

### Choose your courses

#### Full time

You can complete your program in two years by registering for courses as they are listed in this guide.

Students must be registered for at least 60% of a full course load in each semester to maintain full-time status.

To calculate your course load:

1. Look at your current semester on the course list and add up the hours to get 100%.
2. Calculate the total hours of the courses you are registered for and use that to determine your percentage

#### Part time

If you prefer to take the program at a slower pace, you can register for as many or as few courses each semester by following these steps:

1. Review your mruGradU8 profile ([MyMRU](#) > My Program > mruGradU8) to see your current, completed and required courses. Make note of the courses you still need to complete.
2. View the course list in this guide to see when your remaining courses are offered. It is recommended to prioritize courses that are prerequisites for courses in futures semesters.

### Get registered

Once you've chosen your courses, you can register through [MyMRU](#). See the [Course Registration Tutorial](#) for step-by-step instructions.

#### Registration tips

- XPFT 20001 Human Anatomy and XPFT 20002 Human Physiology are in the Personal Fitness Trainer subject area on MyMRU. You'll need to register for all three linked sections (lecture, lab, tutorial) for your preferred section.
- Stay informed about add/drop dates, withdrawal dates, and other registration timelines through the [Critical Dates Calendar](#).

### Instructional methods

**Lecture (LEC):** In-person lectures are scheduled in a classroom. Typically scheduled during daytime, weekday hours.

**Blended (BL):** A combination of in-person and online learning.

**Online (ON):** Coursework is completed independently while keeping pace with scheduled assignments, quizzes, and exams. An instructor is available for questions. Final exams are proctored online through Proctor U (fees apply).

**Practical (PRC):** In-person in the on-campus [Student Practicum Clinic](#). Scheduled daytime, evenings, and weekends.

**Outreach (PRC):** On- and off-site practical opportunities with special populations. Scheduled daytime, evenings, and weekends.

### Need assistance?

Program planning [message@mtroyal.ca](mailto:message@mtroyal.ca)

[Book an appointment with your advisor](#)

Student loans [Financial Aid](#)

Academic accommodations [Access and Inclusion Services](#)

Learning support [Student Learning Services](#)

Registration [Office of the Registrar](#)

General support [Early Support](#)

Textbooks [Cougars Campus Store](#)

## YEAR ONE Course List

Subject Code	Course	Fall				Winter				Spring		Summer		Hours	Prerequisites	
		Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug			
<b>SEMESTER 1</b>																
XPFT 20001	Human Anatomy + Lab	BL or ON				BL or ON				ON				96	None	
XPFT 20002	Human Physiology + Lab	BL or ON				BL or ON				ON				96	None	
XMAT 25001	Medical Terminology	ON				ON								16	None	
XMAT 25002	Musculoskeletal Anatomy	BL				BL								96	None	
XMAT 25003	Fundamentals of Charting	BL or ON				BL or ON								16	None	
XMAT 25004	Fundamentals of Massage	BL				BL								32	None	
XMAT 20701	Ethics & Communication I			BL or ON				BL or ON						48	None	
XMAT 25006	Massage Techniques I			BL				BL						96	XMAT 25003 Fundamentals of Charting XMAT 25004 Fundamentals of Massage	
<b>SEMESTER 2</b>																
XMAT 25007	Outreach I					PRC				PRC				24	XMAT 25002 Musculoskeletal Anatomy XMAT 25006 Massage Techniques I XMAT 20701 Ethics & Communication I Standard First Aid and CPR Level C	
XMAT 25008	Pathology I					ON				ON				96	XPFT 20001 Human Anatomy, XPFT 20002 Human Physiology XMAT 25001 Medical Terminology	
XMAT 25009	Therapeutic Exercise I					BL				BL				48	XMAT 25002 Musculoskeletal Anatomy	
XMAT 25010	Massage Techniques II					BL				BL				96	XMAT 25006 Massage Techniques I XMAT 20701 Ethics & Communication I XMAT 25002 Musculoskeletal Anatomy	
XMAT 25011	Orthopedic Assessment I					BL				BL				96	XMAT 25002 Musculoskeletal Anatomy XMAT 25003 Fundamentals of Charting XMAT 20701 Ethics & Communication I	
XMAT 25012	Practicum I					PRC				PRC				48	XMAT 25002 Musculoskeletal Anatomy XMAT 25006 Massage Techniques I XMAT 20701 Ethics & Communication I Standard First Aid and CPR Level C	
<b>SEMESTER 3</b>																
XMAT 25013	Regional Anatomy	ON								ON				64	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology XMAT 25002 Musculoskeletal Anatomy. <b>Co-requisite:</b> XMAT 25014 Regional Anatomy Lab	
XMAT 25014	Regional Anatomy Lab	LEC								LEC				64	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology XMAT 25002 Musculoskeletal Anatomy <b>Co-requisite:</b> XMAT 25013 Regional Anatomy	
XMAT 25015	Fundamentals of Research	ON								ON				48	None	
XMAT 25016	Treatments I	BL								BL				96	XMAT 25008 Pathology I XMAT 25010 Massage Techniques II XMAT 25011 Orthopedic Assessment I XMAT 25009 Therapeutic Exercise I	
XMAT 25017	Practicum II	PRC								PRC				48	XMAT 25009 Therapeutic Exercise I XMAT 25010 Massage Techniques II XMAT 25011 Orthopedic Assessment I XMAT 25012 Practicum I Standard First Aid and CPR Level C	

