



WCCMT

West Coast College of **MASSAGE** Therapy



WCCMT'S 20 Month Competency-Based Mastery Level RMT Program





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The Best Choice in Registered Massage Therapy Education

35 Years of Proven Success is the WCCMT Difference

At WCCMT we provide Competency-based education at a Mastery level of education and training in the respected healthcare field of Registered Massage Therapy.

Our rigorous 20-month RMT program will provide you with the knowledge, skills, and attitudes you need to provide safe, effective, and ethical patient care.

Known nationally and internationally for excellence in massage therapy education and training WCCMT graduates are the graduates of choice for discerning employers looking for the best massage therapists in the industry today.

What a WCCMT Education Can Offer You

- An opportunity to study with the founding College of Massage Therapy Education in British Columbia, that was responsible for the initiation and development of the medical model approach to massage therapy in British Columbia.
- Most highly recognized and respected registered massage therapy training institution in the world today.
- RMT employees of choice in North America and world wide.

- Highest credentialed instructors available in the field today; Medical Doctors, Ph.D.'s, Doctors of Chiropractic, Naturopathic Physicians, and Registered Massage Therapists.
- Fully accredited for over 20 years with both the College of Massage Therapists of British Columbia and the Private Career Training Institutions Agency of B.C.
- 35 years of proven experience and success in registered massage therapy education.
- 35 years of proven exemplary performance on provincial board exams.
- The College and its leaders have been recognized and or awarded by the Financial Post, the M.S. Society, Parkinson's Society, Friends for Life, The City of New Westminster, The Council of Massage Therapy Schools of Canada, The Boucher Institute of Naturopathic Medicine, and Leading Spas of Canada.
- Most extensive clinical practicum programming in the industry today.
- Articulation agreements with Thompson Rivers University, Athabasca University, and the University College of the Fraser Valley.
- Licensure examination tutorial program and preparatory mock board exam.
- Priority transfer to any one of our five family of schools across Canada.

Program Outline

Competency Based Mastery Level RMT Program

Brief Program Description	<i>The purpose of WCCMT's Competency Based Mastery Level RMT Program of study is to educate and train students in the knowledge, skills and aptitudes required to successfully meet entry to practice requirements for the healthcare field of Registered Massage Therapy.</i>
Career Occupation* (if applicable)	<i>This program is intended to prepare students for entry to practice in the field of Registered Massage Therapy.</i>
Admission Requirements	<ul style="list-style-type: none">• Transcript of proof of minimum high school graduation• Proof of completion of an Introduction to Massage course• 3 signed original character reference letters• Medical note from physician• <i>Student budget worksheet</i>• Application essay• Current resume• Criminal record check• Educational interview• <i>Language proficiency assessment policy and procedure for students whose first language is not English</i>
Learning Objectives*	<p>Upon completion of this program the successful student will have reliably demonstrated the ability to:</p> <p><i>Acquire and integrate knowledge and understanding of Health Science curriculum based on the College of Massage Therapists of British Columbia's Guidelines for Foundational Knowledge document.</i></p> <p><i>Fulfill clinical competency requirements outlined in the Inter-Jurisdictional Occupational Competencies and Performance Indicators for Massage Therapists at Entry to Practice</i></p> <p><i>Apply knowledge and skills in the classroom and in the College's student intern clinic and outreach practicum settings.</i></p> <p><i>Provide safe, effective and ethical Registered Massage Therapy care.</i></p>
Method(s) of Evaluation*	<i>All methods of evaluation are included in course outlines.</i>
Completion Requirements*	<i>All students must complete each course in the program with a minimum passing grade of 70%. All students must also complete 550 hours of clinical internship which includes on-site clinical practicum and outreach practicum.</i>

Program Duration

The RMT program consists of 2423 instructional hours, a total of eighty - six (86) weeks in duration.

Homework Hours

In order for a student in the RMT program to be successful, he/she will require to put in a minimum of 18-21 hours/week of study and review outside of school work, for the entire duration of the program.

