



RMT GENERAL INFORMATION HANDBOOK

FIRST COLLEGE REGISTERED MASSAGE THERAPY
MISSION STATEMENT

Our mission is to provide a contemporary and inspiring environment for pursuing a career in healthcare that is focused on Massage Therapy. We prepare and train young professionals for a future in therapeutic care by encouraging academic, technical and practical excellence as well as supporting a commitment to a lifetime of learning and professional service.

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FIRST COLLEGE DESIGNATIONS

First College is a privately-owned Canadian Community College located in Kelowna, British Columbia.

General Designation

First College is Certified and Designated by the Private Training Institutions Branch (PTIB) branch of the BC government Ministry of Advanced Education. Certification by PTIB assures clients that First College delivers education and training programs that meet and exceed high quality educational standards and student protection.

First College has, the Education Quality Assurance (EQA) Designation which enables students to easily see which post-secondary institutions the Government of BC recognizes as having met provincial quality assurance standards and offer consumer protection.

DLI # O256618792847, International students intending to study in Canada for more than six months require a study permit. Study Permits are issued by Immigration, Refugees and Citizenship Canada (IRCC) and application forms are available online or by paper. First College's Designated Learning Institution (DLI) number is O256618792847 (the first character is the letter 'O').

First College has StudentAidBC Designation, which helps with the cost of post-secondary education through student loans, grants, and scholarships. Students must attend a designated institution and be enrolled in an eligible program to qualify.

The Registered Massage Therapy Program at First College has been awarded 3-year accreditation by CMTCA (Canadian Massage Therapy Council for Accreditation) on May 21, 2021.

WHAT IS AN RMT?

Effective Date: January 2020

Established: October 2019

The College of Massage Therapists of British Columbia have bylaws, a code of ethics to be followed as well as the “Massage Therapy Regulations” under the umbrella of the Health Professions Act. The definition of massage therapy, the professions reserved titles and the scope of practice are all found here.

Students are encouraged to visit the CMTBC website and review all regulatory components of the Massage Therapy Profession.

Definition of an RMT:

Registered Massage Therapists (RMTs) in British Columbia are trained to: evaluate your health needs; provide an assessment of your specific soft tissue or musculoskeletal condition; predict the likelihood and/or timeline of your recovery; provide active (intense) or passive (gentle) hands on therapy; and through research, provide evidence-based patient education and remedial exercises. (taken from the RMTBC Website)

Important Associations in the Profession:

CMTBC – College of Massage Therapists of British Columbia
Website: cmtbc.ca

RMTBC – Registered Massage Therapists of British Columbia
Website: rmtbc.ca

PTIB – Private Training Institute of British Columbia
Website: privatetraininginstitutions.gov.bc.ca

CMTCA – Canadian Massage Therapy Council for Accreditation
Website: cmtca.ca

PROGRAM OUTLINE

Effective Date: January 2020

Established: October 2019

Program Description

The Registered Massage Therapy program will prepare the successful student to be able to provide massage therapy services to a variety of clientele in the form of manipulating muscles and soft tissue in a safe and effective manner. This program includes all of the requirements of the Inter-Jurisdictional Practice Competencies and Performance Indicators for Massage Therapists at Entry to Practice and also the requirements in the Guidelines for Foundational Knowledge.

Admission Requirements

Please refer to Registered Massage Therapy Program Admission Requirements in the General Information Handbook Pg. 18

Learning Objectives

1. Achieve competence as a Registered Massage Therapist with empathy and professionalism as part of a health care environment.
2. Achieve the skills necessary to perform massage therapy in a safe and effective health care setting.
3. Acquire and apply the specific competencies listed in the CMTBC Guidelines for Foundational Knowledge (GFK) and the Inter-Jurisdictional Practice Competencies and Performance Indicators for Massage Therapists at Entry to Practice.
4. Prepare the student to successfully complete the CMTBC registration examination.

Methods of Evaluation

- Individual and group projects with presentations
- Written and Presented clinical case study
- Written quizzes and cumulative midterm and final examinations in both academic and practical classes
- Performance based assessment examinations in practical classes
- Performance based assessment examinations in a clinical setting

Graduation Requirements

- Minimum of 70% passing for all final practical and theory examinations
- Successful completion of all clinical requirements
- Successful performance of all specific competencies as listed in the CMTBC Guidelines for Foundational Knowledge
- Mandatory attendance of a minimum of 90% of all classes
- Successful completion of all clinical hours (556 hours)

Program Duration

- Instructional hours – 2886 hours
- Total weeks – 90 weeks

Homework Hours

Approximately 1200 hours of homework will be required of the successful student over the two-year program.

