

Course Descriptions

Year 1 - Semester 1

BMS196A. Musculoskeletal Anatomy & Kinesiology I (practical/simulated) 4.5 credits. This comprehensive lab course focuses on the structural anatomy and function of the appendicular skeleton. Students will be introduced to palpation of the osteology and musculature of the pelvic and shoulder girdles, upper and lower extremities and a study of their biomechanics. Concurrent with BMS198

BMS196B. Arthrology I (practical/simulated) 1.5 credits. This course will focus on the structural anatomy and function of each joint of the appendicular skeleton: a study of the osteology and arthrology of the pelvic girdle; shoulder girdle; upper extremity and lower extremity. Concurrent with BMS198

BMS197. Introduction to Anatomy & Physiology (didactic) 5 credits. This foundational course provides an introduction to the structural levels of organization of the human body. In this course, topics include homeostasis, introductory chemistry, cytology, histology, tissues and organ systems, with specific focus on the integumentary system and bone tissue.

BMS198. Anatomy & Physiology I (didactic) 6 credits. This foundational anatomy course provides a detailed study of the musculoskeletal system including: axial skeleton, appendicular skeleton, joints, muscular tissue, muscle origins – insertions, actions and innervations. Concurrent with BMS197

CP140. Foundations of Clinical Assessment (simulated) 3 credits. This course teaches professional clinical assessment skills including history taking, observations, palpation, postural analysis and movement techniques including active range of motion (AROM) and passive range of motion (PROM). Medical massage terminology will be taught and integrated into SOAP notes, medical emergencies, general and local contraindications and conditions that require treatment adaptations and/or medical consultation. Will introduce students to critically thinking about clients health presentation and why to modify. Gait analysis, vital signs and Prerequisite: concurrent with MT120 and MT130

CS166. Professional Development: Regulations, Ethics, & Applied Peace Studies (didactic & simulated) 2 credits. What does it mean to be a professional? How does a professional respond to ethical situations or dilemmas? This course is designed to inform and engage the student in understanding their legal and ethical obligations and developing their critical thinking skills. Student therapists will spend time exploring the elements of professionalism and examining common ethical scenarios encountered as massage students and professionals.

CS167. Communication Studies (lecture & practical) 2 credits. A study of principles and ethics of the client/therapist relationship. This course will initiate the development of communication skills required for the practice of a health practitioner. In this course, focus is on self-study and methods of interaction within a therapeutic relationship.

MT120. Massage Therapy Skills I (didactic & simulated) 7 credits. MT120. Massage Therapy Skills I (didactic & simulated) 7 credits. This introductory course will teach students the fundamental skills and massage techniques related to offering a 55-min relaxation massage. There will be opportunity to practice of the skills that are essential for the student to participate in an oral practical exam. This course

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will include effects and outcomes of relaxation massage plus the application of this knowledge to client case studies. Prerequisite: none

MT130. Hydrotherapy (didactic & simulated) 3 credits. This course introduces students to the use of water in a therapeutic way and covers the practice of hydrotherapy as a complementary practice to massage. Topics will include techniques that utilize heat, cold and contrast in a therapeutic, remedial and self-care application. Prerequisite: none

PC106. Self-care/Movement (practical) 1 credits. This practical course focuses on mastery of the twenty-four pose tai ji quan form. Prerequisite: none

Year 1 - Semester 2

BMS199A. Musculoskeletal Anatomy & Kinesiology II (practical/simulated) 5 credits. This comprehensive lab course focuses on the structural anatomy and function of the axial skeleton. Students will be introduced to palpation of the osteology and musculature of the axial skeleton as well as a study of the biomechanics. Prerequisite BMS198, BMS196A

BMS199B. Arthrology I (practical/simulated) 2 credits. This course will focus on the structural anatomy and function of joints of the axial skeleton. A study of the osteology and arthrology of the cranium, vertebral column, ribs, sternum, thorax, abdominal and pelvic regions. Prerequisite BMS198, BMS196B

BMS201. Anatomy & Physiology II (didactic) 4.5 credits. This course provides detailed study of the cardiovascular and respiratory systems. In the first part of the course, emphasis will include: anatomy of the heart, pericardium, systemic circulation, hepatic-portal circulation, identification of the pulses, physiology of cardiac function and blood. The second part of the course, emphasis will include respiratory system, anatomy of lungs and lung tissue as well as respiratory physiology. Prerequisite BMS197

BMS297. General Pathology I (didactic) 3.5 credits. This course provides the student an introduction to cell and tissue injury, abnormal cell function, adaptation, death and inflammation. This course will include the study of general pathology associated with infectious diseases, immune system and integumentary pathology and will help familiarize the student with the etiology and pathological mechanisms of common diseases. Prerequisite BMS197, BMS198

BMS299. Clinic Theory I: Orthopedic Pathology (didactic) 3.5 credits. Students will study structural and degenerative pathologies of the musculoskeletal system and spine including bone, connective tissue, joint, and muscle, as well as pediatric conditions. Focus is on cause of pathology and teaching students to recognize pathological presentations. Prerequisite: BMS297 or concurrent

CP141. Clinic Mentorship I (clinical) 5 credits. This course is designed to have students work directly with clients in a student clinic providing massage and client care. Students will integrate manual massage skills (Swedish techniques and relaxation massage) with academic knowledge into a physical, public practice. Communication skills and opportunities to practice therapeutic relationships will create exposure to a diversity of clients under the supervision of a BC RMT.