Delivery Method(s)

Indicate how the program is delivered

In-class instruction

Distance education

Combined delivery (in-class and distance)

Required course materials

TEXTBOOKS: Not provided as part of tuition fee, students must purchase independently. *(Please note this text book list is subject to change. Students should confirm required texts prior to purchase)*

TERM 1

Principles of Anatomy & Physiology 15th Ed., Tortora & Derrickson

Atlas of Human Anatomy 7th Ed., Frank H. Netter

Ethics and Professionalism, Cidalia Paiva

Messages – The Communication Skills Book 3rd Ed., McKay/Davis/ Fanning

Orthopedic Physical Assessment, 6th Ed., Magee

Modern Hydrotherapy for the Massage Therapist,

Marybetts Sinclair

Outcome-Based Massage. Putting Evidence into Practice, 3rd Ed., Andrade. CK

Talking Bodies Listening Hands, Fitch

Muscles: Testing and Function with Posture and Pain, 5th Ed., Kendall

TERM 2

Brunstrom's Clinical Kinesiology 6th Ed., Heuglum, Bertoti

Myofascial Pain & Dysfunction Vol. I, 2nd Ed., Travell & Simons

Myofascial Pain & Dysfunction Vol. II, 1st Ed., Travell & Simons

Clinical Massage Therapy, Rattray, Ludwig

TERM 3

Therapeutic Exercise – Foundations & Techniques, 7th Ed., Kisner & Colby

Making Sense of Research 2nd Ed., Martha Brown Menard
Textbook of Disorders and Injuries of the Musculoskeletal System, 3rd., Salter
Pathology for the Health Professions, 4th Ed., Ivan Damjanov
Management of Common Musculoskeletal Disorders, 4th Ed. Kessler and Hertling

TERM 4

All previously required textbooks.

TERM 5

All previously required textbooks.

RECOMMENDED ADDITIONAL RESOURCE

Clinical Anatomy by Regions, 9th Ed., Snell
The Muscular System Manual, 5th Ed., Muscolino
Pathology: Implications for the Physical Therapist, 4th Ed., Godman
Massage Therapy and Medications, Persad

MATERIALS AND SUPPLIES: Not provided as part of tuition fee, students must purchase independently.

- Linens
- Miscellaneous school supplies (pens, binders, etc.)

UNIFORM. EQUIPMENT AND OTHER: Not provided as part of tuition fee, students must purchase independently.

- Clinic Uniform
- Stethoscope
- Blood Pressure Cuff
- Massage Table
- Completion of Standard First Aid, Level “C” with AED

Program Organization

Title of Course/Work Experience Component	# of Hours
Term 1	
Anatomy & Physiology I	90
MSAK I Lecture	105
MSAK I Lab	80.5
Manual Skills I	105
Clinical Assessment	49
Ethics & Professionalism	27
Professional Communication	18

Term 2

Anatomy & Physiology II	45
MSAK II Lecture	90
MSAK II Lab	52.5
Manual Skills II	98
Neurology I PNS	45
General Pathology I	36
Health Regulation	15
Clinic Internship I	98

Term 3

Anatomy & Physiology III	84
Neurology II CNS	72
Systemic Treatments I	35
General Orthopedic Treatments	98
Therapeutic Exercise	52.5
Research and Academic Writing	36
Clinic Internship II	98

Term 4

Regional Orthopedic Treatment	77
Orthopedic Pathology	45
Anatomy and Physiology IV	39
General Pathology II	66
Systemic Treatments II	35
Joint Mobilizations	35
Clinic Internship III	196

Term 5

Neurological Assessment & Treatments	66.5
Business Practice Management	39
Pain & Stress	35
Advanced MFR	17.5
Clinical Case Presentation	24.5
Medications	18
Surgery	15
Spinal Orthopedic Treatment	42
Consolidated Practice	21
Mock OP's	26
Clinic Internship IV	196

About Our Program

Academic Prerequisite

Applicants must have a minimum of high school graduation. Applicants who do not yet have a high school diploma should contact their local school district or a post-secondary institution that offers the Adult Basic Education (ABE) program.

Practical Prerequisite

All applicants must have a minimum level of experience in introductory massage. This prerequisite can be met by the following criteria:

Successful completion of the **Introduction to Massage course** (one weekend) at WCCMT. An evaluation of the applicant's ability to learn basic skills will be conducted and the results will be forwarded to the Admissions Committee. It is recommended that this course be taken by the document deadline date to allow for the utilization of the skills prior to the start of the program. The cost of the Introduction to Massage course is \$300 to be paid at the time of registration. Please refer to our registration form for course dates.