Delivery Methods

In class instruction, lecture with power points, visual aids, pictures, models, worksheets, study guides and hands on demonstrations.

Required Course Materials

- An Introduction to Heat and Cold as Therapy (Fowlie)
- Atlas of Human Anatomy 7th (Netter)
- Brunnstrom's Clinical Kinesiology 6th (Houglum, Bertoli)
- Clinical Massage Therapy (Rattray, Ludwig)
- Making Sense of Research (Menard)
- Management of Common Musculoskeletal Disorders, Physical Therapy Principles and Methods 4th (Hertling, Kessler)
- Massage Therapy and Medications (Persad)
- Mosby's Fundamentals of Therapeutic Massage 7th (Fritz)
- Muscles Testing and Function with Posture and Pain 5th (Kendell)
- Orthopedic Physical Assessment 6th (David Magee)
- Outcome Based Massage from Evidence to Practice 3rd (Andrade)
- Pathology for the Health Professionals 5th (Damjanov)
- Principles of Anatomy and Physiology 15th (Tortora, Derrickson)
- Talking Bodies, Listening Hands: A guide to professionalism, communication and the therapeutic relationship 2nd (Fitch)
- Therapeutic Exercise Foundations and Techniques 7th (Kisner, Colby)

- Set of massage sheets with face cradle
- Oil holster
- Clinic shirt

Program Organization

Term 1	RMT 100 Massage Theory and Applications	157.5 hours
	RMT 101 MSA Lab I-Upper Body	105 hours
	RMT 150 Anatomy and Physiology I	90 hours
	RMT 151 MSA Lecture I-Upper Body	90 hours
	RMT 152 Professional Communications & Ethics I	45 hours
Term 2	RMT 200 Foundations of Clinical Application & Homecare	105 hours
	RMT 201 MSA Lab II-Lower Body	105 hours
	RMT 202 Assessment	52.5 hours
	RMT 250 Anatomy and Physiology II	90 hours
	RMT 251 MSA Lecture II-Lower Body	90 hours
	RMT 252 Professional Communications & Ethics II	45 hours
Term 3	RMT 300 Introduction to Orthopedic Treatment	52.5 hours
	RMT 301 Joint Mobilizations	52.5 hours
	RMT 302 Systemics	52.5 hours
	RMT 303 Therapeutic Exercise and Sports	52.5 hours
	RMT 350 Pathology I	90 hours
	RMT 351 Arthrology	45 hours
	RMT 352 Research and Law & Regulation	45 hours
	RMT 380 Clinic I	91 hours
Term 4	RMT 400 Orthopedic Treatment I-Upper Body	157.5 hours
	RMT 401 Neurological Treatment	52.5 hours
	RMT 450 Pathology II	90 hours
	RMT 451 Neurology	90 hours
	RMT 480 Clinic II	91 hours
Term 5	RMT 500 Orthopedic Treatment II-Lower Body	157.5 hours
	RMT 550 Anatomy and Physiology Review I	45 hours
	RMT 551 Business and Multidisciplinary Practice	45 hours
	RMT 552 Medication and Surgery	45 hours
	RMT 580 Clinic III	182 hours
Term 6	RMT 600 Consolidated Orthopedic Review	105 hours
	RMT 601 Musculoskeletal Anatomy Review	52.5 hours
	RMT 650 Anatomy and Physiology Review II	90 hours
	RMT 651 Clinical Case Study	45 hours
	RMT 680 Clinic IV	182 hours
	Total Program Hours	2886 hours
	Total Program Weeks	90 weeks

COURSE DESCRIPTIONS

Effective Date: January 2020

Established: October 2019

Massage Theory and Applications (RMT 100)

This is a practical based course and is a continuation of the Introductory to Massage weekend. In this class, students will learn the concepts of draping, limb handling, positioning and pillowing along with Swedish massage and fascial techniques to gain proficiency in performing full body relaxation massages. Students will perform hands on trades to apply their knowledge and become confident in their skills. The concepts of heat and cold will also be addressed so that it can be applied during massage treatments.

