



### FLEXIBLE STUDY OPTIONS

NATURE CARE COLLEGE DELIVERS STUDY/LIFE BALANCE

#### THE CERTIFICATE IV IN MASSAGE THERAPY PRACTICE COURSE CAN BE STUDIED:

- > Full-time duration 24 weeks
- > Part-time 1 year or
- > A study plan can be created by our Course Advisors to suit your individual lifestyle needs

#### COURSE START DATES

- > Term 1, February (Full-time & Part-time)
- > Term 2, May (Full-time & Part-time)
- > Term 3, September (Part-time)

#### CERTIFICATE IV IN MASSAGE THERAPY STUDY OPTIONS:

- > On campus
- > Combination of on campus and distance learning

Nature Care College's flexible approach to scheduling allows you to select your own class times & study option for each class from the Timetable when studying the part-time course.

Nature Care's Course Advisors are available to assist you with creating a flexible timetable to suit your needs.

### WHAT IS A REMEDIAL MASSAGE THERAPIST?

The healing power of touch manifests itself through many tactile therapy treatments, with one of the most popular being Remedial Massage. A Remedial Massage Therapist uses skilled techniques to manually manipulate the body's soft tissue for the purpose of producing therapeutic effects on the nervous, muscular and circulatory systems. A Remedial Massage Therapist uses postural assessment as the basis for a treatment plan aimed at restoring the body to its ideal state. Remedial Massage is a paramedical massage treatment to assist in healing parts of the body that have been injured or left inactive due to age, illness or injury.

### DO YOU ENJOY LEARNING ABOUT THE POWER OF TOUCH, HEALTH AND WELL-BEING?

A Remedial Massage Therapist may perform the following:

- massage the soft tissues of the human body, including muscles, tendons and ligaments, to assist healing
- use massage techniques to enhance relaxation and wellbeing
- use techniques such as muscle stretching to assist with recovery and to enhance muscle performance
- use finger pressure techniques

### DO YOU ENJOY?

- A desire to help people achieve good health
- An interest in helping clients overcome their physical problems

### MONIKA BEBB – GRADUATE



“ I AM SO GRATEFUL to Nature Care College for providing such a supportive and highly professional tuition over the time I spent doing my qualification. Thank you all so much!





## RECOGNITION OF OUR COURSE



The Advanced Diploma of Naturopathy is fully Government accredited with the Australian Skills Quality Authority (ASQA). The Australian Skills Quality Authority (ASQA) is the national regulator for Australia's vocational education and training sector. The Certificate IV in Massage Therapy Practice is also accredited with the Professional Associations - the Australian Traditional Medicine Society (ATMS), the Australian Natural Therapists Association (ANTA), the Australian Association of Massage Therapists (AAMT), the Association of Massage Therapists (AMT), the Association of Massage Therapists & Wholistic Practitioners (Canada) and Association of Remedial Massuers (ARM).

Note: Professional Training Association recognition is determined by the Professional Association and may be subject to change. Whilst the information printed on this outline is current at the time of printing, Nature Care College cannot take responsibility for changes that occur in relation to Professional Association requirements.

## ON-GOING EDUCATION

Graduates are eligible for advanced standing in the following Nature Care College qualifications.

- Diploma of Remedial Massage HLT50307
- Advanced Diploma of Naturopathy HLT60507
- Certificate IV in Aromatherapy HLT42707
- Diploma of Aromatherapy HLT51407
- Diploma of Reflexology HLT51707

## COURSE ENTRY REQUIREMENTS

### DIVERSITY ADDS TO A SENSE OF COMMUNITY

At Nature Care College, we are committed to welcoming, nurturing and developing growth. Nature Care's students have a wide range of backgrounds such as people straight from school to people with life experience but no educational background. This diversity adds to Nature Care's life-enriching community. Admission to Nature Care College is based on program entry requirements. This may include but is not limited to academic merit, knowledge and skills achieved through formal courses of study, work experience, mature age entry and the potential for tertiary study.

Selection Process: For Vocational Education and Training (VET) courses, Nature Care does not require students to have any specific prior knowledge or a particular University Admissions Index (UAI) for course entry.

## ENTRY REQUIREMENTS

- To qualify for admission course entry is through high school matriculation or mature age entry of 21 years and over
- Writing and submitting a personal statement indicating your special areas of interest, any related experience you may have, and why you wish to undertake the course (limited to one A4 page)
- Applicants may be requested to participate in a phone or in person appointment with a Course Advisor prior to final selection

## YOUR PAYMENT OPTIONS

**AUSTUDY/ABSTUDY** Students studying the Certificate IV in Massage Therapy Practice full-time may apply for Austudy/Abstudy. Centrelink determines eligibility and can be contacted on 13 24 90 or visit their website: [www.centrelink.gov.au](http://www.centrelink.gov.au).

**PAY TERM BY TERM AS YOU GO** Study programs can be structured to suit your individual lifestyle needs. Course fees are charge on a term by term basis & are dependant on the number of units of study you enrol into each term.

**SPREAD THE COST OF YOUR COURSE THROUGHOUT THE TERM** Payment Plans provide an option for students to spread the cost of your course fees through out the term, in weekly or fortnightly instalments. A 50% deposit on the terms fees is payable at enrolment, the remaining fees are then spread through out the term. A 10% surcharge applies to the outstanding balance for the use of a Payment Plan.



