Q ACADEMY
REMEDIAL + MASSAGE THERAPIES

NET Q



HLT52015

The Diploma of Remedial Massage

Mixed Delivery

Work in health and wellness spas, from home or a mobile clinic as a small business owner.

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

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Introduction to Remedial Massage



Study Massage with NETQ

HLT52015 Diploma of Remedial Massage

Mixed Delivery

One of the most flexible, convenient and affordable ways to earn a Nationally Accredited Qualification in Remedial Massage.

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. As this the course content is delivered online we expect students to have access to a tablet, laptop or computer, with a camera, microphone and internet access, as well as a printer and willing bodies to practice on.

Online learning requires students to be motivated and self-disciplined. You must be confident in your ability to maintain self-directed study, and follow NETQ's schedule of lessons for the full duration of the course.

Start Dates

The course starts on the 1st Monday of each month, with limited places available.

Course Duration

As a guide, it can generally take up to 21 months to complete the course. This is with an average 9 hour weekly commitment. We will provide you with a clear schedule to help you stay on track and meet your assessment milestones.

Course Delivery

Mixed delivery combines the flexibility of our unique, e-learning system with your digital manual, online lessons, videos, and assessments, together with the experience of our trainers to supervise your practical training hours from a NetQ Training Clinic. To make your study interesting and effective our e-learning platform has hundreds of short and informative videos embedded within your digital manual for convenient 24/7 access.

The on-site training hours are required to obtain a nationally recognised qualification, so you will need to attend a NetQ Training Clinic in either Brisbane, Gold Coast, Sunshine Coast, Sydney or Melbourne and complete 200 practical supervised training hours. This is a compulsory requirement of the course, where under the guidance of our expert trainers you will demonstrate and refine your skills on the general public, in a workplace simulated environment.

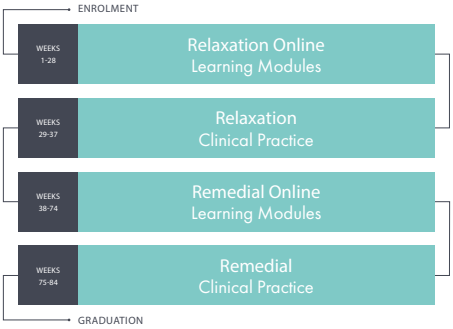
Course Inclusions

Your course fees include access to all required e-learning course material including your digital manual, assessments, videos and one-on-one support from your NetQ tutor.

*The $109.95 materials fee is for a student kit, which includes an oil bottle and holster as well as a student shirt to wear during your on-campus student clinic. The fee includes postage and handling.



THERE ARE TWO PHASES OF STUDENT CLINIC:



Student Clinic

Student clinic occurs at various stages throughout your course. This is a very important part of the qualification as it is where you apply your skills and knowledge learned, in a clinical setting. This is a workplace simulation, showing your ability to work as a professional within the massage industry.

To meet the current guidelines to be recognised by a number of health funds to be eligible for private provider numbers, you will also need to complete 200 hours of clinical practice at a NETQ Training Clinic (Brisbane, Gold Coast, Sunshine Coast, Sydney or Melbourne).

NETQ TRAINING CLINIC

Is where students complete supervised practical training hours. These clinics are located in Brisbane, Gold Coast, Sunshine Coast, Sydney and Melbourne. All of your equipment, materials and clients will be provided for you.

Brisbane: Fortitude Valley, QLD, 4006
Gold Coast: Robina, QLD, 4230
Sunshine Coast: Maroochydore, QLD, 4560
Sydney: Randwick, NSW, 2031
Melbourne: St Kilda, VIC, 3182

Relaxation Clinic

You will need to complete 100 hours of supervised relaxation treatments at a NetQ Training Clinic. This will allow you to demonstrate your ability to perform relaxation massage treatments in a professional setting.

Remedial Clinic

You will also need to complete 100 hours of supervised remedial treatments at a NetQ Training Clinic. This means you will have completed a total of 200 hours of supervised practical training, in order to earn your qualification.

When you enrol, we will ask you to nominate your preferred Clinic location where you will complete your practical hours. We will then give you a schedule with clinic dates for that location. 2 months before you are due to start treating in Clinic we will put you in contact with their Clinic Manager so you can begin to make your bookings and arrangements. However, please note, you must have completed your assessments prior to commencing your clinic hours.



