

CONTINUING EDUCATION FOR MASSAGE THERAPISTS

CCMH offers a variety of **Professional Development Courses ONLINE** allowing therapists across the country to avoid the cost of travel and accommodation, providing an *affordable option* for gaining credits. These courses are an excellent opportunity for therapists to revisit the science or lecture-based curriculum of their massage therapy education, or perhaps take a new course that was not offered as part of their diploma program.

All CCMH Online Professional Development Courses incorporate evaluation methods which you must successfully complete prior to obtaining a course certificate. Evaluations are typically in the form of quizzes or and a final exam but may also include assignments. Successful completion is defined by achieving a minimum grade of 70% overall. The grading scheme is outlined at the beginning of each course.

How to register for and complete an online course through CCMH Halifax:

1. Browse the course descriptions below and choose the course(s) you wish to take.
2. Complete a CCMH CE Course Registration Form. (Forms are obtained by contacting Jenn Stuart at jenns@ccmhhalifax.com)
3. Send in your completed application via email or fax (902.832.1077) along with payment via e-transfer to jenns@ccmhhalifax.com, or you can call in a credit card number to Natasha Joyce at 902.484.2080.
4. Once payment is confirmed, you will receive an email with your username, password, and a link to the website.
5. Courses are self-explanatory. All lectures, links, and forums are online. All testing is performed online.
6. Most courses allow you to work at your own pace. A deadline may be suggested if circumstances warrant.
7. Once you have completed your course, notify Jenn at jenns@ccmhhalifax.com and a certificate of completion will be sent to you via email.
8. Please note, there are no refunds given for Online CE courses. For courses never started, we can offer a credit that can be put towards future Online CE courses.

CONTINUING EDUCATION CREDITS

| COURSE NAME | HOURS | MTANS (primary or Cat. A) | MTWPAM (primary or Cat. A) | NBMA | ANBMT | PEIMTA | MTAS | CMTNL | COST |
|---|-------|---------------------------------|----------------------------------|------|-----------|----------|------|-----------|-------|
| AP #1 – Intro to the Human Body | 16 | 8 | 16 | 8 | 8 Cat. A | 16 Cat A | 16 | 8 Cat. A | \$120 |
| AP #2 – The Cell | 16 | 8 | 16 | 8 | 8 Cat. A | 16 Cat A | 16 | 8 Cat. A | \$120 |
| AP #3 – Tissues & Skin | 34 | 17 | 34 | 7 | 17 Cat. A | 34 Cat A | 34 | 17 Cat. A | \$255 |
| AP #4 – Muscle Histology & Metabolism | 14 | 7 | 14 | 7 | 7 Cat. A | 14 Cat A | 14 | 7 Cat. A | \$105 |
| AP #5 – Nervous System | 10 | 5 | 10 | 5 | 5 Cat. A | 10 Cat A | 10 | 5 Cat. A | \$75 |
| GA #1 – Introduction to Gross Anatomy | 14 | 7 | 14 | 7 | 7 Cat. A | 14 Cat A | 14 | 7 Cat. A | \$105 |
| GA #2 – The Superficial Back & Shoulder | 8 | 4 | 8 | 4 | 4 Cat. A | 8 Cat A | 8 | 4 Cat. A | \$60 |
| GA #3 – The Upper Limb | 16 | 8 | 16 | 8 | 8 Cat. A | 16 Cat A | 16 | 8 Cat. A | \$120 |
| GA #4 – The Head and TMJ | 12 | 6 | 12 | 6 | 6 Cat. A | 12 Cat A | 12 | 6 Cat. A | \$90 |
| GA #5 – The Deep Back | 10 | 5 | 10 | 5 | 5 Cat. A | 10 Cat A | 10 | 5 Cat. A | \$75 |
| GA #6 – The Thorax & Neck | 12 | 6 | 12 | 6 | 6 Cat. A | 12 Cat A | 12 | 6 Cat. A | \$90 |
| GA #7 – The Abdomen & Pelvis | 14 | 7 | 14 | 7 | 7 Cat. A | 14 Cat A | 14 | 7 Cat. A | \$105 |
| GA #8 – The Lower Limb | 14 | 7 | 14 | 7 | 7 Cat. A | 14 Cat A | 14 | 7 Cat. A | \$105 |
| Surgical Conditions | 12 | 6 | 12 | 6 | 6 Cat A | 12 Cat A | 12 | 6 Cat A | \$90 |
| Pathology #1 – Intro to Pathology | 8 | 4 | 8 | 4 | 4 Cat A | 8 Cat A | 8 | 4 Cat A | \$60 |
| Pathology #2 – Arthritic Conditions | 8 | 4 | 8 | 4 | 4 Cat A | 8 Cat A | 8 | 4 Cat A | \$60 |
| Pathology #3 – Skin Pathology | 16 | 8 | 16 | 8 | 8 Cat A | 16 Cat A | 16 | 8 Cat A | \$120 |
| Pathology #4 – Bone & Joint Disorders | 11 | 5.5 | 11 | | | | | | \$82 |
| Pathology #5 – Connective Tissue & Muscle Pathology | 9 | 4.5 | 9 | | | | | | \$70 |
| Professional Practice 1 (FULL COURSE) | 48 | | | | | | | | \$460 |