Musculoskeletal Anatomy Lab I (RMT 101)

This course runs in conjunction with MSA I lecture. The course focuses on the bones (osteology), joints (arthrology), muscles (myology) and bony landmarks of the upper body including the head, face and temporomandibular joint (TMJ). Included in the upper body in the upper extremity is the shoulder, upper and lower arm, the elbow and the wrist and hand. In particular the origins and insertions of muscles are studied as well as their nerve supply and actions. Muscle testing is added to this portion of the class for further understanding of joint & body mechanics. The biomechanics or kinesiology of these areas of the body are also introduced to the students as well as general principles of biomechanics.

Anatomy and Physiology I (RMT 150)

In anatomy and physiology, we describe the human body in levels of organization. Starting at the smallest level with the chemical level of organization (atoms, protons and elements) and then we take a larger look at the cellular level of organization (red and white blood cells, liver cells or skin cells). We continue to look larger and look at the tissue level of organization (bone, muscle and nerve tissue), and then an even larger look at the organ level of organization (organs like heart, lungs, kidneys) and finally we look at the whole organism or the whole body. The atoms and elements bond and connect to make different types of cells, these cells form together to make different types of tissue, the tissue differentiates into different types of organs and all the organs together make up a whole organism; the human body.

Musculoskeletal Anatomy Lecture I (RMT 151)

This course introduces descriptive medical terminology to the student to begin their understanding of medical vocabulary. The course focuses on the bones (osteology), joints (arthrology), muscles (myology) and bony landmarks of the upper body including the head, face and temporomandibular joint (TMJ). Included in the upper body is the upper extremity consisting of the shoulder, the upper and lower arm, the elbow and the wrist and hand. The origins and insertions of muscles are studied as well as their nerve supply and actions. The biomechanics or kinesiology of these areas of the body as well as basic general principles of biomechanics are also introduced to the students.

Professional Communications and Ethics I (RMT 152)

This course covers the basics of ethical considerations in massage therapy practice, regulation of such issues, the basics of professionalism and concepts such as confidentiality, boundaries, and therapeutic relationships. The student is also introduced to medical terminology. By the end of the course, students should demonstrate an understanding and compliance with the CMTBC's code of ethics and standards of practice around ethical practice. This course also includes medical terminology.

Foundations of Clinical Application and Homecare (RMT 200)

This is a practical based course and is a continuation of Massage Theory and Applications. In this class, students will learn and apply their knowledge on basic musculoskeletal injuries such as inflammation, spasm, contusions and scar tissue. Students will perform hands on trades to apply their knowledge and become more proficient in their skills. Charting will also be introduced in preparation for being in the student clinic. The concepts of basic stretching and strengthening will also be covered so that homecare can be applied during their first term in clinic.

Musculoskeletal Anatomy Lab II (RMT 201)

This course runs in conjunction with MSA II lecture. The course focuses on the bones (osteology), joints (arthrology), muscles (myology) and bony landmarks of the lower body including the cervical, thoracic and lumbar spine, the pelvis and hip, the femur and knee, the tibia, foot and ankle. In particular the origins and insertions of muscles are studied as well as their nerve supply and actions. Muscle testing is added to this portion of the class for further understanding of joint & body mechanics. The biomechanics or kinesiology of these areas of the body are also introduced to the students.

Assessment (RMT 202)

This is a practical based course which focuses on the introduction to assessment. In this class, students will learn and perform different forms of assessment, such as, postural scans, palpation, range of motion, joint play and neurological assessments. Students will apply their knowledge to select, perform and modify appropriate forms of assessment based on client history and observations.

Anatomy and Physiology II (RMT 250)

In anatomy and physiology II, we continue with the organ level of organization and go into more specific details of all the organ systems in the human body. We look at the endocrine system, the cardiovascular system, the respiratory system, the immune and lymphatic systems, digestion and metabolism, the liver and gallbladder, nephrology or the kidneys and finally the reproductive system.

Musculoskeletal Anatomy Lab II (RMT 251)

This course continues from MSA I in introducing & using more medical terminology. This course also focuses on the bones (osteology), joints (arthrology), muscles (myology) and bony landmarks of the lower body including the pelvis, hip, femur, knee, tibia, foot and ankle and the complete spine: cervical, thoracic & lumbar. In particular the origins and insertions of muscles are studied as well as their nerve supply and actions. The biomechanics or kinesiology of these areas of the body are also introduced to the students as well as general principles of biomechanics.

