

HLT52015

Diploma of Remedial Massage (Sports Therapy Program)

Work with sporting clubs, teams and athletes*

Elite athletes require elite trainers

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

Introduction to the Diploma of Remedial Massage (Sports Therapy Program)



Upgrade your skills with the **Diploma of Remedial Massage (Sports Therapy Program)**

Elite Athletes Require Elite Therapists

Turn a passion in sports into a career! A Remedial Sports Therapist can provide invaluable support at many different levels - from local community groups to elite athletes. You could find yourself working on the field, in a gym, as a business owner, or in a multi-modality clinic with other health professionals.

A career in Remedial Sports Therapy gives you unlimited work opportunities, flexible working hours, great income potential and the satisfaction of helping others in an industry you are passionate about.



Course Comparison Table

	Diploma of Remedial Massage (HEALTH & WELLNESS PROGRAM)	Diploma of Remedial Massage (ADVANCED REHAB PROGRAM)	Diploma of Remedial Massage (SPORTS THERAPY PROGRAM)	Diploma of Remedial Massage Online
Course Descriptions	Our Diploma of Remedial Massage provides great foundational knowledge and skill in remedial massage. This course is the most cost-effective way to become a Remedial Therapist, so you can start a career in the manual therapies industry. The subjects have been selected to suit students interested in pursuing a career in the wellness space, working in spas or clinics, or establishing their own at-home business.	If you are looking for a more advanced option, to give yourself a competitive advantage over other Remedial Therapists, then the Advanced Remedial Therapy Program is for you. It includes additional practical skills and techniques, such as Myofascial Cupping and TENS, subjects taken from the highest VET qualification in the manual therapies, the 22316VIC Advanced Diploma of Myotherapy. Your extra skills and treatment options can make you more sought after by both clients and employers.	If you have an interest in sports, and are looking for a way to turn a passion into a career, or if you want to learn how the human body works, and how to treat, train and rehabilitate athletes - then you will benefit from completing the Sports Therapy Program. Not only will you be a qualified Remedial Massage Therapist, but you will also have skills and practical experiences providing strength and conditioning coaching, sports training, advanced first aid and much more!	Our Online Diploma of Remedial Massage provides great foundational knowledge and skill in remedial massage. This course is the most flexible way to become a Remedial Therapist (being that you can study from home), so you can start a career in the manual therapies industry with a blend of practical remedial massage techniques plus nutrition to support general client wellness.
Qualification Outcomes	HLT52015 Diploma of Remedial Massage.	HLT52015 Diploma of Remedial Massage, plus statement of attainments for Remedial TENS, Myofascial Cupping, Kinesiology Taping and Thai Massage.	HLT52015 Diploma of Remedial Massage, plus ASCA Level 1 Strength and Conditioning as well as SIS30813 Certificate III in Sports Coaching.	HLT52015 Diploma of Remedial Massage Online.
Career Outcomes	Work as a small business owner, running your own at-home or mobile massage clinic. Or work in private practice, treating members of your local community.	You will have all of the career opportunities as a Remedial Therapist, but with additional opportunities to use your advanced knowledge and remedial techniques. Use your expanded skills in Remedial Massage to work in multi-modality clinics, treating alongside physiotherapists, osteopaths and chiropractors.	These qualifications span multiple industries, which could give you many exciting career opportunities. You could work alongside sports and community clubs, elite athletes, professional teams, coaches, trainers and physiotherapists.	Work as a small business owner, running your own massage clinic. Travel the world on a cruiseship, as their on-board massage therapist. Or work in private practice, treating members of your local community.
Course Cost	\$10,350	\$15,000	\$16,560	\$8,820
Eligible for VET Student Loan	Yes, up to \$10,350	Yes, up to \$15,000	Yes, up to \$15,000	Yes, up to \$8,820
Course Duration	47 weeks (35 weeks on-campus)	47 weeks (42 weeks on-campus)	59 weeks (47 weeks on-campus)	Up to 21 months, self-paced at home
Course Delivery	E-Classroom Learning	On-Campus Learning	On-Campus Learning	Online Learning
Training Hours	625 hours of quality training	715 hours of comprehensive training	800+ hours of extensive training	625 hours of quality training

Q Academy does not guarantee graduation, career or employment outcomes for students



Sports Therapy Benefits

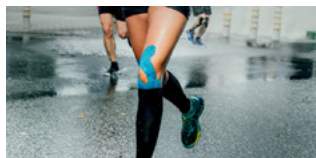
As a Q Academy Remedial Sport Therapist you will be able to provide the following:



Strength and conditioning training and fitness programming.