COURSE DESCRIPTIONS

MINI-SEMINAR SERIES: Anatomy & Physiology

ANATOMY & PHYSIOLOGY #1 – INTRODUCTION TO THE HUMAN BODY

This course reviews the organization of the human body – from a chemical level to organ systems. Topics of focus include: Characteristics of the Human Body; Homeostasis & Feedback Systems; Chemical Elements & Structure of Atoms; Chemical Bonds; Essential Chemical Reactions; Water & it's Qualities; Inorganic Acids & Bases; Essentials of Organic Chemistry; Carbohydrates; Lipids; Proteins; Enzymes; Nucleic Acids; ATP.

The curriculum of this course is typically covered in ~16 hours of classroom lecture.

ANATOMY & PHYSIOLOGY #2 – THE CELL

The cell, its plasma membrane, cytosol, and organelles are discussed. Topics of focus include: Overview of the Main Parts of the Cell; Body Fluids; Plasma Membrane; Transport Across the Plasma Membrane; Principles of Diffusion & Osmosis; Active Transport; Secondary Active Transport; Vesicular Transport; Cytoplasm; Cytoskeleton; Organelles; Nucleus; DNA & RNA; Protein Synthesis; Mitosis; Meiosis. The curriculum of this course is typically covered in ~16 hours of classroom lecture.

ANATOMY & PHYSIOLOGY #3 – TISSUES & SKIN

The four tissue types are reviewed in this course with discussion of types of cell junctions and a focus on epithelial tissue and types of connective tissue, including bone and blood. The Integumentary System is also studied in detail. Topics of focus include: Types of Tissues and their Origins; Cell Junctions; Epithelial Tissue – General Characteristics; Lining & Covering Epithelia; Classification based on Cell Shapes; Classification based on Arrangement of Layers; Glandular Epithelium; Classification of Connective Tissues; Tissue Membranes; Structure of the Skin; Accessory Structures of the Skin; Functions of the Skin; Cartilage; Bone Tissue; Bone Formation; Blood tissue; Functions of Blood; Components of Blood; Formation of Blood Cells & Elements; Red Blood Cells; White Blood Cells; Platelets; Hemostasis/Blood Clotting; ABO Blood Groups & Rh Factor. The curriculum of this course is typically covered in ~34 hours of classroom lecture.

ANATOMY & PHYSIOLOGY #4 – MUSCLE HISTOLOGY & METABOLISM

This is an excellent review of muscle anatomy and physiology, including the contraction mechanism, metabolism, regeneration and aging of all three types of muscle tissue. Topics of focus include: Types of Muscle Tissue; Properties and Function of Muscle Tissue; Skeletal Muscle Anatomy; Microscopic Anatomy of Skeletal Muscle; Muscle Proteins; Contraction of Skeletal Muscle; Neuromuscular Junction; Production of ATP in Muscle Fibres; Muscle Fatigue; Oxygen Consumption After Exercise; Control of Muscle Tension; Types of Skeletal Muscle Fibres; Exercise & Skeletal Muscle Tissue; Cardiac Muscle Tissue; Smooth Muscle Tissue; Regeneration of Muscle Tissue; Aging & Muscle Tissue. The curriculum of this course is typically covered in ~14 hours of classroom lecture.

