

Program Planning Guide

MESSAGE THERAPY DIPLOMA

Let's get started! Use this guide to:



PLAN YOUR COURSE SCHEDULE



REGISTER FOR COURSES



ASK FOR HELP WHEN YOU NEED IT



Course Selection and Registration

CHOOSE YOUR COURSES

This program has been designed to be taken over two years, but can be completed in up to six years.

Complete in 2 years	Follow the sequence of courses provided in the course list on pages 4 and 5 of this guide.
Complete in 3 to 6 years	Follow a sample 3-year schedule from page 6 of this guide OR Plan your own schedule by following these steps: <ol style="list-style-type: none">1. Review your mruGradU8 profile (MyMRU > My Program > mruGradU8) to see your current, completed and required courses. Make note of the courses you still need to complete.2. View the courses on pages 4 and 5 of this guide to see when your

TIPS

- To maintain full-time status, you must register for a minimum of 60% of a full course load. The course load per semester is based on the total semester hours. Specific course hours and the total hours for each semester is located in the course list.

Exceptions apply, so we recommend connecting with [MRU Financial Aid](#) for guidance.

- Prioritize courses that are prerequisites for others
- The minimum grade required to meet prerequisite and graduation requirements will be listed on your course outlines.
- **International students:** You may have additional factors to consider when choosing your courses. We strongly recommend regular advising appointments and connecting with the [International Education Office](#) for guidance.

REGISTER FOR COURSES

Once you've chosen your courses, you can register through [MyMRU](#). See the [Course Registration Tutorial](#) for step-by-step instructions.

TIPS

- XPFT 20001 Human Anatomy and XPFT 20002 Human Physiology are in the Personal Fitness Trainer subject area on MyMRU. You'll need to register for all three linked sections (lecture, lab, tutorial) for your preferred section. Section 002 (online) and 004 (in-person) are restricted for Massage Therapy students.
- Stay informed about add/drop dates, withdrawal dates, and other registration timelines through the [Critical Dates Calendar](#).



PRACTICUM & OUTREACH (PRC)

Practicum

- ◆ Practicum courses are delivered in person at MRU's [Student Practicum Clinic](#).
- ◆ Courses are scheduled during daytime, evening and weekend hours.

Outreach

- ◆ Outreach courses include on- and off-site practical opportunities with special populations.
- ◆ Outreach hours are scheduled during daytime, evenings, and weekends.



ONLINE (ON)

- ◆ Instructor-facilitated online courses begin and end on set dates with specific deadlines for assessments.
- ◆ There are no specific times or days to attend online lectures. Coursework is completed independently online.
- ◆ Final exams are proctored online through ProctorU (fees apply).



BLENDED (BL)

- ◆ Combination of scheduled in-person lectures and independent online coursework



LECTURE (LEC)

- ◆ In-person lectures are scheduled in a classroom.
- ◆ Lecture courses are typically scheduled during daytime, weekday hours.