Professional Communications and Ethics II (RMT 252)

This course continues on from PE&C I in covering the basics of ethical considerations in massage therapy practice, regulation of such issues, the basics of professionalism and concepts such as confidentiality, boundaries, and therapeutic relationships. With an emphasis on the importance of communication both with clients and with other healthcare professionals (history taking and charting). Issues of conflict and resolution is discussed and using evidence-based practices as a massage therapist. This course also includes some public health considerations like identifying activities that can contribute to injury or time away from work, collaborating with other healthcare professionals and knowing all community resources available to provide ongoing patient support.

Introduction to Orthopedic Treatment (RMT 300)

This is a practical based course which focuses on the introduction to orthopedic treatments. In this class, students will learn and apply their knowledge to perform treatments on basic orthopedic conditions such as strains, sprains, dislocations and tendinitis. Students will become for efficient on selecting, performing and modifying appropriate techniques based on the condition presented.

Joint Mobilizations (RMT 301)

In this course the theory of joint mobilization is introduced in conjunction with knowledge obtained in Arthrology. The student is introduced to manual manipulation of peripheral joints and to establish normal ranges of motion at each joint as well as performing all the movements possible at the joint. Also introducing the biomechanics of each joint. The student is also introduced to the limitations on joint mobilizations and the limits to the massage therapist. The student will be able to perform range of motion assessment, functional assessment, joint play assessment, oscillation techniques, sustained glide techniques, distraction techniques and compression techniques to any joint in the body.

Systemics (RMT 302)

This is a practical based course which focuses on systemic conditions. In this class, students will learn and apply their knowledge on how to adapt different aspects of the treatment to be safe and effective when dealing with secondary conditions. This class will review some respiratory, circulatory and gastrointestinal pathologies, as well as other systemic conditions and how they can change our approach to massage therapy treatments. Students will perform hands on trades to apply their knowledge and become more proficient in their skills.

Therapeutic Exercise and Sports (RMT 303)

This is a practical based course that focuses on therapeutic exercises and sports treatments. In this class, students will learn and apply their knowledge on kinetic chains, levers, forces and gravity. The concepts of different exercises will be addressed, including range of motion, strength, cardiovascular and proprioception. Students will do hands on trades to apply their knowledge and improve their skills when performing pre and post sports massages and exercise physiology.

Pathology I (RMT 350)

Pathology is the study of disease, more specifically the nature, the process, the course and the cause of a disease. We study pathologies in similar groups or by which organ system they affect. We describe in detail specific pathologies like cancer, lymphatic or immune system pathologies, integumentary system (or skin pathologies), muscular pathologies, arthropathologies (joint pathologies), pediatric pathologies, skeletal system pathologies, neuropathologies (nervous system pathologies), systemic pathologies, inflammatory arthritides like arthritis and finally fascial pathologies. For each pathology we describe the complete description or definition of the disease, the etiology or cause of the disease, the pathogenesis or the development of the disease, the clinical features or signs and symptoms of the disease, the application of massage therapy treatment options for the disease and finally the prognosis of the disease.

Arthrology (RMT 351)

In this course the different types of joints, different classifications of joints (structural and functional) and the functions of joints are all explored. The anatomy, function and structure including points of articulation or articular surfaces, bony surfaces and the ligaments supporting each specific joint in the body are described. The biomechanics of each joint is also described.

Research and Law & Regulations (RMT 352)

This course introduces the foundations of research and the principles of evidence-based practice. The student is exposed to the language of research and the methods used in research design and the peer review process. The strengths and weaknesses of different research designs are discussed. The student will perform a research literature search. The concepts of validity and reliability are introduced as well as populations & samples for inclusion in a study. The concepts of measuring distributions (mean, median, mode, standard deviation) are also explored. The application of statistics in research and how it relates to clinical evidence and how that can change practice. The student will know all the components of a research article and the importance of each component. This course also introduces the case study report due in Term 6.

