avoid professional burnout. ▪ Delineate financial aspects of the business, ex. fee determination, start-up costs, managing bad accounts. ▪ List ways to diversify income. ▪ Discuss insurance reimbursement for professional services. ▪ Discuss the role of professional associations and provincial regulatory bodies. ▪ Describe aspects of accounting practices, such as the use of checking accounts, petty cash payments, and payroll. ▪ List financial reports and describe their purpose. ▪ Identify tax responsibilities and appropriate tax deductions. ▪ Develop a business plan.
Delivery Method	Lecture
Assessment	Academic, clinical
Instructors	Vicars' faculty. Out-of-class contact is via email and Moodle.
Course Schedule	Year two. Dates and schedules are available to students on the learning management system, Moodle.
Textbooks and References	Salvo, Susan G: <i>Massage Therapy Principles and Practice</i> , 7th ed. Elsevier, 2023. Chapter 17, <i>Business Practices</i> .
Last Revision	May 2025

Course: Supervised Clinical Experience (1&2)

Subject Matter	<p>Practical application of theory and massage techniques performed in the context of a therapeutic relationship while in a supervised clinical setting.</p> <p>Module clinics and public clinics (general public); special conditions (clients diagnosed with a variety of medical conditions); outreach (variety of off-campus settings)</p>
Learning Outcomes	<ul style="list-style-type: none"> • Demonstrate and apply the competencies learned in <i>Treatment Planning</i>. • Demonstrate and apply the competencies learned in <i>Orthopedic Assessment</i>. • Demonstrate and apply the competencies learned in <i>Therapeutic Relationship</i>. • Demonstrate and apply the competencies learned in <i>Self-Care</i>. • Demonstrate application of critical thinking skills with clients. • Demonstrate application of critical thinking skills and collaboration with staff, faculty, and peers. • Demonstrate use of electronic scheduling and booking system.
Delivery Method	<p>Applied: module clinic year one</p> <p>Applied: special conditions year two</p> <p>Applied: public clinic year one and two</p> <p>Applied: outreach year one and two</p>
Assessment	Academic, simulated, clinical
Instructors	Faculty supervised at all times
Course Schedule	Year one and year two
Textbooks and References	In-house Objectives Journal
Last Revision	June 2025

ADDENDUM: List of bony landmarks and muscles

Bony landmarks

acromioclavicular joint	greater tubercle of humerus	sesamoid bones: 1st MTP joint
coracoid process	inferior angle of scapula	external occipital protuberance
spine of scapula	sternoclavicular joint	lesser tubercle of the humerus
lateral epicondyle of humerus	medial border of scapula	acromion
superior angle of scapula	infraglenoid tubercle	supraglenoid tubercle
infraspinous fossa	supraspinous fossa	subscapular fossa
clavicle	intertubercular groove	lateral border of the scapula
lesser tubercle of the humerus	hook of hamate	olecranon process
pisiform	head of radius	Lister's tubercle
lateral epicondyle	olecranon fossa	styloid process of ulna
head of ulna	lateral supracondylar ridge: humerus	medial supracondylar ridge: humerus
medial epicondyle of humerus	5th metacarpal	styloid process of radius
shaft of 1st proximal phalange	scaphoid	lunate
triquetrum	pisiform	trapezium
trapezoid	capitate	hamate
spinous process of C-1	jugular notch	xiphoid process
1st rib	TVP of cervical vertebrae	manubrium
deltoid tuberosity	spinous process of C-7	spinous process of T-12
iliac crest	costal cartilage of ribs	lamina groove
body of sternum	12th rib	spinous process of T-7
anterior superior iliac spine	ischial tuberosity	gluteal tuberosity
pubic crest	greater trochanter	sacroiliac joint
iliac fossa	posterior superior iliac spine	anterior inferior iliac spine

sacrum	coccyx	patella
head of fibula	adductor tubercle	navicular tubercle
lateral malleoli	medial malleoli	peroneal trochlea
tibial tuberosity	tibial plateau	medial epicondyle of femur
tuberosity of 5 th metatarsal	sustentaculum tali	shaft of tibia
pes anserinus tendon	lateral epicondyle of femur	calcaneus
occiput	parietal bone	zygomatic arch
sphenoid bone	mandible	external occipital protuberance
temporal bone	styloid process	nasal bone
ramus of mandible	condyle of mandible	coronoid process of mandible
superior nuchal line	mastoid process	frontal bone
maxilla	angle of mandible	hyoid bone
talus	navicular	cuneiforms
cuboid	femur	humerus
radius	ulna	tibia
fibula	trachea	external auditory meatus
phalanges	metacarpals	metatarsals
lamina groove of vertebrae	ethmoid bone	lacrimal bone

