



triOS COLLEGE
BUSINESS ♦ TECHNOLOGY ♦ HEALTHCARE

Let us help you discover a
richer, more rewarding career.

Massage Therapy - Ottawa (RMT)

The Massage Therapy - Ottawa diploma program at triOS is **71 weeks. It includes 909 hours of clinical experience.**

Registered Massage Therapists have the potential to directly impact the lives of their clients by easing discomfort and encouraging health and wellness. There are many proven health benefits that stem from the techniques that can be applied by Registered Massage Therapists.

As a student in this diploma program, you will be extensively trained in anatomy, physiology, pathology, massage sciences, pregnancy massage theory, sport massage, and much more.

Program Benefits

- ✓ Half Day Classes
- ✓ Small Class Sizes
- ✓ Hands on Training
- ✓ Job Placement Assistance First Aid
- ✓ Training
- ✓ Provincial Exams Preparation

Here's a look at some of the courses included in this program:

Human Sciences

Anatomy, Anatomy Myology, Physiology, Physiology Neuroscience, Pathology

Practitioner General Applied Sciences

Business Skills, Communications and the Healthcare Professional, Ethics and the Healthcare Professional, Jurisprudence and the RMT, Nutrition, Pharmacology, Portfolio Development, Research

Massage Science

Client Assessment, Hydrotherapy and Self-care, Massage Foundations, Principles of Treatments and Advanced Techniques, Sport Massage, Remedial Exercise

Treatments and Clinical Experience

Client Assessment Lab, Sports Massage Public Lab, Pregnancy Massage Theory and Clinic, Senior Student Clinic, Specialized Care, Treatments, Public Wellness Clinics, Team Leader Clinical Development



Employment and Wage Outlook for Careers in this field:

\$36

Average Wage/Hr

\$55

High Wage/Hr

Source: www.jobbank.gc.ca

NOC Code: 3236 / 32201 - Wage data rounded down to the nearest dollar. Average wage doesn't reflect the starting salary but represents the middle value between lowest to highest wages. Local (or regional) income may vary. Last updated in November 2022.

Career Opportunities

Private Practice

Health Spas

Fitness Clubs

Rehabilitation Centres

Hospitals

Health Clinics

Employers Who Have Hired triOS Grads



Some Other Employers Include:

- pt Health

“My experience at triOS was great. The instructors were all amazing and patient! I learned so much from them both in my field and on a personal level.”

-Tarra F.,
triOS College Graduate

Massage Therapy

NOC Code: 3236/32201

Diploma Program Length:

71 Weeks

Anatomy and Physiology 1
Anatomy and Physiology 2
Anatomy and Physiology 3
Anatomy and Physiology 4
Anatomy 5
Anatomy 6
Anatomy 7
Anatomy 8
Anatomy Myology 1
Anatomy Myology 2
Anatomy Myology 3
Physiology Neuroscience 1
Anatomy Neuroscience 2
Pathology 1
Pathology 2
Pathology 3
Pathology 4
Pathology 5
Pathology 6
Pathology 7
Pathology 8
Physiology 5
Physiology 6
Physiology 7
Physiology 8

580 Hours

Client Assessment 1
Client Assessment 2
Client Assessment 3
Client Assessment 4
Hydrotherapy and Self-care for the RMT
Massage Foundations
OSCE Prep
Principles of Treatments & Advanced Techniques 1-4
Principles of Treatments & Advanced Techniques 5-8
Remedial Exercise 1
Remedial Exercise 2
Remedial Exercise 3
Sport Massage

594 Hours

Client Assessment Lab 1
Client Assessment Lab 2
Sports Massage Public Lab
Pregnancy Massage Theory & Clinic
Client Case Study 1
Client Case Study 2
Public Clinical Lab
Public Clinical Lab
Public Clinical Lab
Senior Student Clinic Hours
Specialized Care - Massage Therapy
Treatments 1
Treatments 2
Treatments 3
Public Wellness Clinics
Team Leader Clinical Development

909 Hours

Business Skills
Communications and the Healthcare Professional
Communications Terminology 1
Communications Terminology 2
Ethics and the Healthcare Professional
First Aid
Jurisprudence and the RMT
Nutrition for the Massage Therapist
Pharmacology
Professional Portfolio Development
Professionalism and the Healthcare Professional
Research 1
Research 2

228 Hours

Oral Practical
Anatomy and Physiology Comprehensive 1
Pathology Comprehensive 1
Massage General Comprehensive 1
General and Myology Comp 1
Anatomy Comprehensive 2
Anatomy and Myology Comprehensive 2
Pathology Comprehensive 2
Physiology Comprehensive 2
Massage General Comprehensive 2
General Comprehensive 2

30 Hours

Admission Requirements:

1. Student has an Ontario Secondary School Diploma or equivalent, OR
Is 18 years of age or older on or before the program begins AND can pass a qualifying test that has been approved by the Superintendent. *
2. The approved qualifying test for this program is the Wonderlic test. A passing score for this program is 14.
3. Student must complete free online health care modules (IPAC) in advance of Orientation Day.
4. COVID Vaccination Recommended. Masking Policy in effect when treating clients or training in close proximity with other students.

