

**HLT42015**

# HLT42015 Certificate IV in Massage Therapy

The perfect introduction to a career in massage.

Find work in a Health & Beauty Spa, or run your own Home or  
Mobile Massage Clinic\*

\*Q Academy does not guarantee career or employment outcomes for students or graduates.





# Course Details

## Entry Requirements

A sound understanding of written and spoken English is required. An interest in the functionality of the human body as well as the health and wellbeing of others is recommended. Students are also expected to have access to a laptop or computer with internet access for both on-campus and at-home learning.

## Start Dates

We have a number of intakes throughout the year, across 3 different campuses. Please contact your nearest campus on 1300 20 40 80 for more information.

## Course Length

As a guide, the HLT42015 Certificate IV in Massage Therapy will take 6 months to complete. This depends on how quickly you move through your lessons, clinical practice hours and assessments.

## Campus Locations

We have 3 campus locations across South-East Queensland:

**Brisbane:** 100 Brookes St, Fortitude Valley 4006

**Gold Coast:** Level 1, Robina Town Centre  
(above Myer), Robina 4230

**Sunshine Coast:** 64C Aerodrome Road,  
Maroochydore 4558

## Course Inclusions

Q Academy has a unique Re-sit and Refresh Guarantee. This means that once you have graduated, you are welcome to come back on-campus and re-sit or refresh any part of your course, while the course is current, for no additional cost. This includes free First Aid updates; potentially saving graduates hundreds of dollars over their career!

Two student shirts, an oil bottle and holster, and 24/7 online access to course learning materials over the full duration of the course, is also included in the cost.

## What you will Learn

The course will teach elements of Swedish, sports, pregnancy, seated, thermotherapy, reflexology, Thai massage and much more!

Students will be competent in treating the soft tissue of the body, to assist clients achieve improved circulation, pain relief, reduced stress and anxiety, assisted recovery from injury, aided sleep and relaxation, and enhanced flexibility. As massage can have an enormous positive impact on a person's musculoskeletal health and general well-being, therapists can take pride in being able to help their clients achieve these results.





## Career Outcomes

While graduates of the HLT42015 Certificate IV in Massage Therapy will gain valuable knowledge, skills and experience - for those wanting a long-standing career in the manual therapies, further study is encouraged. Currently, most employers require the HLT52015 Diploma of Remedial Massage as the minimum qualification.

However, if you wish to add an additional skill- set to compliment an existing qualification (e.g. Personal Training or Beauty Therapy); run your own at-home, mobile or corporate massage business; or possibly work on a cruise ship or in a day spa, the HLT42015 Certificate IV in Massage Therapy could be a great fit for you. Please note that Q Academy does not guarantee career or employment outcomes for students or graduates.

## Training & Practice

In completing this course students will have developed both their theoretical and practical understanding of massage therapy.

To ensure that students are confident and experienced therapists upon graduation, it is a requirement that all students complete 80 hours of practical training, in Q Academy's student clinic.

Q Academy's student clinic is open to the public. Under the supervision of a course coach, students are given extensive experience in managing a clinic and treating clients in a professional setting.

Please note that the days, hours and location of your clinical practice is subject to availability. To reflect industry practice, our student clinic is open weekdays and weekends, both daytime and evening sessions. At the start of each term you can select your preferred clinic hours, to fit around your work and family

commitments. We will always do our best to make this as convenient as possible, but we may not always be able to offer you your first preference. Your flexibility and understanding is appreciated.

## Key Benefits

**1) Science-based content:** our courses have been written using the same text books and reference materials as Physios, Osteopaths and Myotherapists.

**2) Free to Re-sit or Refresh:** once you have graduated from an on-campus course, you are always welcome to come back and re-sit or refresh any part of your past studies, while the course is current, at no additional cost.

**3) Learning Support:** learn anywhere, anytime with our advanced online system and course coach support. All of your course materials are also available online, with short video modules and knowledge checks to help keep you motivated along the way.

**4) Unique Learning Environment:** complete your lessons online from a Q Academy classroom. You can replay your video lessons and go through the learning materials individually. The on-site classroom environment means that you can be motivated by and practice on your peers, and ask questions and get feedback from a course coach. This is mostly self-directed learning so you will need to be motivated and dedicated to your studies. While there is some flexibility with how you study, please note that there are scheduled classroom days and minimum on-site requirements that you must meet to satisfy completion milestones.

**5) Quality of Training:** our students get access to some of the most extensive training materials and practical experience, which is why over 90% of our students graduate!



# Accreditation

## Course Accreditation

Q Academy is a Registered Training Organisation (RTO 31896) with the Australian Skills and Qualifications Authority. Q Academy are approved to offer the HLT42015 Certificate IV in Massage Therapy, which is a Nationally Accredited course.



NATIONALLY RECOGNISED  
TRAINING

## Professional Accreditation

This course is recognised by leading industry associations such as Massage & Myotherapy Australia (MMA) and the Association of Massage Therapists (AMT). Graduates of this course may apply for membership with these associations, after graduation, once they have received their Record of Results.



## Private Healthcare Compliance

Please note that the graduates of the HLT42015 Certificate IV of Massage Therapy will not be eligible for private healthcare provider numbers, to offer client rebates.

The minimum requirement to offer clients healthcare rebates is the HLT52015 Diploma of Remedial Massage.





# Course Fees and Finance

The total cost of the HLT42015 Certificate IV in Massage Therapy course is \$4,650 (+\$100 materials fee).

