



NATIONALLY RECOGNISED
TRAINING



Nature Care College
Nature Care College Pty Ltd

certificate IV

Certificate IV in Massage Therapy Practice Course Outline For International Students

National Training Code: HLT40307

CRICOS Accreditation Code: 062001G

Please note: Course structure is current as of January 2011

The healing power of touch manifests itself through many tactile therapy treatments, with one of the most popular and widely known being Remedial Massage. Remedial Massage Practitioners utilise skilled techniques of manual manipulation of the soft tissue for the purpose of producing therapeutic effects upon the nervous, muscular and circulatory systems of the body. The Certificate IV in Massage is designed to equip graduates with the knowledge and skills to treat clients with a full body therapeutic massage. This comprehensive training course is a cohesive study program in all the essential aspects of Remedial Massage. It is the foundation training to become a recognised massage therapist as well as offering a pathway to many other tactile therapy modalities.

It is a requirement of your International Student VISA that the approved course is composed of 20 hours face to face study. This requirement may necessitate additional hours of study to be undertaken to comply with your VISA requirements.

Certificate IV in Massage Therapy Practice International Course Content

▶ Anatomy & Physiology 1A (Regional)	-24 hours
▶ Anatomy & Physiology 1B (Systematic)	-24 hours
▶ Symptomatology & Pathology for Bodyworkers	-36 hours
<i>N.B. Students who have completed the modules 'Symptomatology, Diagnosis & Pathology 1A & 1B do not have to do 'Symptomatology & Pathology for Bodyworkers.</i>	
▶ Swedish Massage	-42 hours
▶ Remedial Massage 1	-42 hours
▶ Remedial Massage 2	-42 hours
▶ Communicate With Clients	-24 hours
▶ Business Skills	- 21 hours
▶ Safe Practices	- 12 hours
▶ Apply First Aid Certificate	-12 hours
▶ Remedial Massage Student Clinic	- 70 hours
▶ Student Clinic Observation – International Student	- 74 hours
▶ Medical Science Review 1A & 1B – International Student	- 60 hours

NB. The hours shown above represent hours of face to face teaching and do not reflect time for home study, which is considerable in some subjects.

It is a requirement of the course that students hold a current Apply First Aid certificate at graduation.

It is essential that students acquire, or have access to, a massage table from the beginning of the course as they will be required to practice massage on a regular basis.

Massage tables are available for hire from the Nature Care Clinic ph: 9906 1566, or for purchase from The Emporium ph: 9438 3298

certificate IV

Certificate IV in Massage Therapy Practice - International

Unit of Study Descriptions

Anatomy and Physiology 1A (Regional)

This course teaches the structure, general function and organisation of the human body with a thorough look at the musculoskeletal system.

Anatomy and Physiology 1B (Systematic)

This course introduces you to the structure and function of the following body systems: nervous, endocrine, cardiovascular, lymphatic, digestive, respiratory and genito-urinary.

Pre-requisite: Anatomy & Physiology 1A

Symptomatology & Pathology for Bodyworkers

These modules cover the basic principles of pathology, methods of collecting data on clients, problem solving, establishing a treatment plan and when to refer a client. Common complaints, illnesses and skin conditions that may be encountered by a bodywork therapist are also covered.

Pre-requisites: Anatomy & Physiology 1A & 1B

N.B. Students who have successfully completed Symptomatology, Diagnosis & Pathology 1A & 1B do not have to do Symptomatology & Pathology for Bodyworkers.

Swedish Massage

Swedish massage is an introduction to general massage that employs the fundamental manipulations (techniques) applied to the soft tissues of the body. Swedish massage forms the underpinning practical and theoretical knowledge for Remedial Massage 1 & 2. In this unit of study you will learn the basic techniques, ethical behaviour and boundaries, draping, contraindications, history and definition of massage etc. Participants on finishing this unit of study should be competent in all areas of general massage.

Remedial Massage 1

This unit of study will enhance the skills and knowledge learnt in Swedish massage and introduces the concepts of Remedial massage. You will learn advanced massage techniques, case history taking, visual assessment, identification of contraindications and referral protocols. The skills and knowledge gained will allow you to integrate them with your Swedish massage techniques allowing you to treat some common soft tissue techniques.