CS267. Professional Development: Ethics, Professionalism & Peace Studies (didactic & practical/simulated) 2 credits. This course will provide the student with the opportunity to apply the theory that was covered in the CS166 course to a clinical/practical environment. The goals of the course

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are to improve the learners' communication skills and application of ethical principles within the context of a therapeutic relationship. Students will experience the role of client in a therapeutic relationship, thereby enhancing their empathy and increasing their understanding of the client's rights and practitioner's responsibilities. Prerequisites: CS167

MT121. Massage Therapy Skills II (didactic & simulated) 5 credits. Building on the principles and techniques of MT120, this course concentrates on the development of more advanced massage techniques and myofascial skills. Students perform basic assessments through observation of posture and various tests including: range of motion, reflex, muscle, and nerve testing. Students are introduced to the use of trigger point therapy and fascial release techniques. Prerequisite: MT120

MT133. Therapeutic Exercise (didactic & practical) 2 credits. In this course, students learn how to incorporate therapeutic exercises into massage treatment. These exercises encourage necessary stretching, strengthening, endurance, and coordination of body structures. Students gain confidence and knowledge in how to educate their patients in self-care and how to choose appropriate exercises for clinic and home settings. Prerequisites: BMS196A & B, BMS197, BMS198, 199, concurrent with BMS199A & B.

PC107. Self-Care/Movement: Yin Yoga (practical) 1 credits. This practical course focuses on proper biomechanics and self-cultivation through the practice of yin yoga postures. Prerequisite: none

Year 1 - Semester 3

BMS180. Neurology I: PNS (didactic) 3 credits. Building upon basic knowledge of nerve structures studied in Anatomy and Physiology, this course explores the intricacy of the Peripheral and nervous system and emphasizes the innervations affecting musculoskeletal health. This knowledge is applied to massage practice and assessment. Prerequisite: BMS198 or concurrent

BMS202. Anatomy & Physiology III (didactic) 3.5 credits. A continuation of BMS201 focusing on detailed study of the anatomy and physiology of the respiratory, lymphatic, and endocrine systems. Prerequisite: BMS 197,198

BMS277. Medications & Surgery (didactic) 2 credits. This course introduces students to the Science of pharmacology, a wide array of commonly prescribed drugs, and their side effects. Students of massage will learn how to recognize drugs by category and action, and assess and safely treat patients who are undergoing drug therapy. In addition, a variety of surgical procedures and post-surgical complications are discussed within the context of massage therapy. Contraindications to massage with respect to both medications and surgery is an important focus of this course. Prerequisite: BMS197

BMS298. General Systems Pathology I (didactic) 4 credits. This course is a continuation of BMS297 and will help to familiarize the student with the etiology and pathological mechanisms of common diseases from an allopathic perspective. Diseases of the cardiovascular and respiratory systems will be covered. Prerequisite: BMS201 & 202 or concurrent.

CP142. Clinical Mentorship II (clinical) 5 credits. This course is designed to offer the student therapist a wide range of treatment experiences in the ACOS Student Clinic. Students have the opportunity to apply manual skills learned in practical classes and integrate academic knowledge acquired in lecture classes into their physical practice. This course also allows the student to practice communication and

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other professional development skills in real-case scenarios and educate the general public about massage and its health benefits. Prerequisite: CP141

CS227. Professional Development: Ethics, Professionalism & Peace Studies (didactic & practical/simulated) 1 credit. A further study of professional development within the context of inter-professional relationships. Health professionals from related fields will be invited to share their experiences. Prerequisites: CS167

MT134. Clinical Practice I (didactic & practical/simulated) 9 credits. Systemic and regional approaches to treatment are the focus of these courses. Using prior knowledge gained in BMS197, BMS198, BMS196, BMS199, MT120 and MT121, students learn how to properly assess muscle, joint, skeletal, and integumentary pathologies and integrate previously learned assessment and treatment protocols into general orthopedic therapy. The latter part of the course will focus on assessment and treatment plans for cardiovascular and respiratory systems. Prerequisite: BMS198, BMS201, BMS202, MT120&121