## HLT42015 Certificate IV in Massage Therapy

We offer 2 payment options for eligible students of the HLT42015 Certificate IV in Massage Therapy:

- 1) Self-finance the course cost, or
- 2) If eligible, utilise the Queensland Government's Higher Level Skills Subsidy (HLS)

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### Self Finance

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Students are required to pay 4 instalments of \$1,162.50.

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### HLS Subsidy

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If you are eligible, the HLT42015 Certificate IV in Massage Therapy can be funded by the Queensland Government. You would be required to self-finance a co-contribution fee, which is payable on enrolment.

Non-Concessional Co-contribution Fee \$468 total (\$36 per unit of competency)

Concessional Co-contribution Fee \$234 total (\$18 per unit of competency)

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## Units of Competency

<b>CHCCOM006</b>	Establish and manage client relationships
<b>CHCDIV001</b>	Work with diverse people
<b>CHCLEG003</b>	Manage legal and ethical compliance
<b>HLTAAP002</b>	Confirm physical health status
<b>HLTAID003</b>	Provide first aid
<b>HLTINF004</b>	Manage the control of infection
<b>HLTMSG001</b>	Develop massage practice
<b>HLTMSG002</b>	Assess client massage needs
<b>HLTMSG004</b>	Provide massage treatments
<b>HLTWH5004</b>	Manage work health and safety
<b>CHCPRP003</b>	Reflect on and improve own professional practice
<b>BSBSMB404</b>	Undertake small business planning
<b>HLTREF002</b>	Provide reflexology for relaxation

## Subjects in the Certificate IV in Massage Therapy

	Practical Components	Theoretical Components
<b>HLT42015 Certificate IV in Massage Therapy</b>	Swedish Massage	Anatomy and Physiology
	Thai Massage	Massage History and Origins
	Thermotherapy	Client Record Keeping
	Seated Massage	Designing a Safe and Effective Massage Environment
	Pregnancy Massage	Building and Running a Successful Massage Business
	Reflexology	Legal Considerations
	Sports Stretching	Professional Communication
	Special Needs Massage	Planning for Success
		Indications & Contraindication for Massage

## Subject Descriptions

### Massage Essentials Communication

This subject sets the scene for a career in the massage industry by covering communication, goal setting, scope of practice, medical terminology, client screening, record keeping, ethics, legal considerations, occupational health and safety and symptomology of common contraindications. Students also learn how to adapt their treatment to account for the physical changes associated with older age, disability and pregnancy.

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### Human Anatomy and Physiology

This module covers cells, tissues, and each of the 11 major systems of the body and their integration and control. Manual therapy requires an in-depth knowledge of bony anatomy and muscle; this subject covers bony landmarks in detail and the origin, insertion, action and innervation of 63 major muscles which a therapist could expect to be treating. The student can also expect to cover nutrition and energy systems in this module.

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### Massage Business

Gain an insight into establishing, operating, and growing a massage business. Some of the aspects you will learn include best practice in sales and marketing strategies, business finance, customer service excellence, personal and professional development plus leadership.

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### Swedish Relaxation Massage

The full body massage sequence of 140 Swedish strokes to:

- Reduce stress
- Assist lymph function
- Improve circulation
- Enhance relaxation

Students can use these skills to treat: pregnant women, elderly, young and special needs clients. Also included in this wide ranging practical component is corporate seated massage.

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### Stretching Techniques

Learn the required skills and knowledge to stretch the major body muscles, both passively and actively. This allows graduates to provide home care options to clients as well as helping with injury prevention. The module also covers the use of heat and ice (thermal therapies).



## Reflexology

Reflexology detours from our other science- based training and provides an introduction to a traditional Eastern practice of holistic health. Reflexology can either be a stand- alone treatment, or used in conjunction with other techniques. Potential employers often like to offer the broadest range of treatments, which we are supportive of and encourage our students to be open to varied treatments.

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## Clinical Practice

This is the capstone experience of the course, involving the students planning, marketing and providing over 80 clinic hours to massage the public. It also provides students with an opportunity to start building their own client base.

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## First Aid

Learn the skills and knowledge required to provide First Aid response at the scene of an accident until emergency qualified help arrives. This component covers life support, management of casualty(s), the incident and other First Aid elements.

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## Thai Massage

Learn how to apply Thai Massage therapies with deep passive stretching and slow sustained compression. This is a process in which the client and therapist creating deep stretching to produce muscular release. Many clients find Thai Massage very uplifting and beneficial.



## About Q Academy

Q Academy is an Allied Health training college, who over the last decade, has trained over 2,500 highly skilled manual therapists. Q Academy has grown across South-East Queensland in recent years, and currently has three campuses in Queensland: Brisbane, the Gold Coast and the Sunshine Coast. With Q Academy's online division, NETQ, we also aim to cater to anyone in Australia who is wanting to study massage.

Here are 3 things that you should know about Q Academy:

1. 93% of our graduates would recommend Q Academy to their friends and family.  
(Government 2019 ASQA Survey)
2. We offer our on-campus graduates a unique Guarantee which allows them to come back and refresh or re-sit their completed course, for the life of their qualification.
3. Our completion rate is double the national average for vocational training.

### Book in a Chat

If it is convenient for you to do so, you are more than welcome to visit your closest Q Academy campus, to find out if we're the right training college for you. We will gladly show you around the campus, answer any questions and introduce you to some of the team. Bookings are advised.

**1300 20 40 80**



**[qacademy.com.au](http://qacademy.com.au)**

### **Gold Coast Campus**

Level 1, Robina Town Centre  
Robina QLD 4230

### **Brisbane Campus**

100 Brookes St, Fortitude  
Valley QLD 4006

### **Sunshine Coast Campus**

64C Aerodrome Road,  
Maroochydore QLD 4558