



Massage Therapy Diploma

Diploma Program | Course Length: 90 Weeks

ABM College offers a comprehensive two-year Massage Therapy Diploma program. In year one, students are introduced to theories and concepts of therapeutic massage through topics such as biomechanics, communication, safety and postural assessment, orthopaedic assessment, palpation, and range of motion. The second year qualifies graduates to work as a Registered Massage Therapist (RMT). Students learn how to safely and effectively treat both general and specific pathological conditions as permitted within the scope of Massage Therapy. Students increase their understanding of the human body and learn to treat a variety of common musculoskeletal conditions.



Interactive Classroom Environment

Instructors ensure students have access to additional support and tutoring

Meet Provincial Certification Standards

Upon graduation students become registered massage therapists (RMTs)

On-Campus Student Massage Clinic

Students get their required hours with first-hand experience on real clients in a real clinic

Program Description

With the increased focus on massage therapy as an important component of patient rehabilitation, this field has become one of the fastest-growing within the Canadian Health Care system. ABM College has responded to this growth by designing a high quality and hands-on Massage Therapy Diploma program that prepares graduates for entry-level employment as massage therapists in a variety of clinical environments.

Our two-year Massage Therapy Diploma program provides students with potential careers within this dynamic field through both detailed academic study and practical hands-on experience. The academic portion of this program provides in-depth knowledge of human body systems, while the technical portion provides insight into the various massage therapy techniques utilized by modern practitioners. Students develop the skills and knowledge necessary to conduct a systematic patient assessment, frame treatment plans, provide effective and safe treatment, and analyze outcomes.

Advanced Massage Therapy is a second year follow up students can continue with or transfer into after a first year of Massage Therapy studies. It builds upon the teachings in the first year and qualifies graduates to work as 2200-hour Registered Massage Therapists in Alberta.



Learning Options

Classroom
Blended



Length of Program

44 + 46 Weeks
In-Class & In-Clinic Blend



Location

Calgary Campus



Class Availability

Morning
Evening
Weekend

Career Opportunities

- Registered Massage Therapist
- Independent Practitioner
- Fitness/Sports Massage Therapist
- Clinic Massage Therapist
- Spa Massage Therapist

Who Should Enrol?

Massage therapists find fulfillment in working with their hands and helping people. They must have good physical stamina and endurance, effective time management abilities, and good listening skills. If you have a calm energy, strong intuition, nurturing personality, and a friendly attitude, this could be the right career choice for you.

Admission Requirements

Standard Admission

Students must meet **ONE** of these criteria*:

Alberta High School Diploma or equivalent with verified transcript

-OR-

General Equivalency Diploma (G.E.D.), plus English 30-1 or equivalent with minimum score of 65%, successful interview with ABM College Administration, and if student's first language is not English, Canadian Language Benchmark of 5 with SLE Language Evaluation Test (Accuplacer)

Second-Year Pre-Requisite

Must have completed 1000-Hour Massage Therapy program from a recognized institute, or at least two years of practical experience in the field

**All students must provide a clear criminal record check prior to commencing practicum.*

Contact Us

For more information and enrollment, contact an admissions advisor:

Calgary:

(403) 719-4300
generalinfo@abmcollege.com
112 28 Street SE Calgary, AB

ANTICIPATED SALARY RANGE

MASSAGE THERAPIST

\$62,000
AVERAGE ESTIMATED
STARTING WAGE
PER YEAR

\$82,000
AVERAGE ESTIMATED
EXPERIENCED WAGE
PER YEAR



*This estimate is based on available employment data at the time. Actual salary will vary based on numerous factors

Mature Admission

Students must meet **ALL** of these criteria*:

1. At least 18 years of age prior to admission
2. Out of high school for at least two years prior to admission
3. Score of 15 or higher on Entrance Exam (Scholastic Wonderlic)
4. Successful interview with ABM College Administration
5. If student's first language is not English, Canadian Language Benchmark of 5 with SLE Language Evaluation Test





Course Components

YEAR 1

1. Massage Therapy & Practice

Students learn Swedish massage techniques and their effects. Students learn how to drape and properly perform a full body massage. Students learn how Massage affects the different systems of the body. Students are able to understand and explain how massage therapy works. Students will understand the mechanical and physiological effects of massage.

2. Ethics

Students study and learn important ethical standards for health professionals, as well as how to make ethical, safe, and professional decisions.

3. Massage Practicum (Clinic)

Students begin their introduction to clinical work. Student therapists work under the supervision of a RMT to provide massage therapy to a variety of clientele in the community.

4. Anatomy & Physiology 1

Students obtain an introduction to the human body and all of its systems. Students learn the body's cellular level of organization and structure and function of the four tissues of the body, with an emphasis on skin, muscle, bone, and nerve.

5. Clinical Assessment 1

Students learn basic assessments of the body, and how to do Active, Passive and Resisted range-of-motion testing. Students learn postural assessment, gait analysis, normal ranges of motion. Students are introduced to orthopedic specialized tests and how to complete them on the lower body.

6. Osteology & Myology

Students will learn osteology and myology together. Students begin with the bones, bone tissue, and bony landmarks. Students will learn all skeletal muscles of the body. With emphasis on origins, insertions, actions, and innervations. Bone and muscle physiology is also covered in this class.

