

**HLT52015**

# Diploma of Remedial Massage (Health & Wellness Program)

Become a nationally accredited  
Remedial Massage Therapist

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

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# Introduction to Remedial Massage



## Why Study Remedial Massage (Health & Wellness Program)?

The Health & Wellness Program is our core Remedial Massage course. It is the most cost-effective way to enter the massage industry and become a nationally accredited Remedial Massage Therapist. However, the course does not include the same advanced skills and techniques as our Advanced Rehab or Sports Therapy programs. The course is also delivered through E-Classrooms, which is online learning, but on-site from a Q Academy classroom. This means you will have access to a course coach to ask questions, as well as peers to practice on.

But please note, this is not traditional on-campus classroom learning.

The subjects included in the Health & Wellness Program 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. The course covers Swedish & Pregnancy Massage, Trigger Point and Thermotherapy, Myofascial & Positional Release Techniques, and modalities such as Reflexology, Seated Massage, Sports Massage as well as offer nutrition advice, manual lymphatic drainage and injury prevention screening. This will give you a range of modalities and skills best suited to treating clients in massage and wellness clinic environment.

Our Diploma of Remedial Massage Program is eligible for VET Student Loan funding, for eligible students. Graduates can register with all major private health funds (including Medibank & HCF), and all major industry associations, subject to meeting on-site requirements. Our Diplomas are science-based and will help you become a confident and job-ready Massage Therapist. Once you are working or have established yourself in the industry, you can always come back and learn additional skills and treatment options with Q Academy's range of weekend short courses.





# Course Comparison Table

	Diploma of Remedial Massage (HEALTH AND 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, with statements of attainment for Remedial TENS, Myofascial Cupping, Kinesiology Taping and Rigid Taping.	HLT52015 Diploma of Remedial Massage, plus the SIS30521 Certificate III in Sports Coaching and the ability to be recognised as ASCA Level 1 Strength & Conditioning coach.	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 cruise ship, as their on-board massage therapist. Or work in private practice, treating members of your local community.
<b>Course Cost</b>	<b>\$8,820</b>	<b>\$15,000</b>	<b>\$16,560</b>	<b>\$8,820</b>
Eligible for VET Student Loan	Yes, up to \$8,820	Yes, up to \$15,000	Yes, up to \$15,000	Yes, up to \$8,820
Course Duration	52 weeks	52 weeks	59 weeks minimum	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



# Course Details

## Entry Requirements

A sound understanding of written and spoken English is required, as well as a personal laptop for classroom and at-home learning. If you intend to use the Government's VET Student Loan (VSL) scheme to fund the course tuition fee, you may be required to complete a Language, Literacy, and Numeracy (LLN) assessment.

## 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

The HLT52015 Diploma of Remedial Massage (Health & Wellness) program will take you 1 year to complete.

## 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.

## Course Delivery

You will be required to treat in Q Academy's student clinic 1 day per week, and attend the campus at least 1 day per week for your E-Classroom lessons. Weekend and after-hours is also available.

## Course Workload

You will be expected to complete 6-12 hours of independent at-home study per week, in addition to your E-classroom and clinic study days.



# Student Clinic

## Clinical Practice

As part of the requirements for the HLT52015 Diploma of Remedial Massage (Health and Wellness Program), 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.

## Learning Environment

Q Academy has all of the facilities and learning resources to help you become the best possible Remedial 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 (Health and Wellness Program), which is a Nationally Accredited course.



NATIONALLY RECOGNISED  
TRAINING

## Private Healthcare Compliance

Q Academy's HLT52015 Diploma of Remedial Massage (Health & Wellness Program) is all major private healthcare (including Medibank) compliant, subject to attending specific on-site lessons. This means that graduates will be 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 the Association of Massage Therapists (AMT), Massage and Myotherapy Australia (MMA), and Australian Natural Therapists Association (ANTA). 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 Options

The HLT52015 Diploma of Remedial Massage (Health & Wellness) is \$8,820 (+ \$100 materials fee).

If you're eligible for the **Industry Restart Scholarship**, the course is **\$5,175** (+\$100 Materials Fee).

## HLT52015 Diploma of Remedial Massage (Health & Wellness Program)

### Payment options

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

✓ VET STUDENT LOAN

✓ SELF-FUNDED

### Self-financing

The \$8,820 course cost for the HLT52015 Diploma of Remedial Massage (Health & Wellness Program) will be divided into 12 monthly instalments of \$735.

### Vet Student Loan

For eligible students, VET Student Loan funding may be available for this course. 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.

## VET Student Loans







# Units of Competency

<b>CHCCOM006</b>	Establish and manage client relationships
<b>CHCDIV001</b>	Work with diverse people
<b>HLTINF004</b>	Manage the prevention and control of infection
<b>HLTHPS010</b>	Interpret and use information about nutrition and diet
<b>HLTMSG008</b>	Monitor and evaluate remedial massage treatments
<b>BSBMED401</b>	Manage patient recordkeeping system
<b>CHCLEG003</b>	Manage legal and ethical compliance
<b>HLTAID003</b>	Provide first aid
<b>HLTWHS004</b>	Manage work health and safety
<b>HLTMSG001</b>	Develop massage practice
<b>HLTREF002</b>	Provide reflexology for relaxation
<b>BSBSMB404</b>	Undertake small business planning
<b>CHCPRP003</b>	Reflect on and improve own professional practice
<b>BSBMED301</b>	Interpret and apply medical terminology appropriately
<b>HLTMSG002</b>	Assess client massage needs
<b>HLTMSG004</b>	Provide massage treatments
<b>HLTMSG005</b>	Provide remedial massage treatments
<b>HLTMSG003</b>	Perform remedial massage musculoskeletal assessments
<b>HLTMSG006</b>	Adapt remedial massage treatments to meet specific needs
<b>CHCPRP005</b>	Engage with health professionals and the health system
<b>HLTAAP003</b>	Analyse and respond to client health information



# Subjects in the Diploma of Remedial Massage (Health & Wellness Program)

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

# 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## Massage Practice

The full body massage sequence of 140 Swedish strokes to:

- Reduce stress
- Improve circulation
- Assist lymph function
- 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.



## About Q Academy

Q Academy is a massage and myotherapy training college, who over the last decade, has trained thousands of highly skilled manual therapists. Q Academy has grown across Queensland in recent years, and currently has campuses in Brisbane, Gold Coast, Sunshine Coast and Cairns. As well as a campus in Sydney for our NSW students. Q Academy also has an online division, NETQ, for anyone wanting a more flexible option to study massage from home.

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

1. 92.3% of our graduates were satisfied with their training from Q Academy (NCVER 2021 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

64C Aerodrome Road,  
Maroochydore QLD 4558