*Applicants from other Canadian provinces must be at least 19 years of age and a minimum of 1 year out of high school by the program start date and successfully pass an academic achievement test.

Please contact us for more detail regarding admissions requirements for international students

Accreditation Policy:

Like all post-secondary institutions in Ontario, triOS College reserves the right to accept or deny advanced standing into its program.

Note:

In order to continuously improve our programs, triOS College reserves the right to modify programs at any time. Program delivery order may vary depending on the program start date. This diploma program may not be available at all campuses. The program may have additional reading weeks, depending on the start date.

You can find our Key Performance Indicators (graduation rate, employment rate, etc.) at www.triOS.com/kpi.

Course Descriptions:

Anatomy and Physiology 1

Anatomy and Physiology I is an introduction course to the human body which includes body descriptions, terminology and basic physiology such as protein synthesis and cell division. The course continues with the study of the cell including internal cellular structures. The second half of the course begins with the study of individual systems of the human body. The skeletal and muscular systems are introduced covering the internal structure and function of bones and muscles along with identification of all 206 bones in the human body and major muscle groups.

Anatomy and Physiology 2

This module continues the fascinating journey into learning about the human body and will specifically address the following systems: Nervous system and special senses, Endocrine system, Digestive system, Reproductive system.

Anatomy and Physiology 3

Anatomy and Physiology 3 is a continued foundational study of the systems of the human body. The body systems covered during this courseware: integumentary -skin, hair, nails and glands, Blood, Circulation, Heart, Respiration Urinary.

Anatomy and Physiology 4

Anatomy and Physiology 4 is a continuation of study of the fundamental systems of the human body. The topics covered during this course are: The Lymphatic system, The Immune system, The Liver, The Fluid and Electrolyte Balance, The Acid and Base Balance, Nutrition and Metabolism (including mechanical digestion).

Anatomy 5

Anatomy 5 or Osteology is the study of the structure and function of bone. This course takes an in- depth look into the human skeleton, focusing on the bones and bony landmarks of the body. For massage therapy students only, a major component of this course is palpation. At the end of each chapter the student is required to locate each bony landmark by developing a palpation trail. Palpation areas are noted within textboxes in the lessons.

Anatomy 6

Anatomy 6 or Syndesmology and Arthrology is the study of the science of the major ligaments and joints in the human body. This course will cover all the major articulations in the human body along with the surrounding ligament structure of each joint.

Anatomy 7

Anatomy 7 is a continued study of the systems of the human body. The topics covered during this course are: The Heart, The blood vessels of the body, The Respiratory system, The Lymphatic system, and Lymph drainage of the body.

Anatomy 8

This course discusses the Digestive System and accessory organs of digestion in the human body. The urinary and reproductive systems will also be discussed. The end of the course provides an overview of the nervous system and recap from Neuroscience 1 and 2. This course involves reading in the assigned textbook, reinforcement exercises at the end of each chapter, an assignment, a midcourse and a final written examination. Conditions of the urinary system and General neurological conditions.

Anatomy Myology 1

Is an in-depth study of the muscles of the lower extremity, the hip/pelvis, anterior thorax, diaphragm, and pelvic floor, including their origins, insertions, actions and nerve supply.

Anatomy Myology 2

Is an in-depth study of the muscles of the upper thorax, the lower thorax, and the upper extremity, including their origins, insertions, actions and nerve supply.

Anatomy Myology 3

Is an in-depth study of the muscles of the head, face and neck, including their origin, insertion, action and nerve supply.

Physiology Neuroscience 1

Neuroscience 1 is an in-depth examination of the Nervous system. The physiology of the central nervous system and peripheral nervous systems are broken down in a detailed analysis of structure and function. The special senses are also included during this course of study.

Anatomy Neuroscience 2

This course discusses the Anatomy of the nervous system. Specifically, the sensory nervous system will be discussed. We will also learn about ascending and descending white matter tracts in the spinal cord. The rest of the course will concentrate on the peripheral nervous system consisting of cranial and spinal nerves and related nerve plexuses. The course will also discuss sleep-wake cycles and learning and memory, as well as a discussion of diseases of the CNS.

Pathology 1

Pathology is the study of disease and disharmony in the human body. During Pathology One, you will learn, conceptually: How the human body functions at a cellular level Sources of disease and the pathologies that affect the body on a cellular level Additionally, infection, inflammation and an overview of the body's immunity response system are also presented. An in-depth understanding of the functioning of the human cell, the process of inflammation and healing, infection and the immune system.

Pathology 2

Pathology 2 is an in-depth study of diseases of the skin. This course starts with a discussion of the skin. The course of study then changes to include diseases of the skin, signs and symptoms, possible treatments and prognosis of the illness.

Pathology 3

Pathology 3 is an in-depth study of diseases and common ailments of joints and bones. Clinical signs and symptoms, possible treatments and prognosis of the illnesses are discussed.

Pathology 4

Pathology 4 is an in-depth study of diseases of muscular, kidney and reproductive systems. It includes the clinical signs and symptoms of these diseases, possible treatments and prognosis of the illnesses.