This course also introduces laws & regulations with regard to Massage therapy in BC and in Canada, with an understanding of the regulatory requirements of a massage therapist, including the code of ethics of the CMTBC, the Standards of Practice by the CMTBC, Notices to the Profession of the CMTBC and the Bylaws of the CMTBC. Specifically, the structure and function of the CMTBC and its relationship to the Ministry of Health and the Government of BC is examined. The student will learn what is required for registration in BC with the College.

Clinic I (RMT 380)

This is the first term for student clinic, where the students spend one 6.5 hour shift per week either in the clinic treating the public under supervision of a clinic supervisor or at an outreach location, treating a dedicated population. Initially the student is exposed to the policies and procedures in the student clinic including laundry and clinic assistant duties. The student is to become accustomed to working in a clinic setting. The safe and effective treatment of patients in the student clinic is the most important aspect of this course.

Orthopedic Treatment I (RMT 400)

This is a practical based course which focuses on orthopedic treatments of the upper body. In this class, students will learn and apply their knowledge on how to assess and treat different conditions. This class will review the anatomy of the different regions and then apply their assessment findings to treatment of the conditions presented. Students will perform hands on trades to practice their skills and become more confident and proficient in their treatments.

Neurological Treatment (RMT 401)

This is a practical based course which focuses on the peripheral and central nervous systems. In this class, students will learn and apply their knowledge on how to adapt different aspects of the treatment to be safe and effective when dealing with neurological conditions. This class will give an introduction to patient transfers and will allow the students to perform hands on trades to apply their knowledge and become more comfortable and confident when treating neurological deficits.

Pathology I (RMT 450)

In Pathology II we continue on from Pathology I in studying the rest of the organ system diseases. Again, we study the nature, the process, the course and the cause of each disease. We study pathologies in similar groups or by which organ system they affect. We describe in detail specific pathologies like cardiovascular pathologies, respiratory pathologies, urinary pathologies, gastrointestinal pathologies, liver and gallbladder pathologies, endocrine pathologies, geriatric pathologies, ENT (ear, nose & throat) pathologies, female reproductive system including pregnancy pathologies, male reproductive system pathologies, sexually transmitted diseases, and finally congenital and genetic diseases. For each pathology we detail the complete description or definition of the disease, the etiology or cause of the disease, the pathogenesis (or the development of the disease), the clinical features (or signs and symptoms) of the disease, the application of massage therapy treatment options for the disease and finally the prognosis of the disease.

Neurology (RMT 451)

This course is an introduction to anatomy & physiology of the nervous system focusing on the brain & spinal cord, the peripheral nervous system and also the autonomic nervous system and how they all integrate together. The anatomy of the brain is described in detail and how it controls the peripheral nervous system. The peripheral nervous system is also described in detail, with a focus on the sensory & motor divisions and how they affect muscles and movement of the body. The nerves, the action potentials, synaptic transmission, neurotransmitters and neural circuits are all covered as well as nerve repair and regeneration. The autonomic nervous system is described in relation to the central & peripheral nervous systems and how they all integrate.

Clinic II (RMT 480)

This is the second term for student clinic, where the students spend one 6.5 hour shift per week either in the clinic treating the public under supervision of a clinic supervisor or at an outreach location, treating a dedicated population. Initially the student is exposed to the policies and procedures in the student clinic including laundry and clinic assistant duties. The student is to become accustomed to working in a clinic setting. The safe and effective treatment of patients in the student clinic is the most important aspect of this course.

Orthopedic Treatment II (RMT 500)

This is a practical based course which focuses on orthopedic treatments of the upper body. In this class, students will learn and apply their knowledge on how to assess and treat different conditions. This class will review the anatomy of the different regions and then apply their assessment findings to treatment of the conditions presented. Students will perform hands on trades to practice their skills and become more confident and proficient in their treatments.

Anatomy and Physiology Review I (RMT 550)

This is a review class of RMT 150 Anatomy and Physiology I. In anatomy and physiology, we describe the human body by levels of organization. Starting at the smallest level with the chemical level of organization (atoms, protons and elements) and then a larger look at the cellular level of organization (red and white blood cells, liver cells or skin cells), and then we take an even larger look at the tissue level of organization (bone, muscle and nerve tissue), and then an even larger look at the organ level of organization (organs like heart, lungs, kidneys) and finally we look at the whole organism or the whole body. The atoms and elements bond and connect to make different types of cells, these cells form together to make different types of tissue, the tissue differentiates into different organs and all the organs together make up a whole organism the human body.

