



NATIONALLY RECOGNISED
TRAINING



Nature Care College

diploma

Diploma of Remedial Massage Course Outline For International Students

National Training Code: HLT50307

CRICOS Accreditation Code: 062000J

Please note: Course structure is current as of 6 June 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 utilises skilled techniques to treat specific musculoskeletal problems and injuries, using the stimulating or sedating techniques of massage, such as effleurage, tapotement and frictions, as well as passive movements, stretches and percussive techniques.

The Diploma of Remedial Massage is an extension of the Certificate IV in Massage Therapy Practice and is a natural progression for students wishing to further their studies and improve their potential as a comprehensive remedial massage therapist.

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.

Diploma of Remedial Massage – International Course Content

Please note – the Certificate IV in Massage Therapy Practice (HLT40307) is a pre-requisite for this Diploma. (Diploma units of study are in bold)

▶ Anatomy & Physiology 1A (Regional)	-24 hours
▶ Anatomy & Physiology 1B (Systematic)	-24 hours
▶ Anatomy & Physiology 1C (Applied)	- 24 hours
▶ Functional Anatomy Workshop	- 7 hours
▶ Applied Anatomy and Assessment Techniques	- 24 hours
▶ Symptomatology & Pathology for Bodyworkers	-36 hours
<i>N.B. Students who have completed the unit of study '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
▶ Massage in the Workplace	- 14 hours
▶ Massage for Chronic Conditions	- 24 hours
▶ Massage for Special Needs	- 24 hours
▶ Massage for Athletes	- 24 hours
▶ Business Skills	- 21 hours
▶ Safe Practices	- 12 hours
▶ Develop Professional Expertise	- 24 hours
▶ Medical Science Review (P1 A&B)	- 60 hours
▶ Clinical Supervision - Tactile	- 10 hours
▶ Remedial Massage Student Clinic	- 70 hours
▶ Additional Student Observation Clinic requirement	- 74 hours
▶ Remedial Massage Student Clinic	- 30 hours
▶ Additional Student Observation Clinic requirement	- 42 hours
▶ Apply First Aid Certificate	- 12 hours

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: 8423 8444, or for purchase from The Emporium ph: 8423 8477

diploma

Anatomy and Physiology 1A (Regional)

This unit of study 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 unit of study 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.

Anatomy and Physiology 1C (Applied)

This unit of study integrates your knowledge of Anatomy & Physiology 1A & 1B, increasing your understanding of a wide range of body functions. Subjects studied include the anatomy and physiology of stress, sleep, consciousness, memory, emotions and behaviour.

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

Symptomatology & Pathology for Bodyworkers

This unit of study is designed to 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 will also be covered in-depth.

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

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

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

Functional Anatomy Workshop

This unit of study will focus on the functional aspects of the skeletal and muscular systems of the body to allow a greater understanding of the major joints of the body, the biomechanical basis of movement of these joints and the role of the major skeletal muscles in causing movements. The surface anatomy of the body will also be discussed to allow and understanding of the surface markings of the skeletal and muscles. This will aid identification of structures in the living body during related studies and treatments.

Pre-requisites: Certificate IV Massage qualification

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). This unit incorporates the skills and knowledge required to comply with infection control policies and procedures and contribute to OHS processes. Equipment and course manual provided.

Business Skills

This unit of study will prepare you for working in a clinical health setting by providing you with the knowledge and skills 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 and maintain ethical work practices.

Develop Professional Expertise

This unit of study will provide you with the knowledge and skills required to establish and manage a successful complementary health care practice. You will also learn how to continue your professional development once your formal study is completed, keep up to date with the latest industry news, make a positive contribution to the knowledge base of your profession and critically evaluate some specific types of research.

Pre-Requisite – Business Skills

Applied Anatomy & Assessment Techniques

This unit of study will cover functional anatomy and clinical assessment techniques which will assist the massage therapist to assess a clients needs and apply appropriate massage techniques and treatment strategies. This unit will have theory and practical components which will instill confidence in the therapists ability to manage accurately assess, interpret and treat a varied range of conditions presented by clients.

Pre-requisite: Certificate IV Massage qualification

Massage In The Workplace

This unit of study is designed to help bodywork practitioners explore and practice massage professionally in a workplace environment. It will cover a range of subjects such as work related injuries, risk factors, posture, treatment options, injury prevention, ergonomic workstations, development of treatment plans, self management and rehabilitation. Practical work is an integral component of this unit of study general massage procedures and seated massage will be discussed and practiced.

Pre-requisites: Certificate IV Massage qualification

Massage For Chronic Conditions

This unit of study focuses on developing treatment plans utilising massage for clients with a range of chronic conditions, eg musculoskeletal disorders, overuse syndrome, chronic pain management. It also explores the impact of chronic conditions on the client and their family

Pre-requisites: Certificate IV Massage qualification

Massage For Special Needs

This unit of study focuses on specialised massage requirements that may arise in clinic including the special needs of children, adolescents, women, men, geriatric care, cancer and mental health care.