YEAR ONE Course List

Subject Code	Course	Fall				Winter				Spring		Summer		Hours	Prerequisites
		Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug		
SEMESTER 1															
XPFT 20001	Human Anatomy + Lab	BL or ON				BL or ON				ON				96	None
XPFT 20002	Human Physiology + Lab	BL or ON				BL or ON				ON				96	None
XMAT 25001	Medical Terminology	ON				ON								16	None
XMAT 25002	Musculoskeletal Anatomy + Lab	BL				BL				BL				96	None
XMAT 25003	Fundamentals of Charting	BL or ON				BL or ON								16	None
XMAT 25004	Fundamentals of Massage	BL				BL								32	None
XMAT 20701	Ethics & Communication I			BL or ON				BL or ON						48	None
XMAT 25006	Massage Techniques I			BL				BL						96	XMAT 25003 Fundamentals of Charting XMAT 25004 Fundamentals of Massage
Total Semester 1 hours													496		
SEMESTER 2															
XMAT 25007	Outreach I					PRC				PRC				32	XMAT 25002 Musculoskeletal Anatomy XMAT 25006 Massage Techniques I XMAT 20701 Ethics & Communication I Standard First Aid and CPR Level C
XMAT 25008	Pathology I					ON				ON				96	XPFT 20001 Human Anatomy, XPFT 20002 Human Physiology XMAT 25001 Medical Terminology
XMAT 25009	Therapeutic Exercise I					BL				BL				48	XMAT 25002 Musculoskeletal Anatomy
XMAT 25010	Massage Techniques II					BL				BL				96	XMAT 25006 Massage Techniques I XMAT 20701 Ethics & Communication I XMAT 25002 Musculoskeletal Anatomy
XMAT 25011	Orthopedic Assessment I					BL				BL				96	XMAT 25002 Musculoskeletal Anatomy XMAT 25003 Fundamentals of Charting XMAT 20701 Ethics & Communication I
XMAT 25012	Practicum I					PRC				PRC				52	XMAT 25002 Musculoskeletal Anatomy XMAT 25006 Massage Techniques I XMAT 20701 Ethics & Communication I Standard First Aid and CPR Level C
Total Semester 2 hours													420		
SEMESTER 3															
XMAT 25013	Regional Anatomy	ON								ON				64	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology XMAT 25002 Musculoskeletal Anatomy. <i>Co-requisite: XMAT 25014 Regional Anatomy Lab</i>
XMAT 25014	Regional Anatomy Lab	LEC								LEC				64	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology XMAT 25002 Musculoskeletal Anatomy <i>Co-requisite: XMAT 25013 Regional Anatomy</i>
XMAT 25015	Fundamentals of Research	ON								ON				48	None
XMAT 25016	Treatments I	BL								BL				96	XMAT 25008 Pathology I XMAT 25010 Massage Techniques II XMAT 25011 Orthopedic Assessment I XMAT 25009 Therapeutic Exercise I
XMAT 25017	Practicum II	PRC								PRC				50	XMAT 25009 Therapeutic Exercise I XMAT 25010 Massage Techniques II XMAT 25011 Orthopedic Assessment I XMAT 25012 Practicum I Standard First Aid and CPR Level C
Total Semester 3 hours													322		

YEAR TWO Course List

Subject Code	Course	Fall				Winter				Spring		Summer		Hours	Prerequisites
		Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug		
SEMESTER 4															
XMAT 25018	Pathology II	ON				ON								96	XMAT 25008 Pathology I
XMAT 25019	Therapeutic Exercise II	LEC				LEC								48	XMAT 25009 Therapeutic Exercise I XMAT 25013 Regional Anatomy XMAT 25014 Regional Anatomy Lab
XMAT 25020	Neuroanatomy	BL				BL								48	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology XMAT 25008 Pathology I
XMAT 25021	Orthopedic Assessment II	BL				BL								96	XMAT 25011 Orthopedic Assessment I
XMAT 25022	Treatments II	BL				BL								96	XMAT 25016 Treatments I XMAT 25013 Regional Anatomy XMAT 25014 Regional Anatomy Lab
XMAT 25023	Practicum III	PRC				PRC								50	XMAT 25016 Treatments I XMAT 25013 Regional Anatomy XMAT 25014 Regional Anatomy Lab XMAT 25017 Practicum II Standard First Aid and CPR Level C
Total Semester 4 hours														434	
SEMESTER 5															
XMAT 25024	Outreach II					PRC				PRC				64	XMAT 25007 Outreach I XMAT 25022 Treatments II XMAT 25021 Orthopedic Assessment II XMAT 25020 Neuroanatomy XMAT 25023 Practicum III Standard First Aid and CPR Level C
XMAT 25025	Ethics & Communication II					ON				ON				48	XMAT 20701 Ethics & Communication I XMAT 25015 Fundamentals of Research
XMAT 25026	Treatments III					BL				BL				96	XMAT 25022 Treatments II XMAT 25020 Neuroanatomy XMAT 25021 Orthopedic Assessment II XMAT 25018 Pathology II XMAT 25019 Therapeutic Exercise II
XMAT 25027	Practicum IV					PRC				PRC				50	XMAT 25023 Practicum III XMAT 25022 Treatments II XMAT 25021 Orthopedic Assessment II XMAT 25020 Neuroanatomy XMAT 25019 Therapeutic Exercise II Standard First Aid and CPR Level C
XMAT 25028	Business of Massage Therapy					ON				ON				48	None
Total Semester 5 hours														306	
SEMESTER 6															
XMAT 25029	Outreach III	PRC								PRC				80	XMAT 25024 Outreach II XMAT 25026 Treatments III XMAT 25025 Ethics & Communication II XMAT 25020 Neuroanatomy Standard First Aid and CPR Level C
XMAT 25030	OSCE	BL								BL				64	XMAT 25025 Ethics & Communication II XMAT 25026 Treatments III XMAT 25027 Practicum IV
XMAT 25031	Case Study	BL								BL				54	XMAT 25025 Ethics & Communication II XMAT 25026 Treatments III XMAT 25027 Practicum IV Co-requisite: XMAT 25032 Case Study Lab
XMAT 25032	Case Study Lab	BL								BL				24	XMAT 25025 Ethics & Communication II XMAT 25026 Treatments III XMAT 25027 Practicum IV Co-requisite: XMAT 25031 Case Study
Total Semester 6 hours														222	