Pathology 5

Pathology 5 is an in-depth study of diseases of the nervous system. This course starts with a discussion of congenital pathologies and continues with injuries and diseases of the central and peripheral nervous systems. This course includes the clinical signs and symptoms of these diseases, possible treatments and prognosis of the illnesses.

Pathology 6

Pathology 6 is an in-depth study of diseases of the digestive tract. This course starts with a discussion of the anatomy and physiology of the digestive system and continues with injuries and diseases of the gastrointestinal system. This course includes the clinical signs and symptoms of these diseases, possible treatments and prognosis of the illnesses. It follows Pathology 5 in the same semester.

Pathology 7

Pathology 7 is an in-depth study of diseases of the respiratory and endocrine system. This course starts with a discussion of the anatomy and physiology of the respiratory system and continues with injuries and diseases of the respiratory system. This course includes the clinical signs and symptoms of these diseases, possible treatments and prognosis of the illnesses.

Pathology 8

Pathology 8 is an in-depth study of diseases of the cardiovascular system. This course starts with a discussion of the anatomy and physiology of the cardiovascular system. The content focuses on the heart, blood vessel, blood and lymphatic disorders. This course includes the clinical signs and symptoms of cardiovascular diseases, possible treatments and prognosis of the illnesses. This subject follows Pathology 7 in the same semester.

Physiology 5

Physiology 5 is the study of the human body on a chemical and cellular level. It revisits the material covered during Anatomy and Physiology 1 and 2 and expands on that material in greater depth in order to further the students' knowledge of the physiology of the human body.

Physiology 6

Physiology 6 is a course that builds on the information presented in earlier anatomy & physiology courses such as anatomy & physiology 1 (study of energy formation in the cell), Anatomy & Physiology 2 (The nervous system) and Anatomy & Physiology 4 (Nutrition and metabolism). This course further explores the physiology of human body in relation to the above topics.

Physiology 7

Physiology 7 is a course that builds on the information presented in earlier anatomy and physiology courses such as anatomy and physiology 1, 2 and 3. This course takes in-depth look into the muscular system including a study of skeletal and smooth muscle and the cardiovascular system, blood, blood vessels and the urinary system.

Physiology 8

Physiology 8 is a course that builds on the information presented in earlier anatomy and Physiology courses such as Anatomy and Physiology 2, 3 and 4 and will specifically address the: Respiratory System, Urinary System, Endocrine System, Reproductive System, integumentary System.

Business Skills

This course provides a fundamental foundation for the start up and day to day management/operation of a successful small business within the focus of a healthcare professional in massage therapy. The financial, legal, marketing and practical management aspects of setting up and operating a small business or clinic will be studied. Topics such as advertising, record keeping, banking, insurance, community networking are discussed. (While Students will learn how to use the electronic Jane App)

Communications and the Healthcare Professional

Knowledge of effective written and verbal skills essential for professional communication. Students will learn the key characteristics for day to- day communications with clients, understand personal and client needs in communications, recognize behavioral patterns and defense mechanisms for practitioners and clients, recognize and how to establish key boundaries and lines of respect for clients, identify how communication changes due to age and state of health of client.

Communications Terminology 1

The use of roots, prefixes, suffixes, plurals and opposites.

Communications Terminology 2

Significant focus is placed on the understanding, writing and pronouncing of medical terms, as they relate to Anatomy, Physiology and Pathology. The emphasis is on body systems.

Ethics and the Healthcare Professional

Ethics and professionalism for the regulated healthcare professional addressed the key subjects such as: accountability, boundaries, conflict of interest, informed consent, privacy and confidentiality, duty to report, and ethical theories and practices from a practical perspective.

First Aid

Students will undertake the St. John Ambulance Certificate program and will also study 4 hours of Natural First Aid applications. Students will learn the techniques of stabilizing physical injuries, including sprains, broken bones and lacerations.

Jurisprudence and the RMT

A study of provincial and federal law, as it applies to registered massage therapists.

Nutrition for the Massage Therapist

This course provides an understanding of nutritional concepts. The ability to communicate effectively with your clients or other healthcare practitioners about basic nutritional elements and considerations, as well as the Macro- and Micro-nutrients.

Pharmacology

This course gives the student an understanding of the concepts and principles of pharmacology. The student will learn the different classification of medications, uses and effects. The student will also learn to research drug profiles and know how to read prescription labels. This course is designed to educate the student about drug therapy used as a treatment for a client's condition and how that drug therapy may help or hinder the practitioner's treatment.

Professional Portfolio Development

A fundamental foundation for the creation and maintenance of a professional portfolio. This course will include creation of a resume, a cover letter and interview skills.

Professionalism and the Healthcare Professional

This course discusses the importance of professionalism in the massage therapy program and in a clinic environment. Topics include interaction with other healthcare providers, developing academic skills, professional etiquette, what is professionalism? Concept of professionalism, Client/patient interaction, behavioral responses, personality types, death and dying, health clinics client management, telephone communication, time management, teamwork and goal setting and achievements. Professional letter writing formats are also presented.