## REASONS TO STUDY AT NATURE CARE COLLEGE [THE NATURE CARE BENEFIT]

- We are Australia's most experienced trainers of natural therapists, established in 1973
- Course study plans are designed to maximise learning outcomes & allow time for interactive class discussions
- Work Ready qualifications written with industry consultation
- Highly regarded on campus Student Clinic – vital to put theory into practice, working with the general public as patients and being closely mentored by specialist practitioners
- Nature Care College graduates are the industry preferred employees
- Flexible study options providing study/life balance
- Flexible payment options
- Nature Care College's unique campus atmosphere & wide demographic of students
- The Nature Care Café – in-house vegetarian café
- Library
- Job Assistance – a multitude of job opportunities advertised through Nature Care College

## YOUR TRAINERS

Nature Care College trainers are professionals who are passionate about their fields of expertise. They bring a wealth of knowledge, clinical expertise and industry experience to provide for you an exciting, engaging and relevant educational experience as you learn the knowledge and skills needed to be a competent and successful therapist.

## YOUR QUALIFICATION

Nature Care College's course 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 essential aspects of Remedial Massage. It is the foundation training to become a recognised massage therapist.

## CAN I APPLY FOR RECOGNITION OF PRIOR LEARNING (RPL), CREDIT TRANSFERS & NATIONAL RECOGNITION AT NATURE CARE COLLEGE?

At Nature Care College we recognise prior learning and encourage you to apply. If you have fully or partially completed a nationally endorsed Training Package and Australian Qualifications Framework (AQF) accredited course you can apply for National Recognition of Recognition of Current Competencies.

If you have fully or partially completed studies in the last 10 years with a recognised Higher Education provider within Australia you can apply for Credit Transfer.

If you have acquired knowledge and skills through avenues other than those mentioned above you are encouraged to apply for Recognition of Prior Learning.

Further details can be found on our website <http://www.naturecare.com.au/enrolment/?id=57> or alternatively please contact a Course Advisor who will assist you with the process.

## DID YOU KNOW?

DURING THE FIVE YEARS TO MAY 2010, **EMPLOYMENT INCREASED BY 51.9%** FOR MASSAGE THERAPISTS, COMPARED WITH 10.9% GROWTH FOR ALL OTHER OCCUPATIONS\*\*

\*\* [joboutlook.gov.au/myfuture.edu.au](http://joboutlook.gov.au/myfuture.edu.au)

All other statistics obtained from the National Institute of Complementary Medicine (an Australian Government initiative)



## TWO TERM STUDY PLAN – FULL-TIME PROGRAM

Term One	Term Two
<ul style="list-style-type: none"> <li>• Anatomy &amp; Physiology 1A (Regional)</li> <li>• Anatomy &amp; Physiology 1B (Systematic)</li> <li>• Swedish Massage</li> <li>• Remedial Massage 1</li> <li>• Business Skills</li> <li>• Communicate With Clients</li> <li>• Safe Practices</li> </ul>	<ul style="list-style-type: none"> <li>• Symptomatology &amp; Pathology for Bodyworkers</li> <li>• Remedial Massage 2</li> <li>• Student Clinic</li> <li>• Student Clinic</li> <li>• Apply First Aid Certificate</li> </ul>

## ONE YEAR STUDY PLAN – PART-TIME PROGRAM

Term One	Term Two	Term Three
<ul style="list-style-type: none"> <li>• Swedish Massage</li> <li>• Anatomy &amp; Physiology 1A (Regional)</li> <li>• Safe Practices</li> </ul>	<ul style="list-style-type: none"> <li>• Remedial Massage 1</li> <li>• Anatomy &amp; Physiology 1B (Systematic)</li> <li>• Communicate With Clients</li> <li>• Student Clinic</li> </ul>	<ul style="list-style-type: none"> <li>• Remedial Massage 2</li> <li>• Symptomatology &amp; Pathology for Bodyworkers</li> <li>• Business Skills</li> <li>• Student Clinic</li> <li>• Apply First Aid</li> </ul>

**Massage Tables:** It is essential that students acquire, or have access to, a massage table as they will be required to practice massage for the Certificate IV in Massage Therapy Practice. Massage tables are available for hire from the Nature Care Clinic ph: 8423 8444, or for purchase from The Emporium ph: 8423 8478.

**CAREER PATHS TO CONSIDER** PRIVATE PRACTICE | SPA OR GYM PRACTITIONER  
 | HEALTH SERVICE | AGED CARE | WORKPLACE WELLBEING EDUCATION | EMPLOYEE OF  
 OSTEOPATH PRACTICE



Individual Unit of Study Course Outlines can be downloaded from the website for all classes [www.naturecare.com.au](http://www.naturecare.com.au) homepage under 'Course Finder'. The outline has the course description, pre & co-requisites, assessment, textbook & week by week lesson outline information.

## CERTIFICATE IV IN MASSAGE THERAPY PRACTICE COURSE CONTENT

Module Name	Hours
Anatomy & Physiology 1A (Regional)	24 hours
Anatomy & Physiology 1B (Systematic)	24 hours
Symptomatology & Pathology for Bodyworkers <small>N.B. Students who have completed the modules 'Symptomatology, Diagnosis &amp; Pathology 1A &amp; 1B do not have to do 'Symptomatology &amp; Pathology for Bodyworkers.</small>	36 hours
Swedish Massage	42 hours
Remedial Massage 1	42 hours
Remedial Massage 2	42 hours
Communicate With Clients <small>NB: Students who have completed Communication Skills for Health Professionals 1A do not have to do Communicate With Clients</small>	24 hours
Business Skills	21 hours
Safe Practices	12 hours
Apply First Aid Certificate	12 hours
Remedial Massage Student Clinic	70 hours

International Students: Are to refer to International Course Outline [www.naturecare.com.au](http://www.naturecare.com.au)