Massage Therapy
Additional Education: Yes

The Massage Therapist, as part of an interdisciplinary health care team, is involved in providing patients with pain relief and disease/symptom management. They may work in a designated clinics or health clubs, or as private practitioners. Through the application of specific pressure and joint manipulation, MT’s are able to relax and stimulate muscles, nerves and other soft tissue in order to facilitate proper function. Clients could range from young athletes with a sports injury, to middle aged women with tension headaches, to elderly individuals with limited ranges of motion.

Suggested courses for Massage Therapy
As of June 2017. Minimum required grades vary for pre-requisites.

Note: All courses are recommended, and not mandatory for completion of a BKin. English 12 over 70% is required. In addition to courses students are required to attend an introductory course on Massage Therapy (a 17 hour, weekend course is available at Langara College or WCCMT)

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<tr>
<th>Complementary Kinesiology Courses</th>
<th>Suggested Non-KIN Electives</th>
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<tr>
<td>KIN 361: Introduction to Athletic Training</td>
<td>CAPS 391: Intro to Macroscopic Human Anatomy</td>
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<tr>
<td>KIN 375: Exercise Physiology II</td>
<td>CAPS 301: Human Physiology</td>
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<td>KIN 367: Leisure and Disabled Persons</td>
<td>PATH 375: Introduction to Human Pathology</td>
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<td>KIN 389: Neuromuscular Integration of Human Movement</td>
<td>PATH 304: Normal Human Histology</td>
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<td>KIN 462: Skeletal Muscle Physiology</td>
<td>PSYC 314: Heath Psychology</td>
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<td>KIN 473: Neuroanatomy of Human Movement</td>
<td>PSYC 367: Sensory Systems</td>
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Disclaimer: While every effort will be made to ensure that the information provided is accurate and up to date, it is the student’s responsibility to check directly with the institutions/schools they are applying to. Courses listed in this document are RECOMMENDED courses for a general Massage Therapy Program. Other institutions/schools may have more specific/alternate requirements and it is advised that you consult their admission requirements respectively. Please see an Academic Advisor to discuss your course options.
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Additional Resources

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<tr>
<th>Suggested Co-Curricular Involvement</th>
<th>Suggested Certifications</th>
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<tr>
<td>UBC Massage Therapy Clinic</td>
<td>First Aid &amp; CPR/AED</td>
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<tr>
<td>Clinic Volunteer</td>
<td>Canadian Society of Exercise Physiology- Certified Exercise Physiologist (CSEP-CEP) – Recommended but not required</td>
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<tr>
<td>UBC Bodyworks Fitness</td>
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<tr>
<td>Instructor/Supervisor/Facilitator</td>
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How To Get Involved / How To Get Certified

- UBC Massage Therapy Clinic
  http://www.themassagetherapyclinic.ca/
- Canadian Society for Exercise Physiology
  http://www.csep.ca/
- UBC Body Works Fitness
  http://outreach.kin.educ.ubc.ca/bodyworks/
- First Aid/CPR Training – Canadian Red Cross
  http://www.redcross.ca/

Other Programs To Enhance Your Learning Experience

- Kinesiology Peer Academic Coaching (KPAC)
  http://kin.educ.ubc.ca/current-students/student-kinvolvement/kpac/
- Athletics & Recreation: Campus Recreation
  http://www.recreation.ubc.ca/
- Campus Life: Volunteer for Campus Events
  http://www.students.ubc.ca/campus-life/
- Community Service Learning:
  http://www.learningexchange.ubc.ca/community_learn.html
- Co-operative Education Program
  http://kin.educ.ubc.ca/co-op/about/

Career Planning Tips

ASSESS: Self discovery
Reflect and write down your interests, values, personality traits, and skills.

EXPLORE: Self awareness and career options
List your top 5 priorities in each category of self assessment. Identify employment sectors based on the list.

RESEARCH: Gather information
Choose and gather information on 5 to 10 careers as identified above. Go online and talk to people in the industry.

EVALUATE: Make decisions
Identify pros and cons, required education, job trends, entrance strategies, and related occupations.

PLAN: Action!
Set goals and carry out strategies to experience your chosen career (e.g., volunteer, Co-op, summer work)