Business and Multidisciplinary Practice (RMT 551)

This course covers the importance of business practices in massage therapy. It covers basic accounting and bookkeeping, third party insurance (MSP, ICBC, Veterans Affairs, WorksafeBC, labour laws, as well as documentation, record keeping and billing procedures. The student is instructed in writing a medical legal report and also in the costs to start a new massage therapy clinic. In the multidisciplinary practice part of this course the student is exposed to other allied healthcare practitioners in a presentation format with questions and answers (examples: physiotherapists, chiropractors, kinesiologists, counsellors, medical doctors, dentists, accountants, lawyers and marketing specialists). This allows the student to fully understand the interrelatedness of our healthcare system and how we all work together towards patient support and care.

Medication and Surgery (RMT 552)

This course presents information about common surgical procedures and their possible postoperative complications. How these complications effect massage therapy treatment is also described and how important history taking, and assessment methods are for safe & effective treatment for the post-operative patient. Contraindications & precautions are also thoroughly described for the post-operative patient.

This course also provides instruction into the terminology of pharmacology and the common classes of drugs. With a focus on how drugs are classified, defined and used. Side effects of each class of drug are also described. This course also provides insight into the contraindications and precautions of both prescription and over the counter drugs with respect to massage therapy treatment and if treatment modifications are needed to provide safe and effective care. This course also describes careful history taking principles about drug use to be able to give safe & effective treatment.

Clinic III (RMT 580)

This is the third term for student clinic, where the students spend two 6.5 hour shifts per week either in the student clinic treating the public under supervision of a clinic supervisor or at an outreach location, treating a dedicated population. Initially the student is exposed to the policies and procedures in the student clinic including laundry and clinic assistant duties. The student is more accustomed to working in a clinic setting. The safe and effective treatment of patients in the student clinic is the most important aspect of this course.

Consolidated Orthopedic Treatment (RMT 600)

This is a practical based course which reviews all practical classes in Year 1 and all topics covered in Orthopedic Treatment I and II. In this class, students will hone their knowledge and skills on how to assess and treat different conditions. This class will review the anatomy of the different regions and then apply their assessment findings to treatment of the conditions presented. Students will perform hands on trades to practice their skills and become proficient in their treatments. In this class, students will also go through the process of Mock PBA exams in preparation for their provincial board exams.

Musculoskeletal Anatomy Review (RMT 601)

This course is a review course of musculoskeletal anatomy I and II. The bones, joints, muscles and bony landmarks of the body are further studied and integrated with clinical information and presented in a case scenario format. The basics of body biomechanics and how that relates to injury, assessment and treatment is the cornerstone of this course and serves to consolidate and apply all knowledge acquired to date to massage therapy practice.

Anatomy and Physiology Review II (RMT 650)

This is a review class of RMT 250 Anatomy and Physiology II. In anatomy and physiology II, we continue with the organ level of organization and go into more specific details of all the organ systems in the human body. More specifically we look at the endocrine system, the cardiovascular system, the respiratory system, the immune and lymphatic systems, digestion and metabolism, the liver and gallbladder, nephrology or the kidneys and finally the reproductive system.

Clinical Case Study (RMT 651)

This course starts in term 3 with the Research class where the student is exposed to many types of research including the case study. The components of a case study are explained and the process of finding and looking up relevant, up-to-date, evidence-based research is performed in preparation for their own case study. Each student is to find a client with a diagnosable pathology to be in their own case study, a case study advisor is appointed to each student. During the next 3 terms, the student will have researched their particular pathology for evidenced based studies and for possible treatment, assessment and outcome information. The student will then propose a case study proposal to their advisor for approval and then will treat their client in student clinic (usually in term 4). After treatment is completed the student will then write up their case study as per APA formatting. The written case study is due in term 8 and the formal presentation to their peers is also delivered in term 8. Class time for this course is dedicated to writing their case study then presenting it to their peers.

Clinic IV (RMT 680)

This is the fourth and final term in student clinic, where the students spend two 6.5 hour shifts per week either in the clinic treating the public under supervision of a clinic supervisor or at an outreach location, treating a dedicated population. Initially the student is exposed to the policies and procedures in the student clinic including laundry and clinic assistant duties. The student is more accustomed to working in a clinic setting and should be familiar with all aspects of clinic work. The safe and effective treatment of patients in the student clinic is the most important aspect of this course.

