



HLT52021

Diploma of Remedial Massage (Core Skills)

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 (Core Skills) Program?

The Core Skills program is a 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 delivered on-campus or through our Self-Directed E-Classrooms option, 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 other students to practice on. But please note, this is not traditional face-to-face classroom training.

The subjects included in the Core Skills Program have been selected to suit students interested in pursuing a career in the wellness space, working in massage 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 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 HLT52021 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 (ADVANCED REHAB PROGRAM)	Diploma of Remedial Massage (CORE SKILLS PROGRAM)	Diploma of Remedial Massage (CORE SKILLS PROGRAM)	Diploma of Remedial Massage Online
Course Delivery	Full-time (2 days p/w), On-Campus Learning	Full-time (2 days p/w), On-Campus Learning	Part-time, hybrid, Self-Directed E-Classroom Learning	Part-time, Online Learning
Course Description	If you are looking for a more advanced option, to give yourself a competitive advantage over other Remedial Therapists, then the Advanced Rehab 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, 2231 6VIC Advanced Diploma of Myotherapy. Your extra skills and treatment options can make you more sought after by both clients and employers.	Our Diploma of Remedial Massage provides great foundational knowledge and skill in remedial massage. This course is a 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 massage clinics, or establishing their own at-home business.	Our Diploma of Remedial Massage provides great foundational knowledge and skill in remedial massage. This course is a 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 massage clinics, or establishing their own at-home business.	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	HLT52021 Diploma of Remedial Massage, with statements of attainment for Remedial TENS, Myofascial Cupping, Kinesiology Taping and Rigid Taping.	HLT52021 Diploma of Remedial Massage	HLT52021 Diploma of Remedial Massage	HLT52021 Diploma of Remedial Massage Online
Career Outcomes	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.	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.	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.	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.
Course Cost	\$15,000	\$10,900	\$9,600	\$9,600
Cost if eligible for Higher Level Skills Subsidy	\$11,000	\$6,900	\$5,600	N/A
Eligible for VET Student Loan	Yes, up to \$15,000	Yes, up to \$10,900	Yes, up to \$9,600	Yes, up to \$9,600
Campuses	Brisbane, Gold Coast & Sunshine Coast	Brisbane, Sunshine Coast, & Cairns	Brisbane, Gold Coast, Sunshine Coast & Sydney	Study online, anywhere

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 our different campuses. Please contact your nearest campus on 1300 20 40 80 for more information.

Course Duration

The HLT52021 Diploma of Remedial Massage (Core Skills) program will take you 1 year to complete.

Course Locations

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

Cairns: 91 Mulgrave Rd, Parramatta Park 4870

Sydney: Level 3, Castle Towers Shopping Centre,
Castle Hill 2154

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

Our on-campus course is delivered 2 days on-site per week. This is 1 day in the classroom for face-to-face training and 1 day treating in the student clinic. You will also have 1 day for at-home independent study.

Our Self-Directed E-Classroom option is also 2 days on-site per week. However, 1 day will be for your E-Classroom lessons which is online learning, but from a Q Academy Classroom. You will have a coach and other students to get support and ask questions. 1 day will be for treating in the student clinic.



Student Clinic

Clinical Practice

As part of the requirements for the HLT52021 Diploma of Remedial Massage (Core Skills 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 HLT52021 Diploma of Remedial Massage (Core Skills Program), which is a Nationally Accredited course.



Private Healthcare Compliance

Q Academy's HLT52021 Diploma of Remedial Massage (Core Skills 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 HLT52021 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 HLT52021 Diploma of Remedial Massage (Core Skills) **Self-Directed E-Classrooms** delivery is \$9,600 (+\$100 materials fee).

The HLT52021 Diploma of Remedial Massage (Core Skills) **On-Campus** delivery is \$10,900 (+\$100 materials fee).

HLT52021 Diploma of Remedial Massage (Core Skills Program)

Payment options

We offer 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, or a Higher Level Skills Subsidy.

Self-Financing

Pay the course tuition fee in equal interest-free instalments over the duration of the course.

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

CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
HLTINF004	Manage the prevention and control of infection
BSBESB401	Research and develop business plans
CHCPOL003	Research and apply evidence to practice
HLTMSG016	Apply principles of pain neuroscience
CHCLEG003	Manage legal and ethical compliance
HLTAID011	Provide first aid
HLTWH5004	Manage work health and safety
HLTMSG009	Develop massage practice
HLTREF002	Provide reflexology for relaxation
HLTMSG017	Apply remedial massage clinical practice
HLTAAP002	Confirm physical health status
HLTMSG010	Assess client massage needs
HLTMSG011	Provide massage treatments
HLTMSG012	Provide remedial massage treatments
HLTMSG013	Perform remedial massage musculoskeletal assessments
HLTMSG015	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



Subjects in the HLT52021 Diploma of Remedial Massage (Core Skills Program)

	Practical Components	Theoretical Components
Diploma of Remedial Massage (Core Skills Program)	Swedish Massage	Anatomy and Physiology of Body Systems
	Remedial Trigger Point/Neuromuscular Therapy	Planning for Indications and Contraindication for Massage Success
	Reflexology	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
	Treating chronic conditions	Pain neuroscience
	Case Studies	
	Clinical Experience	
	Musculoskeletal Assessments	

Subject Descriptions: HLT52021 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.

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.

Massage Practice

The full body massage sequence of 140 Swedish strokes to:

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

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.



About Q Academy

Q Academy is a Massage and Myotherapy training college, who over the last decade, has trained over 2,500 highly skilled therapists. Q Academy has grown in recent years, and currently has campuses in Brisbane, Gold Coast, Sunshine Coast, Cairns, Sydney and Melbourne.

Here are a couple 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. 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

Cairns Campus

91 Mulgrave Road,
Parramatta Park 4870

Brisbane Campus

100 Brookes St, Fortitude
Valley QLD 4006

Sydney Campus

Castle Towers Shopping
Centre, NSW 2154

Sunshine Coast Campus

64C Aerodrome Road,
Maroochydore QLD 4558

Melbourne Clinic

Level 9, 85 Queen St,
Melbourne, VIC 3000