7. Hydrotherapy

Students will learn hydrotherapy and temperature therapy. Students will have a large practical component in this course. The use of heat and cold is used as a way to treat and control inflammation.

8. Anatomy & Physiology 2

Students will learn the anatomical and physiological properties of the cardiovascular and pulmonary systems. This course teaches students about blood, the heart, lungs, and blood vessels in detail and how they are related to massage therapy. This course also includes a detailed look at the lymphatic system and immune system.



Course Components

9. Massage Theory & Practice

Students will further their knowledge and skills in massage therapy. They will learn how to apply safe and effective massage treatments using advanced techniques. Students will also learn athletic massage, massage to specific muscle groups, and massage for special populations.

10. Pharmacology

This course has been designed to provide students with a basic and clear understanding of pharmacology, in relation to massage therapy. Student therapists will learn the importance of understanding drug interactions, contraindications and effects drugs will have on a massage treatment.

11. Career Planning

Students will learn the many career paths they may take as a massage therapist. Theory of clinical and spa settings, pay structure and expectations, and the difference between sub-contracting and employee status will be clearly explained. Students will engage in class discussion, and apply their knowledge to create resumes and obtain a desirable job. Students will learn how to present themselves in a competitive job market.

12. Clinical Outreach

Students are given the opportunity to work on special populations, under the supervisor of an RMT in a variety of settings. Outreaches are carefully chosen to include a variety of events, including sports, hospital care and charity situations. Students are allowed equal opportunity to enroll in various Outreaches, and are required to reflect back on their experiences.

YEAR 2

1. Advanced Clinical Theory & Practice

This course builds on all course materials from the first year of the massage therapy program. Students go beyond relaxation massage and move to a treatment management model of assessment and techniques specific to musculoskeletal conditions as well as pathological conditions.

2. Systems Anatomy 1

This is the first of two systemic anatomy courses in the final year of study. In this course, students will acquire knowledge of the respiratory, digestive and urinary systems. Each system will be described in great detail, as well as their relation to massage therapy.

3. Systems Anatomy 2

In this course, students will acquire knowledge of the reproductive and endocrine systems. These systems will be described in great detail, and their relation to massage therapy.

4. Business

Students are introduced to the basic concepts of small business and the laws governing the practice of Massage Therapy in Alberta. Topics include: Business structures, contracts, Marketing, Business planning and Accounting.



Course Components

5. Clinical Assessment 2

This course continues with the foundation training in the performance of clinical soft-tissue diagnostics and assessment techniques; including review of postural assessment, gait analysis, range of motion, and orthopaedic assessments.

6. Pathology

Students will learn general and systemic pathology according to the scope of massage therapy. They will be examining major pathological conditions with reference to etiology, pathogenesis and clinical features. Students will learn how to safely and effectively treat both general and specific pathological conditions as permitted within the scope of massage therapy.

7. Massage (Clinic)

Students continue their clinical work. Student therapists work under the supervision of a Registered Massage Therapist to provide massage therapy to a variety of clientele in the community.

8. Therapeutic Exercise

Students discuss the effects of therapeutic exercise on the development of flexibility, endurance, and strength. This course is designed to build principles of therapeutic exercise, with a greater emphasis on commonly encountered conditions that can be managed with exercise.

9. Nutrition

Students acquire the fundamental knowledge in integrating nutrition into massage therapy practice. Students will learn various dietary requirements for some common health related conditions and guidelines for the body's optimal function.

10. Integrated Studies

Students have the opportunity to refine their understanding of the techniques and theory learned. Learners will use critical thinking to decide which of their skills should be utilized with specific treatments. This course allows students to show their skills learned from content throughout the entire massage therapy program.

11. Neuroanatomy

Students will learn the structure and function of central nervous system and peripheral nervous systems. Major nerves of the cervical, brachial, lumbar, and sacral plexuses are studied with respect to their origins, pathway, innervations

12. Clinical Outreach

Students are given the opportunity to work on special populations, under the supervisor of an RMT in a variety of settings. Outreaches are carefully chosen to include a variety of events including sports, hospital care and charity situations.



Course Components

Optional - Business Communication

This course helps students explore and understand the role of communication in professional business settings. Attention is given to workplace culture, interpersonal and team communication, technology, professional presentations, research, meetings, and professional writing grounded in communication and business theory.

Optional - Resume Writing & Professional Skills

Students work with a professional career counsellor to develop and optimize a professional resume to put forward for employers. Additional support in job searching, interview techniques, and other career transition skills are offered to ensure students have the best possible work prospects.

Testimonials

“ As a Massage Therapy student, I’m really enjoying my studies right now. I enjoy learning the anatomy and physiology, I enjoy learning the different kinds of strokes of massage to treat the body. As you learn the treatment, you start to have the knowledge on how to help other people through proper techniques. ”

Concepcion Pasay

“ ABM College is the best college in the city. Management and staff are focused on helping students to achieve their career goals. If you want to be successful in your choice of learning, join the ABM College family! ”

Rona Labiuk



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Passion. Integrity. Success.

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