

The purpose of this regulation is to establish the educational entry standards for applicants for membership in the NBMA.

The minimum education standards for admission to Active Membership in the NBMA shall be graduation from a massage therapy school whose curriculum is based on the following or the approved equivalent.

Item	Description	Hours
1	<p>Anatomy and Physiology</p> <ul style="list-style-type: none"> • Anatomy (300 hours) • Anatomical terminology • Systems: skeletal, muscular, circulatory, nervous, visceral, integumentary • Physiology (300 hours) • Cells, tissue, metabolism, muscular system, circulatory system, nervous system, cardiovascular system, immunity, respiratory system, gastrointestinal system, endocrine system, integumentary system 	600
2	<p>Massage Theory</p> <ul style="list-style-type: none"> • Effects of massage • Contraindications • Role of massage in the healing process • General tissue responses 	200
3	<p>Advanced Techniques</p> <ul style="list-style-type: none"> • Joint play • Trigger points • Stretching 	100
4	<p>Swedish Techniques</p> <ul style="list-style-type: none"> • Basic techniques (effleurage, pétrissage, etc.) • Effects, uses, and contraindications for all basic techniques 	100
5	<p>Treatments</p> <ul style="list-style-type: none"> • General treatment principles • Treatment of specific conditions (systemic and orthopaedic) 	300

6	Pathology	235
	<ul style="list-style-type: none">• Diseases and pathologies of the following systems: immune, skin, respiratory, GI tract, skeletal, soft tissue, endocrine, cardiovascular, renal, neurological, reproductive	
7	Public Health	25
	<ul style="list-style-type: none">• Hygiene• Communicable diseases and prevention	
8	Remedial Exercises and Kinesiology	100
	<ul style="list-style-type: none">• Kinematics / kinetics• ROM• Peripheral joint mobilisation• Therapeutic exercises for specific conditions• Resistance exercises• Muscle and joint biomechanics• Stretching	
9	Business, Ethics and Professional Regulations	100
	<ul style="list-style-type: none">• Business plans• Record keeping (general, financial and client records)• By-laws, regulations, standards of practice• Distinction between legal and ethical responsibilities	
10	Client Assessment	145
	<ul style="list-style-type: none">• Case history• Initial observations (posture, gait)• Palpation• ROM• Length and strength testing• Orthopaedic testing• Neurological testing	
11	Clinical Practicum	150
	<ul style="list-style-type: none">• Supervised by an RMT• Documented and signed by student and supervisor• Done in clinic / outreach setting (not during class time)	

12	Human Relations	80
	<ul style="list-style-type: none">• Communication skills• Self-reflection• Therapeutic relationships	
13	Hydrotherapy	100
	<ul style="list-style-type: none">• Basic theory (definition, hot, cold, contrast, contraindications, physiological effects of hot, cold and contrast)• Full body treatments (whirlpool, steam, sauna, etc)• General rules of hydrotherapy	
14	Nutrition	18
	<ul style="list-style-type: none">• Definition• Balanced diet• Carbohydrates, fats, proteins• Nutrients	
15	First Aid / CPR	17
	Total	<hr/> 2200

*** Adapted from the College of Massage Therapists of Ontario (CMTO) curriculum document. This is not a detailed explanation of all topics. For more information please review the CMTO curriculum document. www.cmto.com*