

# PCSS Post Secondary Spotlight

## So, you want to be a...



# Massage Therapist



## Alberta Institute of Massage

Massage therapists assess the body's soft tissue and joints. They perform massage therapy to relieve pain and symptoms of stress, or to develop, maintain, rehabilitate, or increase physical function.

## Book a Discovery Session

[www.alis.alberta.ca](http://www.alis.alberta.ca)

[www.albertainstituteofmassage.com](http://www.albertainstituteofmassage.com)

### 1000 Hour Full-Time Certificate Program

Program Start Dates:

September & March of each year

Program Overview:

At the Alberta Institute of Massage, we believe strongly in preparing our graduates of the 1000-hour Certificate Program with a strong education base that goes far beyond relaxation training.

- Anatomy & Physiology - all of the body systems are included with more emphasis being placed in the skeletal, muscular, nervous, and circulatory systems.
- Massage Practical - basic relaxation massage to the full-body, progressing to studies in trigger point therapy, assessment, injury care, treatment for specific conditions, PNF stretching, sports massage - level 1, business for the massage therapist, and other related studies.
- CPR/First Aid
- Student Clinic

Regular classroom hours for the full-time program are Monday through Friday, 9:00 a.m. to 3:30 p.m. Clinical practicum hours and supplementary classes are scheduled evenings and weekends. Practicum schedules are posted after the first month of class.