Length: 5 Semesters, each semester being 15 weeks in length
6 - 7 Hours in-class time per day
Clinical Practicum Internship in Semesters 2-5

Education

Cost: \$31,500.00 (*Tuition may be subject to change*)

Start Dates: January and September

Additional

Costs: First Aid and Level "C" CPR (before Term 2)
Text Books – approximately \$2200.00
Supplies – approximately \$775.00
Massage Table – approximately \$800.00

Language Assessment Proficiency Policy and Procedure

All teaching and assessment at WCCMT is in English. Therefore, all students applying to WCCMT for admission whose first language is not English must satisfy the College that they have the required command of the English language to be successful in our program of study.

Students applying for admission to WCCMT whose first language is not English must demonstrate the following language competencies;

- The ability to speak and communicate in English
- The ability to listen and understand English
- The ability to read and understand in English
- The ability to demonstrate basic English writing skills

Students whose first language is not English can demonstrate that they meet language competency requirements as per the below listed;

- Successfully undertake either the IELTS, TOEFL or Can Test
- Complete formal education in an approved English language school which offers a program of study equivalent to TOEFL such as Inlingua Vancouver
- 2 Years of full time study at a secondary or college level in a country where English is an official language or language of common usage

Minimum Requirements for English Language Testing

International English Language Testing System (IELTS)

The minimum requirement is an overall band score of 6.0 (academic module) no more than 2 years before the start of the program

Test of English as a Foreign Language (TOEFL). Internet Based Test, minimum requirement is an overall score of 25 in each element. The minimum requirement is 550 in the paper-based test

Canadian Test of English for Scholars and Trainees (Can Test) – only in Ontario

Must achieve scores of 4.5 in listening, 4.5 in reading and 4.0 in writing

The College will not proceed with any application from any student whose first language is not the language of instruction until the prospective student has demonstrated that he/she has met language competency requirements.

Procedure

1. Proof of English language proficiency must be provided prior to an offer of admission into the program.
2. Students must submit their proof of English Language Proficiency via the provision to the College of official documentation as per any of the above which demonstrate proof of fulfillment of the Colleges English Language Proficiency requirements.
3. The College prefers that documentation come directly from the testing agency/school however will also accept documents if these are the originals and not photocopies via



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20 Month Payment Schedule

	Term 1	Term 2	Term 3	Term 4	Term 5	Program Total
* Enrolment Fee	\$2,500.00					
#1	1,750.00	2,175.00	2,175.00	1,800.00	1,800.00	
#2	1,750.00	2,175.00	2,175.00	1,800.00	1,800.00	
#3	1,700.00	2,150.00	2,150.00	1,800.00	1,800.00	
Term Total	\$7,700.00	\$6,500.00	\$6,500.00	\$5,400.00	\$5,400.00	\$31,500.00
Book Costs	\$1,050.00	\$562.00	\$418.00			

*** Enrolment fee due 10 business days after conditional acceptance**

Books & tuition costs are subject to change

Program Curriculum

Semester		Hours	Classes	Semester		Hours	Classes	
1	Orientation	3	1	5	Neuro Assess	66.5	19	
	A&P 1	90	30		Bus Practice Mgmt	39	13	
	MSAK 1 Lecture	105	35		Pain & Stress	35	10	
	MSAK 1 Lab	80.5	23		Advanced MFR	17.5	5	
	Manual Skills 1	105	30		CP Presentation	24.5	7	
	Clinical Assessment	49	14		Medications	18	6	
	Ethics and Prof	27	9		Surgery	15	5	
	Professional Comm	18	6		Consolidated Practice	21	6	
Term Totals		474.5	147	Mock Op's	26	7.5		
2	A&P 2	45	15	Spinal Orthopedic Tx	42	12		
	MSAK 2 Lecture	90	30	Clinic Internship 4	196	28		
	MSAK 2 Lab	52.5	15	Term Totals		500.5	119	
	Manual Skills 2	98	28	Program Total				2423
	Neurology 1 PNS	45	15					
	General Pathology I	36	12					
	Health Regulations	15	5					
	Clinic Internship 1	98	14					
Term Totals		479.5	134					
3	A&P 3	84	25					
	Neurology 2 CNS	72	24					
	Systemic Treatments 1	35	10					
	General Ortho Tx	98	28					
	Therapeutic Exercise	52.5	15					
	Research	36	12					
	Clinic Internship 2	98	14					
Term Totals		475.5	131					
4	A&P 4	39	13					
	General Pathology II	66	22					
	Reg. & Spinal Ortho Tx	77	22					
	Systemic Treatments 2	35	10					
	Orthopedic Pathology	45	15					
	Joint Mobilizations	35	10					
	Clinic Internship 3	196	28					
Term Totals		493	120					

Semester Overview

Semester 1

In semester one of our Competency-Based Mastery Level program, students are introduced to Anatomy and Physiology and Musculoskeletal Anatomy which forms the core expertise base for RMTs. In addition, students are introduced to the palpation, manual and assessment skills required for clinical practice and finally, to the subjects of Ethics and Professionalism and Communication which support them in understanding and fulfilling their professional role as regulated healthcare professionals in British Columbia.