Accreditation

Course Accreditation

NETQ is a wholly owned division of Q Academy (RTO 31896), who is a Registered Training Organisation with the Australian Skills & Qualifications Authority. Q Academy is approved to offer the HLT52015 Diploma of Remedial Massage, which is a Nationally Accredited course.



Professional Accreditation

The HLT52015 Diploma of Remedial of Massage Mixed Delivery course is recognised by the Association of Massage Therapists (AMT) and Massage and Myotherapy Australia (MMA). Graduates of this course may apply for membership with these associations after graduation, once they have received their Record of Results. Students are encouraged to join as a student member throughout their program.





Private Health Fund Compliance

To meet the current guidelines to be recognised by a number of health funds to be eligible for private provider numbers, you will need to complete 200 hours of clinical practice at a NETQ Training Clinic (Brisbane, Gold Coast, Sunshine Coast, Sydney or Melbourne).



About NETQ

NETQ is the e-learning division of Q Academy. Q Academy (RTO 31896) is an Allied Health training college, who, over the last decade, has trained over 2,500 government accredited, highly skilled manual therapists in South-East Queensland.

NETQ is the result of Q Academy wanting to provide a more flexible solution for exceptional massage therapy education. While still maintaining Q Academy's values of fun, innovative and professional course delivery at the core.

NETQ prides itself on using science-based content, which is accessible via premium digital platforms, with round the clock support from dedicated and qualified teaching professionals. We have a strong commitment to student support, and helping students achieve their career goals. Your tutor will be there to guide you through the full length of your course.

Learning Support

Learn anywhere, anytime with our advanced learning system and course coach support. You will have a real-life support team to help you along the entire way.

Learning Environment

We believe you will learn better and be more engaged if you are having fun while you learn. That's why we have bite-sized 10 minute video modules with unlimited replays, no big written final exams, and access to a virtual hangout to connect with other students.

Quality of Training

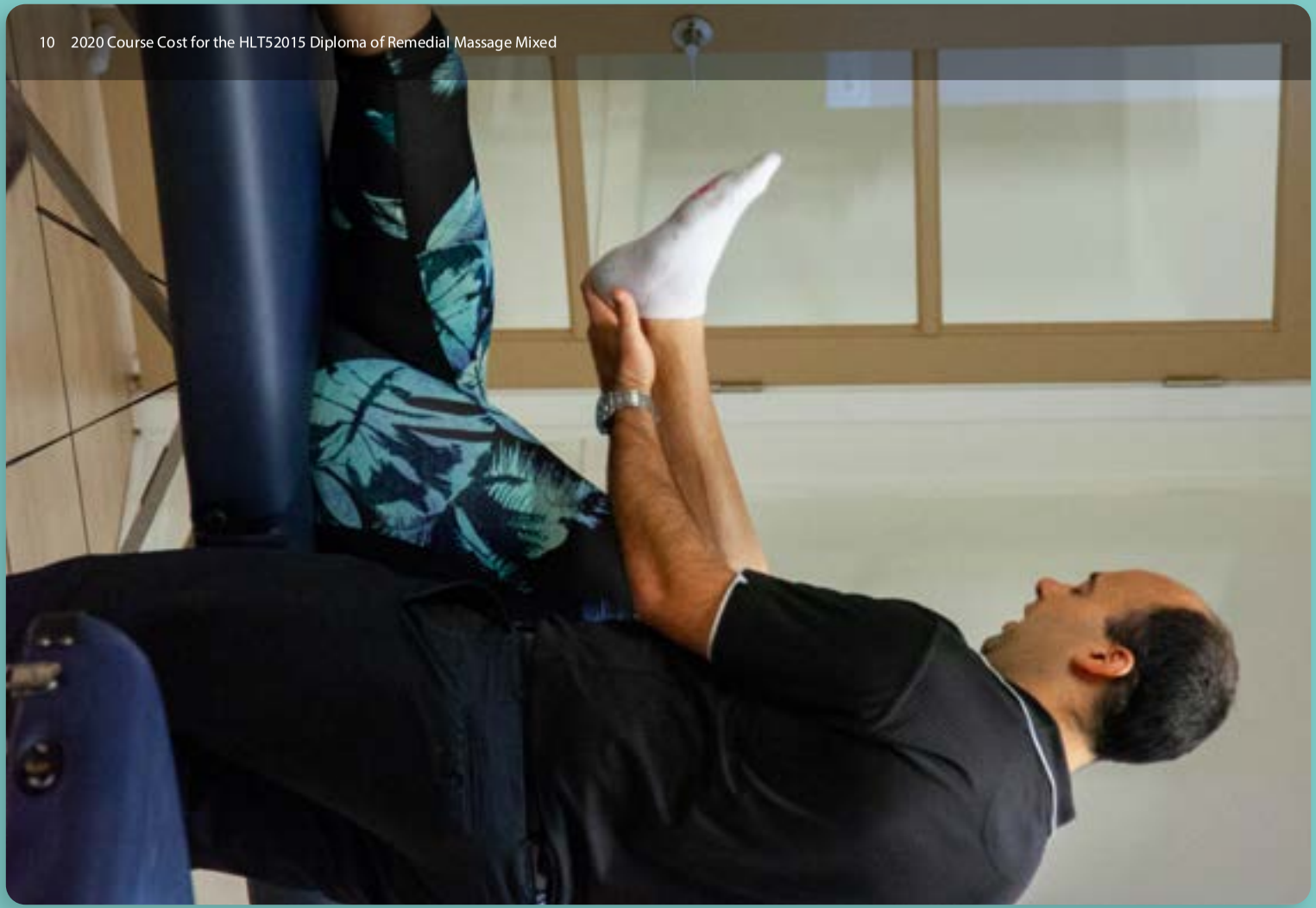
Our students get access to some of the most extensive training materials and practical experience. The course was written using the same textbooks and reference materials as Physiotherapists, Osteopaths and Myotherapists.