Remedial massage, sports massage, stretch therapies, relaxation massage and lymphatic drainage.



Sports taping, strapping, injury prevention and management, and movement screening.



On-the-field first response and managing first aid situations, including sports related injuries and stabilising the injured until help arrives.



Knowledge of anatomy, physiology, biomechanics, muscular actions and attachments, stress and adaptations, muscular dysfunction and more.



Assist in sports practice with an understanding of risk management, sports specific rules, laws, regulations, best code of practice, as well as legal and ethical responsibilities and duty of care.



Excellence and professionalism, with best practice in sports, business, scope of practice, industry standards and client management.



Course Details

Entry Requirements

To be eligible for this course, applicants will need to demonstrate existing interest and experience working with athletes and sporting clubs.

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 Duration

1-1.5 years full-time to complete the Remedial Sports Therapy program.

- 47 weeks full-time to complete the HLT52015 Diploma of Remedial Massage (Advanced Rehab)
- and 12 weeks full-time to complete the Level 1 Strength & Conditioning and SIS30519 Certificate III in Sports Coaching components

Course 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

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 included in the cost.

Resit and Refresh Guarantee

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!

Program Schedule

Q Academy's Remedial Sports Therapy Program is made up of more than 800 training hours. For the first 5 weeks of the course, you will attend 2 in-class days per week. From week 6 onwards, it will then be 1 day in the classroom and 1 day treating in Q Academy's student clinic. You will also be required to complete workplace practice and placement sessions with sporting club(s).

Course Workload

Throughout the course, you will be expected to complete 6-12 hours of independent at-home study per week, in addition to your classroom, placement and clinic hours.



Student Clinic

Remedial Clinical Practice

As part of the requirements for the HLT52015 Diploma of Remedial Massage, you will need to complete a minimum 200 hours of clinical practice. The course schedule has been designed so the hours are evenly distributed over the duration of the program - giving you frequent and consistent practice treating a variety of clients.

To facilitate student learning and practice, Q Academy has established a student clinic which 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.

Sports Therapy Placement

When you transition into the Sports Therapy components of the program, this format may change. You will complete 1 day of independent online study per week, and attend the campus at least once monthly. Your attendance on-campus is subject to change, and will likely increase as you progress throughout the program. The work placement hours will be completed in addition to this. To satisfy the criteria of the ASCA Level 1 Strength and Conditioning, you will be required to

complete 30 hours of workplace practice. You will also need to complete 10-20 sessions of placement in your desired sports setting. During this time you will need observable actions signed off to complete the SIS30519 Certificate III in Sports Coaching qualification. Q Academy can only offer a very limited number of students assistance securing work placement. Existing relationships with local sporting or community clubs is encouraged.

Learning Environment

Q Academy has all of the facilities and learning resources to help you become the best possible Sports Therapist.

When you complete the clinical practice component of the course, Q Academy will provide the massage tables, towels, oil, and clients to practice on while you are treating in the Student Clinic.

Industry Exposure and External Events

With Q Academy continually developing exciting initiatives and partnerships in the wider community, you may be given exposure and experience treating at external events. This would be part of your clinic placement hours, and organised and supervised by your course coaches. This can include sporting, community, corporate events and industry expos.

Recent Q Academy students have had the opportunity to support AFL Queensland by offering weekly sports massage sessions on game nights, right beside all the on-field action.

Students have also been involved in providing treatments at community and corporate events with NAB Bank, Crossfit, Ultimate Frisbee and Mental Health Week.



