



NATIONALLY RECOGNISED TRAINING



# Nature Care College

diploma

## Diploma of Remedial Massage

National Training Code: HLT50307

CRICOS Accreditation Code: 062000J

Please note: Course structure is current as of 28 October 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.

The course can be completed in one year full-time or two years part time. If studying part-time students have a maximum of three years in which to complete this Diploma.

### Diploma of Remedial Massage – 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
▶ <b>Anatomy &amp; Physiology 1C (Applied)</b>	- 24 hours
▶ <b>Functional Anatomy Workshop</b>	- 7 hours
▶ <b>Applied Anatomy and Assessment Techniques</b>	- 24 hours
▶ Symptomatology & Pathology for Bodyworkers	-36 hours
<i>N.B. Students who have completed the unit of study 'Symptomatology, Diagnosis &amp; Pathology 1A &amp; 1B' do not have to do 'Symptomatology &amp; Pathology for Bodyworkers'</i>	
▶ Swedish Massage	-42 hours
▶ Remedial Massage 1	-42 hours
▶ Remedial Massage 2	-42 hours
▶ Communicate With Clients	-24 hours
<i>(NB: Students who have completed Communication Skills for Health Professionals 1A do not have to do Communicate With Clients)</i>	
▶ <b>Massage in the Workplace</b>	- 14 hours
▶ <b>Massage for Chronic Conditions</b>	- 24 hours
▶ <b>Massage for Special Needs</b>	- 24 hours
▶ <b>Massage for Athletes</b>	- 24 hours
▶ Business Skills	- 21 hours
▶ Safe Practices	- 12 hours
▶ <b>Develop Professional Expertise</b>	- 24 hours
▶ <b>Clinical Supervision - Tactile</b>	- 10 hours
▶ Remedial Massage Student Clinic	- 70 hours
▶ <b>Remedial Massage Student Clinic</b>	- 30 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

## Diploma of Remedial Massage

### Unit Descriptions & Study Options

#### **Anatomy and Physiology 1A (Regional) (2 hours a week for 12 weeks OR Distance learning)**

This unit of study teaches the structure, general function and organisation of the human body with a thorough look at the musculoskeletal system. *Free tutorials available.*

#### **Anatomy and Physiology 1B (Systematic) (2 hours a week for 12 weeks OR Distance learning)**

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. *Free tutorials available.*

*Pre-requisite:* Anatomy & Physiology 1A.

#### **Anatomy and Physiology 1C (Applied) (2 hours a week for 12 weeks OR Distance learning)**

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 (3 hours a week for 12 weeks OR Distance learning)**

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 (3.5 hours a week for 12 weeks OR Intensive)**

This unit of study offers a wonderful introduction to the principles and fundamental techniques of massage. You will learn massage routines for the whole body, consider contra-indications and professional conduct.

#### **Remedial Massage 1 (3.5 hours a week for 12 weeks OR Intensive)**

A continuation of Swedish Massage, Remedial Massage 1 will provide you with the skills and knowledge to treat musculoskeletal problems using advanced massage techniques.

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

*Co-requisite:* Anatomy & Physiology 1B

#### **Remedial Massage 2 (3.5 hours a week for 12 weeks OR Intensive)**

A continuation of Remedial Massage 1, you will be given the skills and knowledge to enable you to treat musculoskeletal problems using basic postural diagnosis techniques as well as soft tissue techniques.

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

#### **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 an 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 (2 hours a week for 12 weeks OR Intensive)**

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

#### **Safe Practices (Workshop OR Distance Learning)**

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 (Intensive OR Distance Learning)**

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 (Intensive OR Distance Learning)**

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

## Diploma of Remedial Massage

### Unit Descriptions & Study Options

#### **Applied Anatomy & Assessment Techniques** (2 hrs/week for 12 weeks OR Intensive)

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** (2 day workshop)

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** (2hrs per week for 12 weeks OR intensive)

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

*Exempt:* If completed Symptomatology & Pathology for Bodyworkers 1B

#### **Massage For Special Needs** (Intensive)

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** (2hrs per week for 12 weeks OR intensive)

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

#### **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 8423-8333 or [info@naturecare.com.au](mailto: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 VETAB (NSW Vocational Education & Training Accreditation Board) and students are eligible to apply for AUSTUDY. 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).