Ultimate Flexibility

You can learn a Nationally Accredited qualification from the comfort of your home. Fit your studies around your busy schedule, with only a few hours of study per week. If you've got the motivation, we'll keep you on-track, motivated and inspired to become a qualified therapist.

Affordability

You will receive the same exceptional level of student support and course content as our industry-leading Q Academy on-campus training – at an even more affordable price. We are also approved to offer eligible students the VET Student Loan scheme, to help students start studying sooner. Get started towards a career in massage for just $109.95!

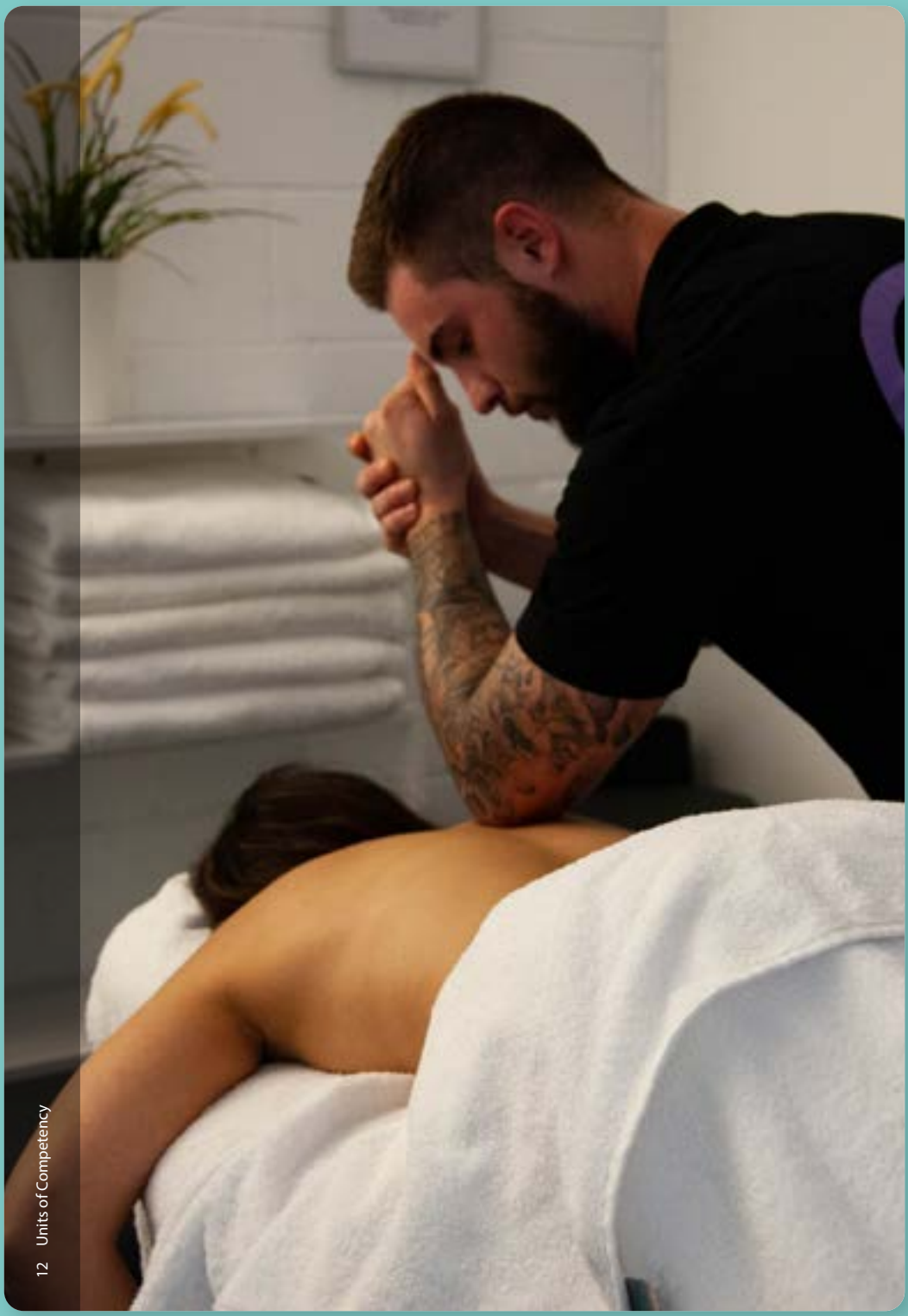


Course Cost for the HLT52015

Diploma of Remedial Massage Mixed Delivery

The full course cost is $8,820 (+ $109.95 materials fee).

HLT52015 Diploma of Remedial Massage Mixed Delivery
Payment options
We offer three payment options for interested students: self-finance the course cost, flexible payment plan options through MacCredit, or for eligible students, through VET Student Loan in an approved course.
Self-financing
The $8,820 course cost for the HLT52015 Diploma of Remedial Massage Mixed Delivery will be divided into 12 modules of $735 per module.
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. For eligible and approved students, the total cost of the course can be fully covered by the VET Student Loan scheme.
MacCredit
If If approved by MacCredit you can borrow funds (minimum $4,000) to help finance the course cost. Repayments can be negotiated over a multi-year term with interest rates depending on your credit rating. For more information, contact MacCredit directly to find out what options are available to you. You can do this by phoning 1300 884 355 or by visiting maccredit.com.au.



