



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)

Complementary Kinesiology Courses	Suggested Non-KIN Electives
KIN 361: Introduction to Athletic Training	CAPS 391: Intro to Macroscopic Human Anatomy
KIN 375: Exercise Physiology II	CAPS 301: Human Physiology
KIN 367: Leisure and Disabled Persons	PATH 375: Introduction to Human Pathology
KIN 389: Neuromuscular Integration of Human Movement	PATH 304: Normal Human Histology
KIN 462: Skeletal Muscle Physiology	PSYC 314: Health Psychology
KIN 473: Neuroanatomy of Human Movement	PSYC 367: Sensory Systems

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.



Additional Resources

Suggested Co-Curricular Involvement	Suggested Certifications
UBC Massage Therapy Clinic	First Aid & CPR/AED
Clinic Volunteer	Canadian Society of Exercise Physiology- Certified Exercise Physiologist (CSEP-CEP) – Recommended but not required
UBC Bodyworks Fitness Instructor/Supervisor/Facilitator	

How To Get Involved / How To Get Certified	Other Programs To Enhance Your Learning Experience
UBC Massage Therapy Clinic http://www.themassagetherapyclinic.ca/	Kinesiology Peer Academic Coaching (KPAC) http://kin.educ.ubc.ca/current-students/student-kinvolvement/kpac/
Canadian Society for Exercise Physiology http://www.csep.ca/	Athletics & Recreation: Campus Recreation http://www.recreation.ubc.ca/
UBC Body Works Fitness http://outreach.kin.educ.ubc.ca/bodyworks/	Campus Life: Volunteer for Campus Events http://www.students.ubc.ca/campus-life/
First Aid/CPR Training – Canadian Red Cross http://www.redcross.ca/	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 <i>Reflect and write down your interests, values, personality traits, and skills.</i>
EXPLORE: Self awareness and career options <i>List your top 5 priorities in each category of self assessment. Identify employment sectors based on the list.</i>
RESEARCH: Gather information <i>Choose and gather information on 5 to 10 careers as identified above. Go online and talk to people in the industry.</i>
EVALUATE: Make decisions <i>Identify pros and cons, required education, job trends, entrance strategies, and related occupations.</i>
PLAN: Action! <i>Set goals and carry out strategies to experience your chosen career (e.g., volunteer, Co-op, summer work)</i>

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.