CAMPUS INFORMATION

Effective Date: January 2020

Established: October 2019

First College is centrally located in the heart of downtown Kelowna. There are many amenities within walking distance from the College such as bus stops, parkades, restaurants, coffee shops, stores and much more.

Contact Information:

First College is located at 532 Leon Avenue, Second Floor, Kelowna, BC V1Y 6J6

Office: (778) 754-2888 / (778) 478-6611

Fax: (778) 478-6610

Website: firstcollege.ca

Hours of Operation:

First College Kelowna Campus operates from 8:00 am to 5:00 pm, Monday to Friday and closed on Statutory holidays. Student services will be available from 9:00 am to 5:00 pm

*The RMT student clinic will operate from 8:00am to 9:30pm on various days depending on the term.

The instructors may have different teaching hours than the ones mentioned above.

Please note, none of the employees will be working during any statutory holidays.

Parking:

First College does not provide student parking. Students are responsible for making their own arrangements for transportation and parking for classes and related practice education.

ADMISSION REQUIREMENTS

Effective Date: January 2020

Established: October 2019

First College admits applicants on a first-qualified basis, whereby applicants must meet the following admission criteria:

1. High school graduation or equivalent
(BC High School Diploma, BC Adult Graduation Diploma, General Education Development-GEC, or an equivalent secondary school completion from another jurisdiction).
2. Proof of meeting English Language Competency Requirements
(Students must have strong verbal and written communication skills, as well as satisfactory and active English comprehension skills. All applicants must meet the English Language Competency requirements)

For students whose first language is English, evidence of one of the following:

- Proof of completion of Grade 12 English.
- College courses determined to be equivalent to completion of Grade 12 English (or higher) by post-secondary institutions. Applicants must produce transcripts as evidence of completion. A minimum of a C grade is acceptable.
- Canadian Adult Achievement Test (CAAT): Reading Comprehension 35/50, Spelling 23/32.
- Language Placement Index (LPI):
The three individual scores (Sentence Structure, English Usage, and Reading Comprehension) must total a minimum of 20, out of a maximum possible score of 40. Essay level of 4, with a minimum essay score of 24/40.
- Accuplacer:
Grade 12 level or higher Recommended Cut Scores:
Reading Comprehension 60
Sentences Skill 55
Writeplacer 4

For students whose first language is not English, evidence of one of the following completed tests:

- Canadian Language Benchmark Placement Test (CLB PT) completed within the last year. Minimum scores in the following categories: Listening-7, Speaking-7, Reading-6 and Writing-6
Note: a CLB Report Card from a LINC Program may also be accepted.
- Canadian English Language Proficiency Index Program (CELPIP – General) completed within the last year. Minimum scores in the following categories: Listening-7, Speaking-7, Reading-6 and Writing-6.
- International English Language Testing System (IELTS) completed within the last two years. Minimum scores in the following categories: Listening-6, Speaking-6, Reading-5.5, Writing-5.5.
- Canadian Academic English Language Assessment (CAEL) completed within the last two years. Overall Score of 60, with no section less than 50.
- The Test of English as a Foreign Language (TOEFL) completed within the last two years, IBT only. Overall score of 76 with no score lower than 20 in Speaking and Listening and no score lower than 18 in Reading and Writing.

3. Application Essay

Please provide an application essay that is grammatically correct and 300-400 words. Your essay should address:

- Why you want to be a Registered Massage Therapist?
- What you have to offer the profession?
- What your experiences are, if any, with Massage Therapy?

4. Character Reference Letters

Two current character reference letters are required.

- The reference letters should come from any of the following: a health care professional (chiropractor, physiotherapist, doctor, nurse, etc.), an employer (past or present), or a friend who has known you for over five years.
- The letters should speak to your character and why they feel you are suitable for this profession.

5. Current Resume

Please provide a current resume.

6. Introduction to Massage Therapy Course

Completion of the RMT Introduction Course offered by First College or another accredited Massage Therapy Institution in B.C. Course dates are listed on the website.

7. A Criminal Record Check

A criminal record check must be obtained from the B.C. Ministry of Public Safety and the Solicitor General's Criminal Records Review Office. First College's admission offices will provide applicants with instructions and forms for applicants to submit to the Solicitor General's Office and a deadline for the College to receive their criminal record check.