Semester 2

In semester two, students continue to build on the foundational knowledge they have acquired in Anatomy and Physiology one and deepen and develop this knowledge by expanding it to include Pathology and Neurology. In semester two students also deepen and expand their palpation and manual skills. Additionally, in semester two students begin to integrate theory and practice by beginning their internship in our professional intern clinic where they provide relaxation-oriented massage therapy to the general public.

Semester 3

In semester three, students continue to build and advance their critical thinking and reasoning skills in order to support them in effective clinical management. In semester three students are introduced to numerous soft tissue complaints and conditions which RMTs typically treat and are introduced to therapeutic exercises. With increased knowledge and skill and the enhanced ability to integrate knowledge and skills students in term three are provided with the opportunity to begin treating soft tissue pathologies in our professional student intern clinic.

Semester 4

With the deepening and enhancement of clinical skills and critical thinking abilities in semester four, students are ready to treat more challenging orthopedic and systemic conditions utilizing advanced treatment techniques typically utilized by registered massage therapists for managing these conditions.

Semester 5

In semester five, students are introduced to several advanced techniques including Advanced Myofascial Release. They are also introduced in term five to the business and practice management skills they will need to support them in building and operating successful massage therapy practices as well as provided with a review of Ethics and Professionalism. At the completion of semester five students are confidently prepared to undertake the CMTBC's licensure examination for entry to practice.

Optional Preparatory Board Examination Prep Program

In order to support our students in successfully completing their provincial board exams upon graduation from WCCMT, we offer as an optional supplement to our 20-month Competency Based Mastery Level program, a health science review course to support students in retaining and maintaining currency in their knowledge in Health Science subject areas.

Additionally, we also provide our students with the opportunity to undertake a mock board examination exercise in order to support them in retaining currency and continuing to build their skills in Clinical Sciences in preparation for their licensure examination.

Integrating Theory and Practice- WCCMT's Professional Intern Clinic

For over 35 years WCCMT has been offering North America's most extensive clinical practicum training program on site in our Professional Intern Clinic.

Our Professional intern clinic provides our interns with the opportunity to integrate theory and massage skills and techniques and practice what they have learned in the classroom with the guidance and support of some of the most experienced, practicing clinical supervisors in the industry today.

Our clinical facility offers a relaxing reception/waiting area and 8 professional treatment rooms.

In reach Clinics

WCCMT also provides treatments for special population groups including: Multiple Sclerosis, Stroke, Cancer, Parkinson's, Arthritis, Fibromyalgia, Central Nervous System Disorders, Stress, Anxiety, Depression, and Sports.

Outreach Clinics

WCCMT offers the most diverse and comprehensive outreach program in the industry today. Developed in over 35 years of practice in British Columbia, WCCMT's sponsors and partners provide our students with the opportunity to treat a wide variety of patient populations presenting with diverse massage therapy pathologies and conditions.

Some of our outreaches include: Nigel House, Mount St. Mary's, Garth Homer, Luther Court, Victoria Native Friendship Centre, Berwick House, and the Royal Jubilee Hospital.



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Application Procedure

Applications will be processed on a first-come, first-served basis. Class space permitting, applications for the January and September programs should be submitted in advance of the program start date to allow for the necessary time required to process the application. **Late applications will be accepted until commencement of classes if space is available.**

Applications must be completed and meet minimum prerequisite requirements before a required education interview is scheduled. Interviews are designed to ascertain suitability for the program and to clarify expectations. Academic and personal achievements, which demonstrate an ability to commit and be effective within a professional training program, will be in the applicant's favor.

Please follow the instructions on the application form carefully to ensure processing without delay. A complete application, which meets all requirements, does not constitute a guarantee of acceptance. Classes may fill months prior to the commencement of classes, so every attempt should be made to submit your application as early as possible. Applications received after the class is full but prior to the application deadline date may be placed on a waiting list or may request enrolment in the subsequent class.