ANATOMY & PHYSIOLOGY #5 – NERVOUS TISSUE

A study of nervous tissue, electrical signals, and synapses. Review graded and action potentials, nerve conduction and types of synapses. Topics of focus include: Organization of the Nervous System; Central Nervous System – Overview; Peripheral Nervous System - Overview; Neurons; Classification of Neurons; Supporting Cells of the Nervous System; Myelination of Axons; Gray & White Matter; Electrical Signals in Neurons; Action Potential Cycle; Propagation of Nerve Impulses; Effects of Axon Diameter; Types of Synapses; Chemical Synapses; Postsynaptic Potentials; Removal of Neurotransmitters; Summation. The curriculum of this course is typically covered in ~10 hours of classroom lecture.

MINI-SEMINAR SERIES – Gross Anatomy

GROSS ANATOMY #1 – INTRODUCTION TO GA

General anatomy of the skeletal system, joints, ligaments, and muscles are studied in this course. An excellent review to begin the Regional Anatomy lecture series. Topics of focus include: Introduction to Anatomy; Medical Terminology; Anatomical Position; Anatomical Planes; Terms of Relationship & Comparison; Terms of Laterality; Skeletal System; Functions of the Skeleton; Cartilage and its Role; Axial & Appendicular Skeleton; Bone Markings & Bone Formation; Bone Development; Definition of Joints & Ligaments; Classification of Joints; Structure of a Typical Joint; Vasculature & Innervation of Joints; Types of Movement; Muscle tissue; Structure & Shape of Muscles. The curriculum of this course is typically covered in ~14 hours of classroom lecture.

GROSS ANATOMY #2 – THE SUPERFICIAL BACK & SHOULDER

Starting with the bones of the shoulder girdle, including the scapula, clavicle, and humerus, this course studies the superficial muscles of the back and the rotator cuff muscles. Topics of focus include: Clavicle; Scapula; Sternoclavicular Joint; Acromioclavicular Joint; Humerus; Glenohumeral Joint; Shoulder Muscles; Superficial Back Muscles. The curriculum of this course is typically covered in ~8 hours of classroom lecture.

GROSS ANATOMY #3 – THE UPPER LIMB

Bones, joints, ligaments, and muscles of the arm, forearm and hand are studied along with special structures of the hand. Topics of focus include: Humerus; Ulna; Radius; Elbow Joint; Proximal Radioulnar Joint; Muscles of the Arm – Flexor & Extensor Group; Carpal & Metacarpal Bones; Phalanges; Distal Radioulnar Joint; Radiocarpal Joint; Midcarpal Joint; Intercarpal Joints; Carpometacarpal Joints; Intermetacarpal Joints; Metacarpophalangeal Joints; Interphalangeal Joints; Forearm Muscles – Deep & Superficial/Flexors & Extensors; Transverse Carpal Ligament; Cubital fossa; Anatomic Snuff Box; Intrinsic Muscles of the Hand; Hypothenar Muscles; Carpal Tunnel; Tunnel of Guyon. The curriculum of this course is typically covered in ~16 hours of classroom lecture.



Canadian College of **MASSAGE** & Hydrotherapy

ONLINE PROFESSIONAL DEVELOPMENT COURSES, CCMH

GROSS ANATOMY #4 – THE HEAD & TMJ

Bones of the skull and TMJ are studied along with joints of the skull and TMJ, movements of the TMJ, and muscles. The hyoid and suboccipital muscles are included. Topics of focus include: Bones and joints of the Cranium; Sutures; Bones of the Face; TMJ; Movements of the TMJ Muscles of mastication; Muscles of facial expression; Hyoid bone and hyoid muscles; Suboccipital muscles; suboccipital triangle. The curriculum of this course is typically covered in ~12 hours of classroom lecture.

GROSS ANATOMY #5 – THE BACK

Beginning with the bones and joints of the vertebral column, this course then covers the muscles of the back. Topics of focus include: Vertebral Column; Typical Vertebra; Regional Characteristics of Vertebrae; Atypical Vertebrae; Thoracic Vertebrae; Lumbar Vertebrae; Sacrum; Coccyx; Anterior Intervertebral Joints; Ligaments Supporting the AI Joints; Posterior Facet Joints & Ligaments; Atlanto-occipital & Atlanto-axial Joints & Ligaments; Muscles of the Spinal Column; Extrinsic group; Spinotransverse & Sacrospinalis Groups; Segmental Muscles. The curriculum of this course is typically covered in ~10 hours of classroom lecture.