Prior to their arrival in Canada, international students must provide a criminal record check from their country of residence in place of a domestic criminal record check.

8. Medical Note from Physician

A Medical Clearance form, which is part of the application package, must be filled out by a Physician.

9. Education Interview

An interview with the Program Director will be scheduled once your application process has begun. You will be contacted by Admissions to schedule an in-person interview.

Practice Education Requirements:

1. Current immunization Record
2. Standard First Aid with CPR-C and AED

Practice Education Requirements are due prior to the first day of Clinical Placement (Before the end of Term 2), the Student Service Department will assist you with obtaining necessary documentation.

GRADUATION REQUIREMENTS

Effective Date: January 2020

Established: October 2019

- Minimum of 70% passing for all final practical and theory examination
- Successful completion of all clinical requirements
- Successful performance of all specific competencies as listed in the CMTBC Guidelines for Foundational Knowledge and the Inter-Jurisdictional Practice Competencies and Performance Indicators for Massage Therapists at Entry-to-Practice.
- Mandatory attendance of a minimum of 90% of all classes
- Successful completion of all clinical hours (556hrs)

FEEES

Effective Date: January 2020

Established: October 2019

Domestic Student - Tuition Fees:

Application Fee:	\$150.00
Tuition Fees (total for 2-year Program):	\$32,000.00
Course Materials:	\$900.00
Textbooks:	\$1700.00

International Student – Tuition Fees:

Application Fee:	\$150.00
Administrative Fee:	\$200.00
Tuition Fees (total for 2-year Program):	\$36,000.00
Course Materials:	\$900.00
Textbooks:	\$1700.00

THE CLINICAL EXPERIENCE

Effective Date: January 2020

Established October 2019

The student clinical experience is a requirement of the Registered Massage Therapy Program. This experience allows students to apply the knowledge they have learned under the supervision of a Registered Massage Therapist. The clinical placements give students the opportunity to work with a variety of diverse populations to prepare them for their own practices.

Before entering the clinical part of the program students must have successfully completed all academic and practical courses in Terms 1 and 2, have a current criminal record check, have completed a medical file as outlined by First College and hold a current First Aid and Standard CPR-C with AED certificate.

The purpose by which the student will complete their clinical experience is as follows:

- Students will start their clinical experience in Term 3 and continue each term until they graduate in Term 6. Students will participate in a variety of settings including the student clinic and dedicated in-reach and outreach programs laid out by First College and their affiliates.
- Students will complete six and a half hour shifts in a clinical setting (in the student clinic or in-reach/outreach setting), for a total of 556 hours (420 direct hours and 136 indirect hours). Students must be available for day or evening shifts during the weekdays and the occasional weekend. All clinic shifts are supervised by an instructor who is on-site at all times while the student is in the Clinical setting.

TRANSFER STUDENTS

Effective Date: January 2020

Established October 2019

At First College we will acknowledge all transfer students' prerequisites and review them on a case by case basis to determine their entry point into our Program.

Requirements from student:

Transcripts from previous massage therapy college

Clinic hours from previous massage therapy college

Must be transferring from another accredited massage therapy college in Canada

All other admission requirements for a regular/non-transfer student must also be met

The Process:

The student will meet with the Program Director and determine where they left off and what they are missing – the review process. The Program Director will determine the challenge exams for each course the student will have to take and pass. This includes especially the practical courses and the performance-based exams. The previous clinical hours must be approved by the Practical Director and taken into account to help determine the term the transfer student may enter.

If a student passes a challenge exam, they will get credit for that course. If they do not pass the challenge exam, they will have to take the course at First College. All courses that are challenged and passed do not have to be retaken.

COHORT SCHEDULES

Effective Date: January 2020

Established October 2019

Registered Massage Therapy Program

Cohort Schedules



January Start

Term	Wks
1	15
Break	1
2	15
Summer Break	4
3	15
Christmas Break	2
4	15
Break	1
5	15
Summer Break	4
6	15

Graduate

Length of program w/breaks 102

September Start

Term	Wks
1	15
Christmas Break	2
2	15
Break	1
3	15
Summer Break	4
4	15
Christmas Break	2
5	15
Break	1
6	15

Graduate

Length of program w/breaks 100