Pre-requisites: Anatomy & Physiology 1A, Swedish Massage

Co-requisite: Anatomy & Physiology 1B

Remedial Massage 2

In Remedial Massage 2 you will learn further visual assessment skills, range of motion tests, advanced massage techniques and stretching protocols. Case taking and the formulation and application of treatment plans are a major component of this module. Integration of the skills and knowledge learned in previous massage modules will enable you to integrate massage techniques, visual assessment, ROM testing and case taking skills to plan, monitor and treat a variety of soft tissue conditions seen in the broad community.

Pre-requisites: Anatomy & Physiology 1A & 1B, Swedish Massage, Remedial Massage 1

Communicate With Clients

This unit of study covers the skills required by practitioners to establish and maintain effective communication with clients throughout all interactions and provide basic counselling as required and as appropriate to facilitate the treatment or health service being provided.

The skills apply to work in a range of health settings where health services are provided with direct client contact involved.

Safe Practices

This unit of study incorporates two topics: Infection Control in Alternative Health Clinics and Occupational, Health and Safety (OHS). It incorporates the skills and knowledge required to comply with infection control policies and procedures and contribute to OHS processes.

Business Skills

This unit of study will prepare you for working in a clinical health setting by providing you with the knowledge and skills required to administer a practice. You will also learn how to make referrals to other health care professionals and community services when appropriate, develop your networking skills, comply with statutory obligations and maintain ethical work practices.

Medical Science Review 1A.

In this unit of study, students are introduced to medical terminologies, mathematical concepts and basic chemistry to assist in their current and future studies. On line workshops will be used to assist in knowledge and visualisation of body systems and muscles. A series of DVDs are presented with learning activities to assess skills and knowledge.

Medical Science Review 1B

In this unit of study, students will expand on their knowledge of the human body systems. Each body system will be studied in detail with DVD and online resources to assist in the knowledge and skills acquired.

Apply First Aid Certificate

It is a requirement of the course that students hold a current First Aid certificate at graduation.

Student Clinic

Requirement for qualification: 70 hours

Total hours required for International students: 144 hours

Additional 74 Clinic hours required to comply with International student VISA requirements to complete 20 hours face to face study per week.

Pre-requisites: Swedish Massage
Anatomy & Physiology 1A
Safe Practices

Co-requisite: Remedial Massage 1
Anatomy & Physiology 1B

Assessment

All courses are assessed through a variety of assessments eg practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods and weighting will be given out in your first week of class for each subject and are available prior to enrolment by contacting Student and Learning Services on 02 9438 3333 or info@naturecare.com.au

Recognition of our course

The Certificate IV in Massage Therapy Practice is fully Government accredited with ASQA (The Australian Skills Quality Authority) and CRICOS approved. The Certificate IV in Massage Therapy Practice is also accredited with the professional associations - the Australian Traditional Medicine Society (ATMS), the Australian Association of Massage Therapists (AAMT), the Association of Massage Therapists (AMT), the Association of Massage Therapists & Wholistic Practitioners (Canada) and the Association of Remedial Masseurs (ARM).

Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject. These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations, role plays and presentations.

Fees Payable

Fees are payable as per Nature Care College's terms and conditions.

Ongoing Education

Should you wish to undertake further study in another CRICOS approved course, please contact the International Student Coordinator for further information.

International Students

The Certificate IV in Massage Therapy Practice is accredited with CRICOS and overseas students are eligible for a student visa to study this qualification at Nature Care College. International students must meet their VISA requirements by studying 20 hours face to face, which is achieved by adhering to the full time study plan set out on page 4 of this Course Outline. Please contact the International Student Coordinator for further information.

Nominal Hours and Duration of Course

Nominal hours for the international version of the Certificate IV in Massage Therapy Practice is 480 hours. The duration of this course is a total of 29 weeks, composed of 24 weeks of term class across two terms and 5 weeks of holiday and mid term breaks.

certificate IV

Full Time Program – International Students Certificate IV In Massage Therapy Practice - Two Terms

