

Compulsory units for the Certificate IV in Massage Therapy Practice: Cost \$3579.00 plus elective

OH&S

Covers the ability to address your own health and safety and of others with the understanding of hazards and risks associated within the industry. Be taken through the infection control guidelines to be able to develop policies and procedures in accordance with State or Territory legislative requirements.

Massage Therapy Practice

The massage practice techniques you will learn are designed to offer the greatest benefit for your clients, whilst ensuring that you, the therapist, are protecting your own body from any great strain or pressure.

The massage techniques do not depend on your size or strength; instead you learn to use your weight with gravity to apply the necessary pressure.

Through this unit you will learn:

- philosophies of massage practice;
- Principles & practices of massage;
- assessment techniques that will enable you to design a treatment that is specific to your client's needs
- treat clients with basic massage techniques;
- key elements of draping;
- how to put all you learn together to give a great relaxation massage; and
- review massage treatment and offer advise on other complementary therapies.

Remedial Massage 1

Pre-requisite: Massage Therapy Practice

Remedial Massage builds on the techniques you learnt in **Massage Therapy Practice**. Learn the skills required to assist in healing injuries and specific conditions

Each condition has specific remedial techniques associated with its treatment and you will learn to assess the problem and carry out the treatments indicated.

You will also learn more about accurate record keeping and designing ongoing professional treatment plans for individual clients.

Expand you remedial massage skills by completing various professional development techniques such as trigger point, sports therapies, myofascial release and lymphatic drainage which are all units within the Diploma of Remedial Massage

Communication Arts

Being able to talk, listen and effectively interact with your clients is a very important component of success. Through role play, observation, practice, peer support, and observing common body language behaviours, you will develop a new awareness of just what constitutes really effective communication! Fun, practical and absolutely essential to success in your business!!

Anatomy & Physiology

I, II & III

Anatomy is the study of the human physical form and structure including the skeleton, musculature, composition of cells, skin, blood and much more. Physiology will teach you how the body actually functions.

You will learn about the digestive, respiratory, reproductive, nervous, urinary, endocrine, integumentary, circulatory and lymphatic systems, how they function, the parts that make up each system, and how the everything works together in harmony, or otherwise. A rewarding and interesting essential for every health professional.

Note: Anatomy and Physiology must be completed in order. Your Text Book and CD are included in the fees for the first module.

Administer a Practice

Get to know the basic legal and practical requirements for setting up a home practice and managing it well, or working alongside other health professionals. This unit includes clinic practices and procedures, stock control, and administrative requirements.

Aromatherapy I

A great practical introduction into the safe use of more than 25 essential oils, blending essential oils into creams, ointments, bath products and more. The history and tradition of aromatherapy, handling techniques and properties. You will learn how to treat many common ailments, about the safety issues involved and how to make a coordinated product range. Your comprehensive text book, kit of oils, bottles jars etc and all the ingredients you will use in class are included in the fees.

Your course includes the following units of competency:

Common units:

BSBWOR203A	Work effectively with others
HLTCOM404C	Communicate effectively with clients
HLTCOM405C	Administer a practice
HLTCOM406B	Make referrals to other health care professionals when appropriate
HLTCOM408C	Use specific health terminology to communicate effectively
HLTFA301B	Apply first aid
HLTHIR301B	Communicate and work effectively in health
HLTOHS300B	Contribute to OHS processes
HLTIN301C	Comply with infection control policies and procedures in health work
HLTAP401B	Confirm physical health status

Specialisation units:

HLTREM401C	Work within a massage framework
HLTREM406C	Provide massage treatment
HLTREM407C	Plan massage treatment
HLTREM408C	Apply massage assessment framework
HLTREM409C	Perform massage health assessment

Seminar Series

Each of the four seminar topics will add depth to your general knowledge on the "human condition". Topics include, Wound healing, Pain and Ageing.

Wet Lab

Visit the Anatomy Department of the Newcastle University and observe for yourself actual body parts. You will see many of the anatomical structures you have studied in class. Dr Alan Brichta will discuss what you see and will provide a very interesting and valuable learning experience!!

Supervised Student Clinic

Your supervised student clinic is held at the College, with the public as your clients. Your teacher will help you develop the confidence you need to begin your own professional practice. You must hold a current Senior First Aid Certificate prior to commencing your Supervised Student

Clinic hours: 50

The Certificate IV in Massage Therapy Practice (HLT40307) is the minimum educational requirement to work as a qualified massage therapist. This Certificate a pre-request for the Diploma of Remedial Massage (HLT50307).

In addition to the units listed above, you will need to complete elective hours totalling 16 hours and your Senior First Aid Certificate.