GROSS ANATOMY #6 – THE THORAX & NECK

Bones of the thorax (sternum & ribs) are studied along with joints of the thorax, movements, and muscles. The anterior and lateral neck muscles are included. Topics of focus include: Thoracic cage; Sternum; Ribs; Thoracic Vertebrae; Thoracic apertures; Respiration; Costovertebral joints; Costotransverse Joints; Costochondral Joints; Sternocostal Joints; Intercostal Joints; Sternal Joints; Interthoracic joints; Diaphragm; Intercostal Muscles; Superficial Neck Muscles; Deep Neck Muscles; Accessory Muscles of Respiration. The curriculum of this course is typically covered in ~12 hours of classroom lecture.

GROSS ANATOMY #7 – ABDOMEN & PELVIS

The bones of the pelvis, including the femur are studied along with the abdominal muscles, hip joint, hip, and posterior pelvic muscles. Topics of focus include: Ilium; Ischium; Pubis; Acetabulum; Sacroiliac Joint; Pubis Symphysis; Pelvis; Muscles of the Anterior & Lateral Abdominal Wall; Muscles of the Posterior Abdominal Wall; Femur; Hip Joint; Ligaments & Bursae of the Hip; Movements of the Hip; Gluteal Muscles; Hip Rotators. The curriculum of this course is typically covered in ~14 hours of classroom lecture.

GROSS ANATOMY #8 – LOWER LIMB

This course studies the bones, joints, ligaments, and muscles of the lower leg and foot. Topics of focus include: Femur; Tibia; Fibula; Patella; Knee Joint; Femoropatellar Articulation; Femorotibial Articulation; Lateral Meniscus; Medial Meniscus; Synovial Lining; Fibrous Capsule; Transverse Ligament; Collateral Ligaments; Cruciate Ligaments; Other Ligaments; Bursae Associated with the Knee; Terrible Triad; Anterior Muscles of the Thigh; Medial Muscles of the Thigh; Posterior Muscles of the Thigh; Femoral Triangle; Adductor Canal; Tarsal Bones; Metatarsal Bones; Phalanges; Tibiofibular Joints; Talocrural Joint; Subtalar Joint; Transverse Tarsal Joint; Tarsometatarsal Joints; Intermetatarsal Joints;



Canadian College of **MASSAGE** & Hydrotherapy

ONLINE PROFESSIONAL DEVELOPMENT COURSES, CCMH

Metatarsophalangeal Joints; Interphalangeal Joints; Arches of the Foot; Anterior Muscles of the Leg; Lateral Muscles of the Leg; Posterior Muscles of the Leg – Superficial & Deep; Foot Muscles. The curriculum of this course is typically covered in ~14 hours of classroom lecture.

MINI-SEMINAR SERIES – Surgical Conditions

Surgical Conditions

This professional development course explores how massage therapy can benefit patients who are pre-surgical and post-surgical. A review of commonly performed surgeries is followed by detailed lectures on some of the most relevant surgeries performed in today's operating rooms, what to expect with patient presentation, what contraindications exist, and how massage can help with rehabilitation and healing. The curriculum of this course is typically covered in ~12 hours of classroom lecture.

MINI-SEMINAR SERIES – Pathology

Pathology #1 – Introduction to Pathology

This course reviews the components of the disease process, proper medical terminology, stages of disease, cell responses to injury, the inflammatory process, healing, and immune system dysfunction. The curriculum of this course is typically covered in ~8 hours of classroom lecture.

Pathology #2 – Arthritic Conditions

This professional development course explores pathologies of joints with a special emphasis on degenerative joint disease, rheumatoid arthritis, and Lyme disease. The curriculum of this course is typically covered in ~8 hours of classroom lecture.

Pathology #3 – Skin Conditions

This professional development course explores pathologies of the skin, using plenty of visuals, and with a focus on infectious diseases and skin cancer. The curriculum of this course is typically covered in ~16 hours of classroom lecture.

Pathology #4 – Bone & Joint Disorders

This professional development course explores pathologies of the skeleton and its articulation, with a focus on frequently seen pathologies. The curriculum of this course is typically covered in ~11 hours of classroom lecture.

Pathology #5 – Connective Tissue & Muscle Pathology

This professional development course explores pathologies of fascia and muscle tissue, including compartment syndrome, plantar fasciitis, tendinopathies, strains, and whiplash associated disorder. The curriculum of this course is typically covered in ~9 hours of classroom lecture.



NEW!