Accreditation

Course Accreditation

Q Academy is a Registered Training Organisation (RTO 31896) with the Australian Skills and Qualifications Authority. Q Academy is approved to offer the HLT52015 Diploma of Remedial Massage and the SIS30519 Certificate III in Sports Coaching, which are Nationally Accredited courses.



ASCA are the peak national body for Strength and Conditioning professionals in Australia. Q Academy is approved to offer the ASCA accredited Level 1 Strength and Conditioning course.



Private Healthcare Compliance

Q Academy's HLT52015 Diploma of Remedial Massage (Sports Therapy Program) is all major private healthcare (including Medibank) compliant. This means that graduates are eligible to obtain a private healthcare insurance provider number, allowing them to offer clients healthcare rebates for remedial massage.

Professional Accreditation

The HLT52015 Diploma of Remedial of Massage course is recognised by leading industry associations such as Massage and Myotherapy Australia (MMA), Australian Natural Therapists Association (ANTA) and the Association of Massage Therapists (AMT). Graduates of this course may apply for membership with any of these associations, after graduation, once they have received their Record of Results.





Course Fees and Finance

The HLT52015 Diploma of Remedial Massage (Sports Therapy Program) costs \$16,560 (+ \$100 materials fee).

HLT52015 Diploma of Remedial Massage (Sports Therapy Program)

Payment options

We offer two payment options for interested students: self-finance the course cost, or utilise the Government's VET Student Loan funding if eligible.

✓ VET STUDENT LOAN

✓ SELF-FUNDED

Self-financing

The \$16,560 course cost for the HLT52015 Diploma of Remedial Massage (Sports Therapy Program) will be divided into 12 instalments of \$1,380.

VET Student Loan

For eligible students, VET Student Loan funding may be available. A VET Student Loan is a loan from the Australian Government that helps eligible students pay for some or all of their tuition fees. You may wish to seek independent financial advice before applying.

The total cost of the course (\$16,560) less the VET loan amount (\$15,000) leaves a \$1,560 gap amount.
All VSL eligible and approved students are required to self-finance this \$1,560 gap fee.

VET Student Loans



Units of Competency

Diploma of Remedial Massage	CHCCOM006	Establish and manage client relationships
	CHCDIV00	Work with diverse people
	HLTINF004	Manage the prevention and control of infection
	HLTHPS010	Interpret and use information about nutrition and diet
	HLTMSG008	Monitor and evaluate remedial massage treatments
	BSBMED401	Manage patient recordkeeping system
	CHCLEG003	Manage legal and ethical compliance
	HLTAID003	Provide first aid
	HLTWHS004	Manage work health and safety
	HLTMSG001	Develop massage practice
	HLTREF002	Provide reflexology for relaxation
	BSBSMB404	Undertake small business planning
	CHCPRP003	Reflect on and improve own professional practice
	BSBMED301	Interpret and apply medical terminology appropriately
	HLTMSG002	Assess client massage needs
	HLTMSG004	Provide massage treatments
	HLTMSG005	Provide remedial massage treatments
	HLTMSG003	Perform remedial massage musculoskeletal assessments
	HLTMSG006	Adapt remedial massage treatments to meet specific needs
	CHCPRP005	Engage with health professionals and the health system
	HLTAAP003	Analyse and respond to client health information
Sports Coaching Qualification	BSBRSK401	Identify risk and apply risk management processes
	HLTWHS001	Participate in workplace health and safety
	SISSSCO002	Work in a community coaching role
	SISSSCO003	Meet participant coaching needs
	SISSSCO005	Continuously improve coaching skills and knowledge
Sports Electives	SISSSCO012	Coach sport participants up to an intermediate level
	BSBADM405	Organise meetings
	SISSSPT001	Implement sport injury prevention and management strategies

Subject Descriptions: HLT52015 Diploma of Remedial Massage

Industry Essentials

This subject sets the scene for a career in the massage industry by covering the following topics: communication, goal setting, scope of practice, medical terminology, client screening and record keeping.