For more information on the required documents to complete an application and the deadline dates, please contact **Admissions at (250) 381-9800 ext. 227 or 224.**

Tuition, Books and Supplies

Tuition

Unlike public colleges and universities, WCCMT is not subsidized by the government and is therefore supported entirely by fees. In addition to tuition, WCCMT collects fees from the public for student intern treatments in our public clinics. While these fees do not cover the cost of operating the clinics, they do contribute to reducing the amount WCCMT is required to charge for tuition. Tuition is raised periodically, as required, based on increase in operation costs.

Tuition for WCCMT's Registered Massage Therapy Diploma program is **\$31,500** and is not subject to GST.

Books and Supplies

WCCMT does not supply the sales of textbooks and supplies to students; however, a list of required and recommended textbooks is supplied at the start of each term. In addition to the textbooks, students are responsible for acquiring their own portable treatment table for practical homework and outreach treatment use.

Most required textbooks are available through the University of Victoria Bookstore. We estimate the approximate cost of books and supplies to be \$3,800.00.

Term Dates

The Registered Massage Therapy Diploma program consists of five terms at fifteen weeks each with a two-week break in between each term.

**** Dates are subject to change ****

January 2020

Terms

- 1 – January 6, 2020– April 17, 2020
- 2 – May 4, 2020 – August 14, 2020
- 3 – September 8, 2020- December 18, 2020
- 4 – January 4, 2021 – April 16, 2021
- 5 – May 3, 2021- August 13, 2021

September 2020

Terms

- 1 – September 8, 2020- December 18, 2020
- 2 – January 4, 2021 – April 16, 2021
- 3 – May 3, 2021- August 13, 2021
- 4 – September 7, 2021- December 17, 2021
- 5 – January 3, 2022- April 15, 2022

Fact Sheet

Did you know?

- Massage therapy was named one of the best jobs by Money Magazine
- In British Columbia, 70% of massage therapy clients are doctor referrals
- Registered massage therapy is covered by extended healthcare plans such as Green Shield Canada, Flex Care, Manulife, Pacific Blue Cross, Sun Life

Student Loans

When should I send in my loan application?

In order to receive your loan by the start date of classes you should send in your application a minimum of 6 weeks prior to the start date of your program.

New students: can apply for student loans before they are accepted into the program

Enrolled students: you can apply in the term prior to when the loan is to be awarded.

What is the maximum award available through the federal and provincial student loans?

As of August 1, 2008, the Canadian Student loan maximum assistance is 60 percent of assessed need, up to a maximum of \$510 per week of study for students with dependent children and \$320 per week of study for students without dependents.

What is the latest I can apply for a loan for a program of study?

All loan applications for a particular study period must be received by the Student Services Branch no later than 8 weeks prior to the end of that study period. This means a correctly completed application as well as any reassessments, appeals or transfers.

How many applications will I have to make over the 20 months?

The average student will have to make 2 applications during the program.

What is the school's involvement in the loan application process?

- a) Students can make an appointment to meet with the school's financial aid advisor to discuss the loan application process.
- b) The Appendix 3 form included in the Loan Application package must be completed by the schools designated loans official. This form is returned electronically to Student Aid BC (see below).

Can I apply on line?

Yes, on-line student loan applications can be processed. You will need your SIN number. Students will receive a Notice of Assessment which will provide information on how much you will be receiving, how the amount was calculated and when it will be received.

You can go to the website to print off information and check the status of your student loan:

<http://www.aved.gov.bc.ca/studentservices/>

If a student wants to dispute their loan application what do they do?

If a student wishes to dispute their loan application, they can do one of 2 things:

- a) You can request a reassessment by completing an Appendix 7 (Request for reassessment). This form is used **only** if there was incorrect information filled out on the application or if the student financial situation has changed.
- b) You can appeal your loan amount only for something out of the ordinary. You will be assessed based on information given and only if there are exceptional circumstances can you appeal your loan.

Before you appeal you need to have an understanding of why you did not get the full amount. Refer to the Appendix 6 booklet which states the criteria required in order to appeal.

What course load do I need to maintain full-time status?

A student has withdrawn from full-time studies if the student does not maintain a course load of 60% for the entire length of their study period. If a student has been absent for more than 20% of the prescribed attendance, they are considered to have withdrawn from the program.

Who do I contact if I have questions about my loan?

Student Services Branch
Ministry of Advanced Education

P: 250-387-6100
www.bcsap.bc.ca

National Student Loans Service Centre
Private Institutions Division
PO Box 779, Station U
Toronto, ON M8Z 5P9
P: 1-866-576-7452 F: 1-866-587-7453