LEC = Lecture

ON = Online

BL= Blended

PRC = Practical

Schedule subject to change without notice

## YEAR TWO Course List

Subject Code	Course	Fall				Winter				Spring		Summer		Hours	Prerequisites
		Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug		
<b>SEMESTER 4</b>															
XMAT 25018	Pathology II	ON				ON								96	XMAT 25008 Pathology I
XMAT 25019	Therapeutic Exercise II	LEC				LEC								48	XMAT 25009 Therapeutic Exercise I XMAT 25013 Regional Anatomy XMAT 25014 Regional Anatomy Lab
XMAT 25020	Neuroanatomy	BL				BL								48	XPFT 20001 Human Anatomy XPFT 20002 Human Physiology XMAT 25008 Pathology I
XMAT 25021	Orthopedic Assessment II	BL				BL								96	XMAT 25011 Orthopedic Assessment I
XMAT 25022	Treatments II	BL				BL								96	XMAT 25016 Treatments I XMAT 25013 Regional Anatomy XMAT 25014 Regional Anatomy Lab
XMAT 25023	Practicum III	PRC				PRC								48	XMAT 25016 Treatments I XMAT 25013 Regional Anatomy XMAT 25014 Regional Anatomy Lab XMAT 25017 Practicum II Standard First Aid and CPR Level C
<b>SEMESTER 5</b>															
XMAT 25024	Outreach II					PRC				PRC				60	XMAT 25007 Outreach I XMAT 25022 Treatments II XMAT 25021 Orthopedic Assessment II XMAT 25020 Neuroanatomy XMAT 25023 Practicum III Standard First Aid and CPR Level C
XMAT 25025	Ethics & Communication II					ON				ON				48	XMAT 20701 Ethics & Communication I XMAT 25015 Fundamentals of Research
XMAT 25026	Treatments III					BL				BL				96	XMAT 25022 Treatments II XMAT 25020 Neuroanatomy XMAT 25021 Orthopedic Assessment II XMAT 25018 Pathology II XMAT 25019 Therapeutic Exercise II
XMAT 25027	Practicum IV					PRC				PRC				48	XMAT 25023 Practicum III XMAT 25022 Treatments II XMAT 25021 Orthopedic Assessment II XMAT 25020 Neuroanatomy XMAT 25019 Therapeutic Exercise II Standard First Aid and CPR Level C
XMAT 25028	Business of Massage Therapy					ON				ON				48	None
<b>SEMESTER 6</b>															
XMAT 25029	Outreach III	PRC								PRC				60	XMAT 25024 Outreach II XMAT 25026 Treatments III XMAT 25025 Ethics & Communication II XMAT 25020 Neuroanatomy Standard First Aid and CPR Level C
XMAT 25030	OSCE	BL								BL				64	XMAT 25025 Ethics & Communication II XMAT 25026 Treatments III XMAT 25027 Practicum IV
XMAT 25031	Case Study	BL								BL				96	XMAT 25025 Ethics & Communication II XMAT 25026 Treatments III XMAT 25027 Practicum IV <b>Co-requisite:</b> XMAT 25032 Case Study Lab
XMAT 25032	Case Study Lab	BL								BL				24	XMAT 25025 Ethics & Communication II XMAT 25026 Treatments III XMAT 25027 Practicum IV <b>Co-requisite:</b> XMAT 25031 Case Study

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