Safe Practice

This subject is essential for a professional therapist. The knowledge covered in this subject is very important during the professional career of any therapists and can help a therapist ensure the treatments they perform are done safely for the client and also for the therapist from a legal point of view.

Anatomy and Physiology - Muscles

Manual therapy requires an in-depth knowledge of bony anatomy and muscles; this subject covers bony landmarks in detail and the origin, insertion, action and innervation of the muscles which a therapist could expect to be treating.

Anatomy and Physiology - Systems

This subject covers cells, tissues, and each of the 11 major systems of the body and their integration and control. As part of the health industry, therapists are required to have a general understanding of the major systems of the body to be able to provide the right care for the clients, always following the scope of practice.

Massage Business

Students learn how to establish, operate, and grow a successful massage business. This subject covers best practice in sales and marketing strategies, business finance, excellence in customer service, leadership, and personal and professional development.

Massage Practice

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.

Stretching

This subject teaches all the knowledge and skills required to stretch all the major muscles of the body, passively and actively. This allows students to give clients home care options and can help with injury prevention. The use of thermal therapies (heat and ice) are also covered.

Reflexology

Reflexology offers students a short break from our science-based training. This subject introduces students to a traditional Eastern practice of holistic health which can be offered as a stand-alone treatment, or used in conjunction with other techniques to provide one super-treatment. Employers often favour therapists who can offer clients the broadest range of treatment skills, which we support and encourage.

First Aid

The Provide First Aid unit of competency provides students with the skills and knowledge required to provide First Aid response, life support and the management of casualty(s), the incident and other First Aiders until emergency qualified help arrives at the scene of the accident.

Relaxation Clinic

Clinic is the student's most valuable learning experience as a budding new therapist. Students plan, market, manage client's recordkeeping systems and run a public clinic within the college's established facility. Relaxation Clinic is an opportunity to put into practice all of the knowledge and skills learned throughout the relaxation part of the course. During the clinic, students practice and refine their skills under the guidance and support of a Q Academy course coach.



Remedial Massage Foundations

Key topics include:

- Benefits of Remedial Massage
- Scope of practice
- Causes of musculoskeletal dysfunction
- Sensory receptors and reflexes
- Stress and adaptation syndromes
- Record keeping
- Indications and contraindications
- Managing the recovery process

The subject covers the knowledge related to the way the human body works (and commonly doesn't work). The module focuses on each region in detail describing joints and functional tissues of the joints. This module will also cover common dysfunction, pathology and pathophysiology (functional changes that occur due to a disease or pathologic state). Additional knowledge expected from this subject is the knowledge of biology, chemistry and cellular function required for a Remedial Massage Therapist.

Anatomy and Pathophysiology

The subject covers the knowledge related to the way the human body works (and commonly doesn't work). The module focuses into each region in detail describing joints and functional tissues of the joints. This module will also cover common dysfunction, pathology and pathophysiology (functional changes that occur due to a disease or pathologic state). Additional knowledge expected from this subject is the knowledge of biology, chemistry and cellular function required for a Remedial Massage Therapist.

Remedial Techniques Consultation

Students will learn how to perform general assessments that cover the functionality of the human body. Assessment techniques include postural analysis, gait, functional testing as well as professional communication skills to address clients.

Remedial Massage Assessments

This subject focuses on the knowledge and skills for assessment of the specific regions of the body. Range of Motion and its varieties are the main focus of this subject to teach therapists to design the most accurate treatment strategy for the presenting condition.

Remedial Massage Techniques

This subject is the foundation of students' Remedial Massage skills and one of the most comprehensive in the course. Students learn a variety of treatment techniques to be performed on soft tissues, in particular muscles. The techniques covered during this subject include myofascial release (MFR), neuromuscular techniques (NMT), positional release techniques (PRT), and muscle energy techniques (MET).

Remedial Health Information

Health is so much more than what's happening on the outside of the body. As experts in physical health, students learn to recognise the need for clients to address any issues with diet and eating behaviours which may be contributing to their poor health. This subject provides students with the knowledge to confidently give advice and recommendations about nutrition to improve the health and wellbeing of their clients. Clients who eat well, feel well.