Units of Competency

CHCCOM006	Establish and manage client relationships
CHCDIV001	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
HLTAAP002	Confirm Physical health status
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

Please note that First Aid is not included in this program, students must make arrangements to complete this unit prior to commencing student clinic.



Subjects in the Diploma of Remedial Massage Mixed Delivery

Practical Components	Theoretical Components
Swedish Massage	Anatomy and Physiology of Body Systems
Remedial Trigger Point/Neuromuscular Therapy	Planning for Indications and Contraindication for Massage Success
Shiatsu	Professional Communication
Thermotherapy	Legal Considerations
Lymphatic Massage	Building and Running a Successful Massage Business
Seated Massage	Treatment Planning
Pregnancy Massage	Working in Collaboration with Health Professionals
Special Needs Massage	Safe Work Practices
Myofascial Release (MFR)	Infection Control
Positional Release Technique (PRT)	The Science of Massage Therapy
Muscle Energy Techniques (MET)	Communication and Working with Diversity
Manual Lymphatic Drainage (MLD)	Designing a Safe and Effective Massage Environment
Proprioceptive Neuromuscular Facilitation (PNF)	Client Record Keeping
Neuromuscular Techniques (NMT)	Massage History and Origins
Injury Prevention and Movement Screening	Musculoskeletal Anatomy and Function
Provide Nutrition Advice	Body Biomechanics
Case Studies	
Clinical Experience	
Musculoskeletal Assessments	

HLT52015 Diploma of Remedial Massage Mixed

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
- Improve circulation
- Assist lymph function
- Enhance relaxation

Students can you 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.