	Day	Time	Subject	Room	Trainer	Hrs p/w
Term 1	Monday	4.30 – 7pm	Medical Science Review 1A	TBA	Betty Tannous	2.5
	Tuesday	9.30am-11.30am (wks 1-6)	Anatomy & Physiology 1A	46N 1	Gavin Griffith	2.0
		12.30pm - 4pm (Wks 1- 6)	Swedish Massage	52N5	Catherine Boller	3.5
	Thursday	9.30am-11.30am (Wks 7-12)	Anatomy & Physiology 1B	46N 1	Gavin Griffith	2.0
		12.30pm-4pm (Wks 7-12)	Remedial Massage 1	52N5	Catherine Boller	3.5
	Saturday	9am-3pm (x2 only)	Safe Practices	46N 1	Coral Duck	1.0
	Friday	9.30am-4.30pm (3xonly)	Communicate with Clients (F/T)	52N3	Alison Carroll	2.0
		9.30am-4.30pm (3xonly)	Business Skills (F/T)	46N2	Rachelle Tomlinson	1.8
	Various		Student Clinic Observation*	Clinic	TBA	3.0
	*The 'student clinic observation' enrolment will be allocated by the International Course Advisor as per availability					
Total per week						21.3
	Day	Time	Subject	Room	Trainer	Hrs p/w
Term Two	Monday	4.30 – 7pm	Medical Science Review 1B	TBA	Betty Tannous	2.5
	Tuesday	2 - 5pm	Student Clinic	Clinic	Vicki Cole	3.0
	Thursday	9.30am - 12.30pm	S&D&P for Bodyworkers	T.B.A	T.B.A	3.0
		2 - 5pm	Remedial Massage 2	T.B.A	T.B.A	3.5
	Friday	2 - 5pm	Student Clinic	Clinic	Vito Arena	3.0
	Weekend	TBA	Apply First Aid	52N3	Reviva	1.0
	Various		Student Clinic Observation*	Clinic	TBA	3.0
	*The 'student clinic observation' enrolment will be allocated by the International Course Advisor as per availability					
Total per week						19.0

certificate IV

The Certificate IV in Massage Therapy Practice (HLT40307) is nationally recognised under the Australian Quality Training Framework. The following table lists the Units of Competency achieved upon successful completion of the award. Subjects that correspond with each Unit of Competency are also listed below.

Code	Title	Core/ Elective
BSBCMN204A	Work effectively with others	Core*
HLTCOM404B	Communicate effectively with clients	Core*
HLTCOM405B	Administer a practice	Core*
HLTCOM406B	Make referrals to other health care professionals when appropriate	Core*
HLTCOM408B	Use specific health terminology to communicate effectively	Core*
HLTFA301B	Apply first aid	Core*
HLTHIR301A	Communicate and work effectively in health	Core*
HLTOHS300A	Contribute to OHS processes	Core*
HLTIN301A	Comply with infection control policies and procedures in health work	Core*
HLTAP401A	Confirm physical health status	Core*
HLTREM401B	Work within a massage framework	Specialist**
HLTREM406B	Provide massage treatment	Specialist**
HLTREM407B	Plan massage treatment	Specialist**
HLTREM408B	Apply massage assessment framework	Specialist**
HLTREM409B	Perform massage health assessment	Specialist**

Units of competency alignment with subjects		
Unit(s) of competency		Subject(s)
BSBCM204A	Work effectively with others	Business Skills
HLTHIR301A	Communicate and work effectively in health	Business Skills
HLTCOM405B	Administer a practice	Business Skills
HLTCOM406B	Make referrals to other health care professionals when appropriate	Business Skills
HLTCOM404B	Communicate effectively with clients	Communicate with Clients
HLTCOM408B	Use specific health terminology to communicate effectively	Anatomy & Physiology 1A Anatomy & Physiology 1B Symptomatology & Pathology for Bodyworkers
HLTFA301B	Apply first aid	Apply First Aid
HLTOHS300A	Contribute to OHS processes in the health industry	Safe Practices
HLTIN301A	Comply with infection control policies and procedures in health work	Safe Practices
HLTAP401A	Confirm physical health status	Anatomy & Physiology 1A Anatomy & Physiology 1B Medical Science Review 1A Medical Science Review 1B Symptomatology & Pathology for Bodyworkers
HLTREM401B	Work within a massage framework	Swedish Massage
HLTREM406B	Provide massage treatment	Remedial Massage 1 Remedial Massage 2
HLTREM407B	Plan massage treatment framework	Student Massage Clinic
HLTREM408B	Apply massage assessment	Student Massage Clinic
HLTREM409B	Perform massage assessment	Student Massage Clinic