Case Studies

This subject reflects the intention of professional clinic scenarios and presentations allowing the students to put into practice all their knowledge and skills in a supervised and controlled manner.

Remedial Clinic

Clinic is the student's most valuable learning experience as a budding new therapist. Students plan, market, manage client's recordkeeping systems and run a public clinic within the college's established facility. Remedial Clinic is an opportunity to put into practice all of the knowledge and skills learned throughout the course. During the clinic, students practice and refine their skills under the guidance and support of a Q Academy course coach.



Subject Descriptions: Sports Coaching

Assisting Sports Practice

A Sports Coach can work to an intermediate level in a range of setting such as community coaching roles, sports clubs and organisations in the Australian sport industry. A Sports Coach understands the National Coaching Accreditation Scheme's (NCAS) system of training and accrediting coaches. They provide a leadership role in helping to ensure that coaches and teams are aware of and adhere to legal and ethical responsibilities and their duty of care. With knowledge of sports specific rules, laws and regulations, best practice codes and principles, to industry equipment and safety requirements, and coaching styles and practices to a range of ages and learning abilities, the Sports Therapist is a key player in any successful team.

Sports Taping and Injury prevention

A Sports Coach can provide assistance to the management of an injured athlete. From minor cuts and abrasions where the diagnosis is not indicated, to post-surgical intervention, the Sports Therapist is well equipped to help the athlete return to active participation and optimal function through appropriate, professional and safe rehabilitation programs. This includes sports taping for the prevention and management of sports injuries. The sports coach will learn the skills and knowledge required to apply taping techniques to the ankle, thumb and fingers. This provides valuable assistance to athletes in relation to ongoing injury prevention and post-injury support and management.

Safe Practices in Sport

Keeping athletes and support team safe and well informed during events and sporting activity is very important. Sports coaches will learn how to undertake a risk-analysis process in relation to an activity and in accordance with risk-management policies and procedures. Coupled with workplace health and safety principles and the ability to communicate this via meetings will assist athletes and others to stay safe and minimise the risks associated with a specific sport or event.



Subject Descriptions: Strength and Conditioning

Strength and Conditioning

The Sports Therapist uses strength and conditioning techniques to assist athletes according to their sport-specific needs, and those undertaking fitness programs to achieve their personal fitness goals. The Sports Therapist understands the major body systems, bones, joints, muscles and their function to enable the selection, instruction and adjustment of appropriate exercises. They conduct drills, activities and games to teach the techniques of strength and conditioning, and use motivational techniques to provide feedback for improvement. The Sports Therapist applies testing protocols to determine the athlete's current status, prior to selecting a program. Instructing techniques and following best practice enables the Sports Therapist to monitor and evaluate the individual's performance and progress, and modify their program as required.

Instruct Strength and Conditioning Techniques

A strong body is a healthy body. Strength and conditioning isn't reserved just for sports people. Becoming stronger, fitter and more mobile as we age is fundamental to maintaining our physical health. This subject provides students with the skills and a training framework to provide their clients with safe and effective exercise programs to build and maintain a strong, healthy body.

Adapt Remedial Massage Practice for Athletes

This is a subject that would greatly interest students wanting to work with active individuals, athletes or sports people. Reducing the risk of injury, athletic preparation, pre-game treatment for performance enhancement, and post-game recovery strategies are all covered. The knowledge and skills gained from this subject will make students an integral member of a team of experts, helping active individuals perform at their absolute best.



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 outside South-East Queensland 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 a unique Guarantee which allows you to come back and refresh or re-sit your completed course, for the life of the qualification.
3. Our completion rate is double the national average for vocational training.

Book in a Chat

You are more than welcome to visit your preferred campus, to find out if Q Academy is 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

Gold Coast Campus

Level 1, Robina Town Centre
Robina QLD 4230

Brisbane Campus

100 Brookes St, Fortitude
Valley QLD 4006

Sunshine Coast Campus

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