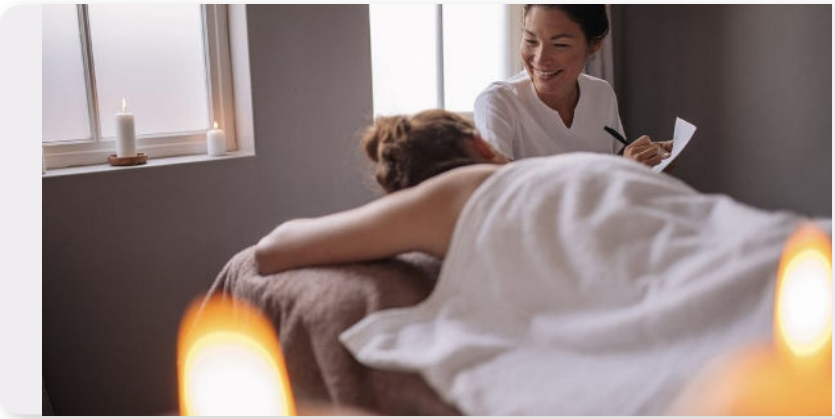
First Aid

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.

Please note that First Aid is not included in the online program, students must make arrangements to complete this unit prior to commencing student clinic.

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 Fundations

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

Anatomy and Pathophysiology

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 knoweldge expected from this subject is the knoweldge of biology, chemistry and cellar function required for a Remedial Massage Therapist.

Remedial Techniques Consultation

Through this subject, students will be learning how to perform general assessments that cover the functionality of the human body. Assessment techniques include postural analysis, gait and 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.





FAQs

How can you teach me a practical skill online?

All of the course content is presented in a digital manual, and lessons in short video format by an experienced trainer and assessor. You will be taken through both the practical and theoretical material in an easy to follow, logical sequence.

You will also receive one-on-one sessions with your tutor via Zoom, which will help you prepare for practical and theoretical assessments. You can ask any questions, demonstrate your learnings and treatments, and receive real-time feedback, without ever needing to leave the house.

What are the assessment requirements and how do I complete them?

We prefer short, frequent assessment checks, rather than long and dull exams. To complete your theory assessments, we will give you access to Cloud Assess (our online platform). From there you will complete assessments, receive feedback and see a list of outstanding tasks to complete.

Practical assessments will be completed with a facilitator via Zoom and will also be tracked via Cloud Assess. The final component of the course is student clinic. This is the time where you will perfect all of your skills learned throughout the course, gain confidence and experience treating members of the general public, as well as give you the opportunity to work directly with our trainers to refine your skills. It is required that you complete 200 supervised training hours to earn your qualification.

What if I can't get to a clinic for the clinic module?

You will need to travel to one of our NetQ Training Clinics to complete your supervised training hours. It might be a nice chance to spend a few weeks in **Brisbane,** Gold Coast, Sunshine Coast, Sydney or Melbourne completing your training hours.

Why do I have to book my clinic so far in advance?

We understand that you may need to make travel plans and arrangements to complete these training hours. To make this process as easy as possible for you, and to ensure your time is spent efficiently, at the destination and time of your choosing, we require at least 2 months notice.

What will I need to purchase?

So you can complete assessments and gain practical experience while you learn, we recommend students purchase a good quality massage table. This will be an investment in your future career as a massage therapist, should you wish to operate an at-home, corporate or mobile massage business.

Although not required, we also recommend you join a professional association during study as a 'student member' and purchase appropriate insurance coverage. This will cover your practice during study.

What if I want to swap to on-campus learning?

You are welcome to transfer into our full or part-time on-campus programs at any time. Simply speak to one of our Career Specialists to make arrangements. However, please note that you may need to adjust your payments to match the Q Academy on-campus fees.

Is First Aid included in the online program?

It is a requirement of the course that you complete HLTAID003 Apply First Aid. This is not delivered online, and not included in your course tuition fee. First Aid must be completed on-campus. You are welcome to visit one of our campuses on the Gold Coast, Brisbane or Sunshine Coast to complete this training.

Alternatively, you may choose to seek a course in your local area. You cannot complete your program without this competency so please ensure you have a plan in place to complete your first aid training prior to your student clinic commencement date.

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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 NetQ Training Clinics in Sydney or Melbourne. With NETQ, we 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. 90% of our graduates would recommend Q Academy to their friends and family. (Government 2020 NCVER Survey)
2. Our completion rate is double the national average for vocational training.
3. We train hundreds of Massage Therapists each year and have been doing so since 2008!

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

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

Sydney Clinic
Randwick, 2031

Melbourne Clinic
St Kilda, 3182

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