List of muscles to palpate origin, insertion, and describe action

deltoid	flexor carpi ulnaris	pectineus
trapezius	flexor digitorum superficialis	gracilis
latissimus dorsi	flexor digitorum profundus	tensor fasciae latae
teres major	pronator teres	iliotibial tract
supraspinatus	pronator quadratus	sartorius
infraspinatus	supinator	piriformis
teres minor	splenius capitis	psoas major

subscapularis	splenius cervicis	iliacus
rhomboid major	quadratus lumborum	gastrocnemius
rhomboid minor	rectus abdominis	soleus
levator scapula	external oblique	plantaris
serratus anterior	internal oblique	popliteus
pectoralis major	transverse abdominis	peroneus longus and brevis
pectoralis minor	diaphragm	peroneus longus and brevis
subclavius	serratus posterior superior	tibialis anterior
biceps brachii	serratus posterior inferior	extensor digitorum longus
triceps brachii	rectus femoris	extensor hallucis longus
coracobrachialis	vastus medialis	tibialis posterior
brachialis	vastus lateralis	flexor digitorum longus
brachioradialis	vastus intermedius	flexor hallucis longus
extensor carpi radialis longus	biceps femoris	sternocleidomastoid
extensor carpi radialis brevis	semitendinosus	anterior scalene
extensor carpi ulnaris	semimembranosus	middle scalene
extensor digitorum	gluteus maximus	posterior scalene
anconeus	gluteus medius	masseter
extensor indicis	gluteus minimus	temporalis
flexors of wrist and hand	adductor magnus	platysma
flexor carpi radialis	adductor longus	occipitofrontalis
palmaris longus	adductor brevis	medial and lateral pterygoids

List of muscles to identify name, action, and general location

opponens pollicis	oblique capitis superior	lumbricals
adductor pollicis	oblique capitis inferior	geniohyoid
abductor pollicis brevis	external intercostals	mylohyoid
flexor pollicis brevis	internal intercostals	stylohyoid
abductor pollicis longus	intertransversarii	digastrics
extensor pollicis longus & brevis	interspinalis	sternohyoid
flexor pollicis longus	quadratus femoris	sternothyroid
lumbricals	obturator internus	thyrohyoid
palmar interossei	obturator externus	omohyoid
dorsal interossei	gemellus superior	longus capitis
hypothenar eminence	gemellus inferior	longus colli
abductor digiti minimi	extensor digitorum brevis	
flexor digiti minimi brevis	flexor digitorum brevis	
opponens digiti minimi	abductor hallucis	
spinalis	abductor digiti minimi	
longissimus	extensor hallucis brevis	
iliocostalis	flexor hallucis brevis	
multifidi	adductor hallucis	
rotatores	flexor digiti minimi	
semispinalis capitis	quadratus plantae	
rectus capitis posterior major	plantar interossei	
rectus capitis posterior minor	dorsal interossei	

ADDENDUM: Adjunctive Therapies

Aromatherapy	Electrical therapy techniques including: <ul style="list-style-type: none"> Frequency Specific Microcurrent (low energy protocol only) Low Intensity Laser Therapy Pulsed High Frequency Therapeutic Ultrasound
Extracorporeal Shockwave Therapy	
Interferential Current (IFC) Therapy	
Low Level Cold Laser Treatment	
TENS	
Cranio-sacral therapy	Visceral manipulation
Strapping and taping	Acupuncture
Bowen Technique	Active Release Technique
Osteopathy	Graston Technique
Fire Cupping	Watsu
Trigenics	

ADDENDUM: Outside Scope

This is not an exhaustive list. Refer to the professional massage associations.

Aboriginal Healing	Acupuncture
Allergy Testing	Ayurvedic Medicine
Bach Flower Therapy	Biodynamics
Biofeedback	Colon Hydrotherapy
Dry Needling	Endermology
Herbology	Homeopathy
Intramuscular Stimulation (IMS)	Iridology
Lypossage	Metaphysical Healing
Nutrition Counseling	Orthobionomy
Orthotics	Osteopathy
Personal Training	Psychotherapy
Raindrop therapy	Reiki levels 2 and higher
Religious/Spiritual Healing	Sound Therapy
Success Through Alignment Restoration (S.T.A.R.)	Traditional Chinese Medicine