*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.*

## International Students

This Diploma is accredited with CRICOS and overseas students are eligible to apply for a student visa to study at Nature Care College. International students must follow the full-time recommended study plan as part of their student visa requirements. Please contact the International Student Coordinator at the College for further information.

## Degree Pathway

The Diploma of Remedial Massage is eligible for Degree articulation into the Bachelor of Health Science (Complementary Medicine) at Charles Sturt University.

## Student Clinic

Total requirement: 100 hours.

**Includes: Remedial Massage Student Clinic (Certificate IV first 70 hours)**

*Pre-requisites:* Swedish Massage, Anatomy & Physiology 1A (Regional), Safe Practices.

*Co-requisite:* Remedial Massage 1, Anatomy & Physiology 1B (Systematic)

**Remedial Massage Student Clinic (Diploma final 30 hours)**

*Pre-requisites:* 70 hours Remedial Massage Student Clinic, Symptomatology & Pathology for Bodyworkers

## Financial Assistance

The Diploma of Remedial Massage is funded by VET FEE-HELP (diploma specific units only). Students can obtain an Australian Government student loan for all or part of their tuition fees.

Students studying the Diploma of Remedial Massage full-time may apply for AUSTUDY. Centrelink determines eligibility and can be contacted on 13 24 90 or visit their website: [www.centrelink.gov.au](http://www.centrelink.gov.au).

Please refer to [www.naturecare.com.au](http://www.naturecare.com.au) for information on VET FEE-HELP and the variety of "Flexible Payment Options" available or alternatively contact Student and Learning Services on +61 2 8423-8333 for assistance.

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

## Full Time Program

One Year (Certificate IV in Massage Therapy Practice terms 1 & 2, Diploma units term 3)

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

## Recommended TwoYear Study Plan

Part-time Program

	term one	term two	term three
year one	<ul style="list-style-type: none"> <li>▶ Anatomy &amp; Physiology 1A (Regional)</li> <li>▶ Swedish Massage</li> <li>▶ Safe Practices</li> </ul>	<ul style="list-style-type: none"> <li>▶ Anatomy &amp; Physiology 1B (Systematic)</li> <li>▶ Remedial Massage 1</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>▶ Apply First Aid Certificate</li> <li>▶ Student Clinic</li> </ul>
year two	<ul style="list-style-type: none"> <li>▶ Anatomy &amp; Physiology 1C (Applied)</li> <li>▶ Functional Anatomy</li> <li>▶ Clinical Supervision - Tactile</li> <li>▶ Student Clinic</li> </ul>	<ul style="list-style-type: none"> <li>▶ Massage for Athletes</li> <li>▶ Massage for Chronic Conditions</li> <li>▶ Applied Anatomy &amp; Assessment Techniques</li> </ul>	<ul style="list-style-type: none"> <li>▶ Massage for Special Needs</li> <li>▶ Develop Professional Expertise</li> <li>▶ Massage in the Workplace</li> </ul>

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

- ▶ Variations to the above study plans are possible. Please note that some subjects are not offered every term. If you wish to vary your program, it is strongly recommended that you make an appointment with a Course Advisor to discuss the details.

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
HLTHIR501A	Maintain an effective health work environment	Clinical Supervision - Tactile
HLTAP501A	Analyse health information	Anatomy & Physiology 1C
CHCORG28A	Reflect and improve upon professional practice	Clinical Supervision - Tactile
HLTHIR506B	Implement and monitor compliance with legal and ethical requirements	Develop Professional Expertise
HLTREM502B	Provide remedial massage treatment	Applied Anatomy & Assessment Techniques
HLTREM503B	Plan remedial massage treatment strategy	Applied Anatomy & Assessment Techniques
HLTREM504B	Apply remedial massage assessment framework	Applied Anatomy & Assessment Techniques
HLTREM505B	Perform remedial massage health assessment	Applied Anatomy & Assessment Techniques Functional Anatomy Workshop
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
Supervised Student Clinic – 30 additional student hours to make a total of 100 hours over the Certificate IV and Diploma.		

*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.*