

## **Prior Learning Assessment – Video Script**

Welcome to CMTBC's Prior Learning Assessment. We'll call it the PLA from here on.

This process is for individuals who would like to become an RMT in B.C. and who are not either a graduate of a recognized massage therapy education program or an RMT registered in Ontario, Newfoundland and Labrador, and New Brunswick.

The PLA is an alternate pathway. This process determines if your knowledge, skills and abilities are substantially equivalent to CMTBC's entry-level requirements.

Before you begin, take a good look at those requirements.

The recommended resources list provides textbooks and references that present the depth and breadth of learning required to successfully complete the registration examination. These documents outline the knowledge and abilities required to be an RMT in B.C. Spend time here before you commit to the lengthy and costly process of the PLA. Ask yourself honestly, is the material similar to what you learned before?

If you're confident in your prior learning and are ready to apply, let me show you what to do.

To start, you'll need to create an account on CMTBC's online portal. You'll be prompted in the portal to pay for the PLA application and for the Online Prior Learning Self-Assessment Tool. The two fees total \$150. Pay online with a credit card and then you'll be asked to provide ID and to upload documents.

When your account is complete, it's time for the Online Self-Assessment Tool. We'll refer to it as the OSAT from here on. The OSAT will give you feedback on whether or not your foundational knowledge is adequate to support RMT practice in B.C. The OSAT is a multiple-choice online exam that will take up to four hours to complete and must be completed in one sitting. You may only take the OSAT one time. We recommend that you use the OSAT to assess your current foundational knowledge. Dedicate the four hours it takes when you know you'll be able to focus without interruption. Take it seriously; it's an important step.

At the end of the OSAT, you will immediately receive your results. It is at this time that we ask you to pause and meaningfully reflect on your results. Did you do as well as you expected? On the questions you answered correctly, ask yourself, did I guess or did I truly know those answers? There is no passing grade here. The OSAT is a true self-assessment, which means whether or not you proceed to the next step is entirely up to you.

If you feel confident in your results, please proceed. If not, or if you're unsure, stop here and re-assess your goal of becoming an RMT in B.C. If you are committed to the goal and your foundational knowledge is not adequate to proceed, look into one of the accredited and recognized massage therapy education programs for instruction.

If you decide to continue, it's time for the Clinical Competence Assessment. Welcome to the next step. The CCA is a two-part process that includes a written component and a practical component. Each will take a half-day to complete and is individually scheduled. Follow the prompts in the applicant portal to schedule your CCA. You will be asked to write in a range of dates and times when you can attend the CCA in Vancouver. You can do either assessment first. When requesting dates, please provide options at least three weeks from the time of booking to allow arrangements to be made for you.

The written assessment is a three-hour multiple choice exam. There are 150 questions about foundational health sciences and massage therapy practice. The blueprint for the written assessment is based on CMTBC's entry-level requirements, the Practice Competencies and the Guidelines for Foundational Knowledge.

The practical assessment is hands-on and in person. It takes place in a clinical setting, much like what an RMT would use in clinical practice. You'll be required to palpate muscle anatomy and perform manual muscle testing, and you will palpate anatomical structures on the human body. You will conduct clinical interviews and assessments based on case interviews, and you will perform an appropriate massage treatment for one of the case scenarios selected based on your findings during the clinical interview and physical assessment. Your assessors will be RMTs skilled at determining entry-level competence. Study thoroughly to prepare for the CCA. Review your prior learning and access CMTBC's recommended resources for entry level requirements.

Following the CCA, you will receive your result in the online portal. It will be one of three possibilities.

- Not substantially equivalent. The file closed and the PLA is complete. Please enroll at an accredited and recognized massage therapy education program if you wish to pursue your goal.
- Upgrading required. Areas of ability and knowledge that need upgrading will be identified. You must complete necessary education upgrades before you may apply for CMTBC's Registration Examination.
- Passed. The PLA is complete and you're now eligible to apply for the Registration Examination.

Thank you for watching this video. We wish you well on your goal of becoming an RMT in British Columbia. We look forward to meeting you during the PLA process.