MT232. Joint Mobilization (didactic & practical/simulated) 3 credits. The principles, theories, and contraindications of joint mobilization are the focus of this course. Students learn to understand healthy range of motion through observation and touch, and they become adept at assessing joints, palpating joint structures, and manipulating joints safely and effectively. An awareness of the forces and structures which guide, protect, and enable joint movement is also developed. Prerequisite: BMS196A&B, BMS199A&B, MT133 & MT134 or concurrent

MT233. Sports Massage (didactic & practical/simulated) 1.5 credits. An introduction to the theory and practice of sports massage, sports strapping and taping. Prerequisites: MT120, MT121

PC108. Self-Care/Movement: Explore the Kootenays (practical) .5 credits. This practical course will help the student recognize how physical fitness and lifestyle habits can affect performance and stress management. Prerequisite: none

Year 2 - Semester 4

BMS280. Neurology & Neuropathology II: CNS (didactic) 3 credits. Building upon basic knowledge of nerve structures studied in Anatomy and Physiology, this course explores the intricacy of the central nervous system and emphasizes the innervations affecting musculoskeletal health. This knowledge is applied to massage practice and assessment. Prerequisite: BMS198 or concurrent

BMS301. Anatomy & Physiology IV (didactic) 2.5 credits. A continuation of Anatomy & Physiology with focus on the reproductive, autonomic nervous systems, somatic and higher brain function & metabolism. Prerequisite: BMS 197

BMS397. Systems Pathology II (didactic) 2.5 credits. Discussion of etiology and patho-mechanism of the endocrine and reproductive system disease. Prerequisite: BMS297, BMS298

CP240. Clinical Mentorship III (clinical) 6 credits. This course is designed to offer the student therapist a wide range of treatment experiences in unique settings. Students have the opportunity to apply manual skills learned in practical classes and integrate academic knowledge acquired in lecture classes into their physical practice. This course also allows the student to practice communication and other professional

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development skills in real-case scenarios and educate the general public about massage and its health benefits. Prerequisite: CP142

MT231. Neurological PNS --Assessment and Treatments (didactic & practical/simulated) 5 credits. In this advanced course, students will learn how to assess neurological involvement in pathological presentation and devise suitable treatments. Emphasis is placed on correct handling, assessment, and communication, and rehabilitative measures for patients who display neurological disorders. Prerequisite: BMS180, MT120, MT121

MT236. Clinical Practice II (didactic & practical/simulated) 11 credits. Systemic and regional approaches to treatment are the focus of these courses. This course expands on the principles of assessment, treatment, care management, and therapeutic exercise for the upper and lower extremity, integumentary, endocrine, and reproductive pathologies. Prerequisite: MT120, MT121, MT134, BMS202, BMS301 or concurrent.

PC206. Self-Care/Movement: Kootenay Coop Wellness Series (practical) .5 credits. This course explores nutritional self-care through the Kootenay Co-op Wellness Nutrition and Cooking Series. Prerequisite: none

PD306. The Joy of Research (didactic) 1.5 credit. An introductory course in statistics designed to instruct therapists in the principles of using and understanding statistics for research and explain statistics Semesterinology. Prerequisite: completion of 2nd semester courses

Year 2 - Semester 5

BMS302. Anatomy & Physiology V (didactic) 3 credits. This course introduces the student to the anatomy and physiology of the urinary and digestive systems. Prerequisite: BMS197

BMS398. Systems Pathology III (didactic) 3 credits. A continuation of BMS397 that focuses on etiology and patho-mechanism of urinary and digestive system disease. Prerequisite: BMS297, BMS298, BMS397

CP241. Clinic Mentorship IV (clinical) 11 credits. This course is taking place at the ACOS Student Clinic or under guidance of an independent RMT in BC. Students have the opportunity to apply manual skills learned in practical classes and integrate academic knowledge acquired in lecture classes into their physical practice. This course also allows the student to practice communication and other professional development skills in real-case scenarios and educate the general public about massage and its health benefits. Successful completion of all courses of the Massage Therapy portion of the program including Semester 4.

CP242. Clinical Case Study (didactic & practical/simulated) 1 credit. In this course, students will integrate their knowledge of clinical therapy and treatment with research skills and use of statistics. The end goal of this course is submission of a clinical case study report that demonstrates correct employment of massage techniques, treatment planning, and statistical models. Prerequisite: All courses of Massage Therapy portion including Semester 4 & PD306

CS287. Professional Development: Ethics, Professionalism & Peace Studies (didactic & practical/simulated) 2 credits. A further study of principles and ethical decision making that may arise in clinical practice. Focus is on methods of interaction. Prerequisites: CS167

MT331. Neurological Treatments II: CNS (didactic/practical/simulated) 5 credits A continuation of neurological treatments 1 with emphasis on assessment and treatment of the CNS.