Pre-requisites: Certificate IV Massage qualification

Co-requisite: Massage for Chronic Conditions

Massage For Athletes

This unit of study is aimed at massage therapists who are interested in working with athletes and want to further develop skills in this specialised area.

Pre-requisites: Certificate IV Massage qualification

Clinical Supervision – Tactile

This unit of study supports students in the facilitation of effective communication in relation to clinical practice and the health sector.

Pre-Requisite – Certificate IV level Student Clinic

Co-Requisite - Student clinic

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 unit of study that students hold a current First Aid Certificate at graduation.

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

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.

Recognition of our course

The Diploma of Remedial Massage is fully Government accredited with ASQA (The Australian Skills Quality Authority) and CRICOS approved. The Diploma of Remedial Massage is also accredited with the professional associations - the Australian Traditional Medicine Society (ATMS), the Association of Remedial Masseurs (ARM), Association of Massage Therapists (AMT), and the Australian Natural Therapists Association (ANTA).

International Students

The Diploma of Remedial Massage 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.

Ongoing Education

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

Student Clinic

This Diploma qualification includes a total of 100 hours of student training clinic hours, of which 70 will have been completed within the Certificate IV prerequisite (plus the additional 74 hours required to comply with International student VISA requirements for the Certificate IV in Massage Therapy Practice. The remaining Student Training Clinic hours to be completed for the **Diploma of Remedial Massage = 30** hours. An additional 42 hours are to be completed to comply with International student VISA requirements, making a TOTAL of 72 hours to be completed.

Fees Payable

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

Nominal Hours and Duration of Course

Nominal hours for the international version of the Diploma of Massage is 240 hours. The duration of this course is a total of 13 weeks, composed of 12 weeks of term class across one term and one week of mid term break.

VISA Requirements

Additional Student Observation Clinic requirement - 42 hours

Note: Students wishing to enroll in the Full-time Diploma of Remedial Massage are required to attend an appointment with a Course Advisor prior to enrolling.

Full Time Program – International Students

One Term (The Diploma of Remedial Massage has a prerequisite of the Certificate IV in Massage Therapy Practice)

term one	
year one	<ul style="list-style-type: none">▶ Anatomy & Physiology 1C▶ Functional Anatomy▶ Clinical Supervision - Tactile▶ Student Clinic▶ Massage for Athletes▶ Massage for Chronic Conditions▶ Massage in the Workplace▶ Massage for Special Needs▶ Applied Anatomy & Assessment Techniques▶ Develop Professional Expertise▶ Student Clinic Observation

The Diploma in Remedial Massage (HLT50307) 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	Common/ Specialist/ Elective
HLTCOM502B	Develop professional expertise	Core*
HLTCOM503B	Manage a practice	Core*
HLTHIR501A	Maintain an effective health work environment	Core*
HLTAP501A	Analyse health information	Core*
CHCORG28A	Reflect and improve upon professional practice	Core*
HLTHIR506B	Implement and monitor compliance with legal and ethical requirements	Core*
HLTREM502B	Provide remedial massage treatment	Specialist**
HLTREM503B	Plan remedial massage treatment strategy	Specialist**
HLTREM504B	Apply remedial massage assessment framework	Specialist**
HLTREM505B	Perform remedial massage health assessment	Specialist**
HLTREM510A	Provide specialised remedial massage treatments	Specialist**
HLTREM512A	Provide remedial massage treatments within a corporate setting	Elective**
HLTREM513A	Provide remedial massage treatment to athletes	Elective**
HLTCOM5010A	Provide services to clients with chronic diseases or conditions	Elective**

Units of competency alignment with subjects		
Unit(s) of competency		Subject(s)
HLTCOM502B	Develop professional expertise	Develop Professional Expertise
HLTCOM503B	Manage a practice	Develop Professional Expertise
HLTHIR506B	Implement and monitor compliance with legal and ethical requirements	Develop Professional Expertise
CHCORG28A	Reflect and improve upon professional practice	Clinical Supervision - Tactile
HLTHIR501A	Maintain an effective health work environment	Student Massage Clinic
HLTAP501A	Analyse health information	Anatomy & Physiology 1C
HLTREM502B	Provide remedial massage treatment	Applied Anatomy & Assessment Techniques Student Massage Clinic
HLTREM503B	Plan remedial massage treatment strategy	Applied Anatomy & Assessment Techniques Student Massage Clinic
HLTREM504B	Apply remedial massage assessment framework	Applied Anatomy & Assessment Techniques Student Massage Clinic
HLTREM505B	Perform remedial massage health assessment	Applied Anatomy & Assessment Techniques Functional Anatomy Workshop Student Massage Clinic
HLTREM510A	Provide specialised remedial massage treatments	Massage for Special Needs
HLTREM512A	Provide remedial massage treatments within a corporate setting	Massage in the Workplace
HLTREM513A	Provide remedial massage treatment to athletes	Massage for Athletes
HLTCOM510A	Provide services to clients with chronic diseases or conditions	Massage for Chronic Conditions

The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.