3-YEAR SCHEDULES

- The sample schedules on this page provide an alternative to the two-year schedule in the main course list.
- These samples are an example you may choose to follow or use as a starting point to make your own schedule.
- You can take as many or as few courses each semester as suits your schedule. However, student loans may require you to maintain a minimum course load.

Fall Start 3-YEAR SCHEDULE			
	YEAR ONE	YEAR TWO	YEAR THREE
Fall	Musculoskeletal Anatomy + Lab Medical Terminology Fundamentals of Charting Fundamentals of Massage Ethics & Communication I Massage Techniques I Total hours: 304 (Full time)	Regional Anatomy Regional Anatomy Lab Treatments I Practicum II Total hours: 274 (Full time)	Fundamentals of Research Pathology II Total hours: 144 (Part-time)
Winter	Human Anatomy + Lab Human Physiology + Lab Massage Techniques II Total hours: 288 (Full time)	Therapeutic Exercise II Neuroanatomy Orthopedic Assessment II Treatments II Practicum III Total hours: 338 (Full time)	Business of Massage Therapy Treatments III Total hours: 144 (Part time)
Spring/Summer	Outreach I Pathology I Therapeutic Exercise I Orthopedic Assessment I Practicum I Total hours: 324 (Full time)	Outreach II Ethics & Communication II Practicum IV Total hours: 162 (Part time)	Outreach III OSCE Case Study Case Study Lab Total hours: 222 (Full time)

Winter Start 3-YEAR SCHEDULE			
	YEAR ONE	YEAR TWO	YEAR THREE
Winter	Medical Terminology Musculoskeletal Anatomy + Lab Fundamentals of Charting Fundamentals of Massage Ethics & Communication I Massage Techniques I Total hours: 304 (Full time)	Outreach I Practicum I Pathology I Total hours: 180 (Part time)	Outreach II Ethics & Communication II Pathology II Therapeutic Exercise II Total hours: 256 (Full-time)
Spring/Summer	Human Anatomy + Lab Human Physiology + Lab Therapeutic Exercise I Massage Techniques II Orthopedic Assessment I Total hours: 432 (Full time)	Treatments I Practicum II Total hours: 146 (Part time)	Business of Massage Therapy Practicum IV Treatments III Total hours: 194 (Full time)
Fall	Regional Anatomy Regional Anatomy Lab Fundamentals of Research Total hours: 176 (Part time)	Neuroanatomy Orthopedic Assessment II Treatments II Practicum III Total hours: 290 (Full time)	Outreach III OSCE Case Study Case Study Lab Total hours: 222 (Full time)



STUDENT SERVICES

MRU has a wide variety of services and resources to help you through your post-secondary journey.

Students who reach out early and often have the best chance of success in their program.



YOUR PROGRAM ADVISOR

Contact your program advisor to check your progress, plan your registration, and discuss strategies for success.

OLANIYI AYODELE

403-440-5554

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[Book an appointment](#)



FREQUENTLY USED STUDENT SERVICES

<u>Financial Aid</u>	Student loans
<u>Access and Inclusion Services</u>	Academic accommodations
<u>Student Learning Services</u>	Learning support
<u>Office of the Registrar</u>	Registration
<u>Early Support</u>	General support
<u>Cougars Campus Store</u>	Textbooks & course supplies
<u>Career Services</u>	Resume and interview help
<u>A-Z Services</u>	All Services