MT332. Pain & Stress (didactic/practical/simulated) 1.5 credits. In this advanced level course students will examine some of the mechanisms associated with pain and stress. Upon completion of this course the student will understand the impact of stress on acute or chronic pain, recognize and differentiate between different types of pain and clinical presentations of stress and/or pain related syndromes. Prerequisite: completion of all 4th semester courses.

MT333. Fascial Anatomy & Physiology (didactic/practical& simulated) 2.5 credits. In depth review of fascial anatomy and physiology and increased palpatory accuracy allows for more advanced techniques to manipulate fascia in the body is employed. Septa, deep fascial sheets, retinacula and ligaments will be manipulated and muscular shaping will be employed. Prerequisite BMS198, MT120,121,134,236

MT336. Clinical Practice III: Treatment of the Spine (didactic & practical/simulated) 5 credits. Continuation of MT236. Clinical Practice III focuses on treatment of the spinal region. Students will demonstrate the ability to apply their skills and knowledge in the assessment and treatment of the cervical, thoracic and lumbar regions of the spine. The central and peripheral nervous system and their related conditions will be discussed Prerequisite: BMS197, BMS198, BMS196, BMS199, MT120, MT121, MT134, MT 236 (or concurrent)

Year 2 - Semester 6

BMS296. Nutrition (didactic) 2 credits. An in depth study of food therapy systems with particular emphasis on the benefits of nutrition in the treatment of disease. As part of this course students will develop critical thinking in the field of nutrition by constructing diet plans. Vitamins, nutrition, and differentiation of popular supplements are a focus of this course. Prerequisite: BMS 197,198

BMS303. Anatomy Physiology & Pathology Review (didactic) 4.5 credits. This review course allows synthesis and integration of previous material studied in the areas of anatomy, physiology, kinesiology, and pathology. Prerequisite: All previous BMS courses

CP340. Mock Oral Review (didactic) 2 credits. This course allows students to synthesize and review all material, techniques, and manual skills covered in the program. It is meant to give the student an opportunity to integrate and organize knowledge in preparation for licensing exams. Prerequisite: all Massage Therapy courses

CP341. Clinic Mentorship V (clinical) 12 credits. This course is taking place at the ACOS Student Clinic with specific in-reaches for cancer, HIV, aged, and neurologically compromised patients. Students have the opportunity to apply manual skills learned in practical classes and integrate academic knowledge acquired in lecture classes into their physical practice. This course also allows the student to practice communication and other professional development skills in real-case scenarios and educate the general public about massage and its health benefits. Successful completion of all courses of the Massage Therapy portion of the program including Semester 4.

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CS367. Jurisprudence (didactic) 1 credit. This review course will examine the ethical and legal foundations of massage practice as outlined by the Health Professions Act, and CMTBC bylaws. Prerequisite: PD403 or concurrent

MT337. Orthopedic Treatments Review (didactic & practical/simulated) 3 credits. A review of prior knowledge gained in MT134 and MT236 wherein students learned how to assess muscle, joint, and skeletal pathologies and implement treatment plans of the axial and peripheral skeleton. Prerequisites: BMS299, MT134, MT236.

MT338. Advanced & Adjunctive Techniques (didactic & practical/simulated) 3 credits. This foundations class covers the history, philosophy and concepts of Ortho-Bionomy and provides an overview of the basic release techniques and anatomy for each major joint in the body. Movements and positions of comfort are demonstrated which facilitate the release of muscular tension. The specific techniques utilized develop and increase the student's understanding and proprioceptive sensitivity to self-corrective movements initiated by the client. Through observation and following supporting subtle movement patterns, muscular tension is released, range of motion is increased and pain is reduced. Cranial Sacral work and other advanced myo-fascial release techniques will also be discussed. Manual Lymph drainage and visceral manipulation are also studied. Prerequisite: All courses of Massage Therapy including Semester 4

MT340. Systemic Treatments Review (didactic & practical/simulated) 3 credits. A review course of modifying treatments in the context of Students learn how to modify massage techniques within the context of senescence, vascular headaches, respiratory, digestive, reproductive, connective tissue, and cardiovascular system pathologies. Treatment for cancer and diabetes patients, as well as pregnancy, post-partum, and labour treatment is explored. Prerequisite: BMS197, BMS198, BMS196, BMS199, MT120, MT121, MT134, MT 236 (or concurrent)

PC207. Self-Care/Movement (didactic & practical/simulate) .5 credits. This final self-care course examines prevention of burn-out for massage therapists. Prerequisite: none

PD403. Business Management (didactic) 3 credits. Presentation of the practical aspects of setting up a massage practice including clinic maintenance, office management, marketing and creation of a business plan. Prerequisite: none