

HLT42021

Certificate IV in Massage Therapy

(CRICOS Course #113723C)

The perfect introduction to a career in massage.

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

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



Course Details

HLT42021 Certificate IV in Massage Therapy
(CRICOS course #113723C)

Duration: 42 weeks

Cost: 6 payments of \$1,463

Total Course Fee: \$8,778 (+\$100 material fee)

Payment Plan:

First payment due at enrolment for CoE release
(\$1,463 + \$100 material fee)
Enrolment fee included in first term deposit.

Enrolment transfer fee: Students can transfer their
Q Academy enrolment between Q Academy
campuses free of charge.

Start Dates

We have intakes starting every month, across our
different campuses. Please contact your nearest
campus on 1300 20 40 80 for more information.

Campus 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 455

Course Delivery

The blended Self-Directed E-Classroom day is where, under supervision of a course coach, you complete your scheduled lessons online in the Q Academy classroom. Morning sessions are allocated for your online therapy content and the afternoon is your practical session where you practice on other students in the classroom.

You can replay your video lessons and go through the learning materials individually. This is mostly self-directed learning so you will need to be motivated and dedicated to your studies.

Please note that there are scheduled classroom days and minimum on-site requirements that you must meet to satisfy completion milestones.

What you will Learn

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

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



Career Outcomes

While graduates of the HLT42021 Certificate IV in Massage Therapy will gain valuable knowledge, skills and experience - for those wanting a long-standing career in the manual therapies, further study is encouraged. Currently, most employers require the HLT52021 Diploma of Remedial Massage as the minimum qualification in Australia.

However, if you wish to add an additional skill- set to compliment an existing qualification (e.g. Personal Training or Beauty Therapy); run your own at-home, mobile or corporate massage business; or possibly work on a cruise ship or in a day spa, the HLT42021 Certificate IV in Massage Therapy could be a great fit for you. Please note that Q Academy does not guarantee career or employment outcomes for students or graduates.

Training & Practice

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

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

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

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

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

Key Benefits

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

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

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

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

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

Application Process

Q Academy recommends that you apply as soon as possible to allow enough time to secure your student visa, flights and accommodation.

As a general guide, the process of application for enrolment with Q Academy is as follows:

(Please note, if enrolling through your agent they will discuss this process with you and help you through each step)

STEP 1:

Read across our website and courses page and express interest to apply as an International Student.

STEP 2:

Q Academy will email through course information and pre-enrolment forms.

STEP 3:

Complete all the pre-enrolment documents including supplying documents to prove your English language proficiency and copy of your passport.

STEP 4:

Engage in a video call with the Admissions Manager to discuss your interest in the course.

STEP 5:

Q Academy will then assess the application and let you know if you have been approved to enter the program.

STEP 6:

Q Academy will send through an acceptance letter of offer, enrolment form and pre-enrolment checklist.

STEP 7:

Return forms along with your Overseas Student Health Cover (OSHC) and any further documents requested.

STEP 8:

Student to provide payment of first term and materials fee for processing.

Step 9:

Q Academy to send Confirmation of Enrolment (CoE)

Step 10:

Apply for your student visa online via eVisa, directly through an Immigration department office or your visa agent.

Entry Requirements

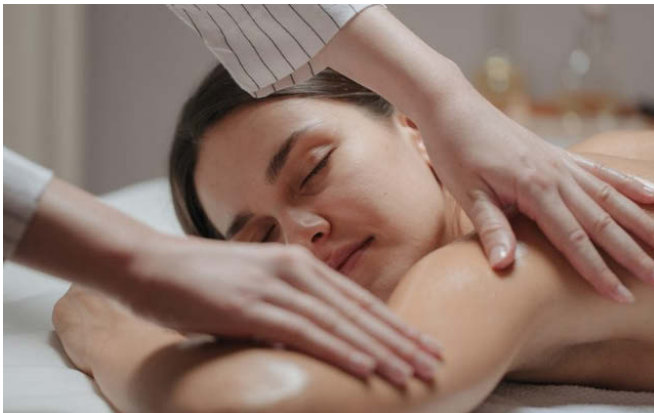
To meet Q Academy's English language proficiency requirements, international applicants must demonstrate one of the following:

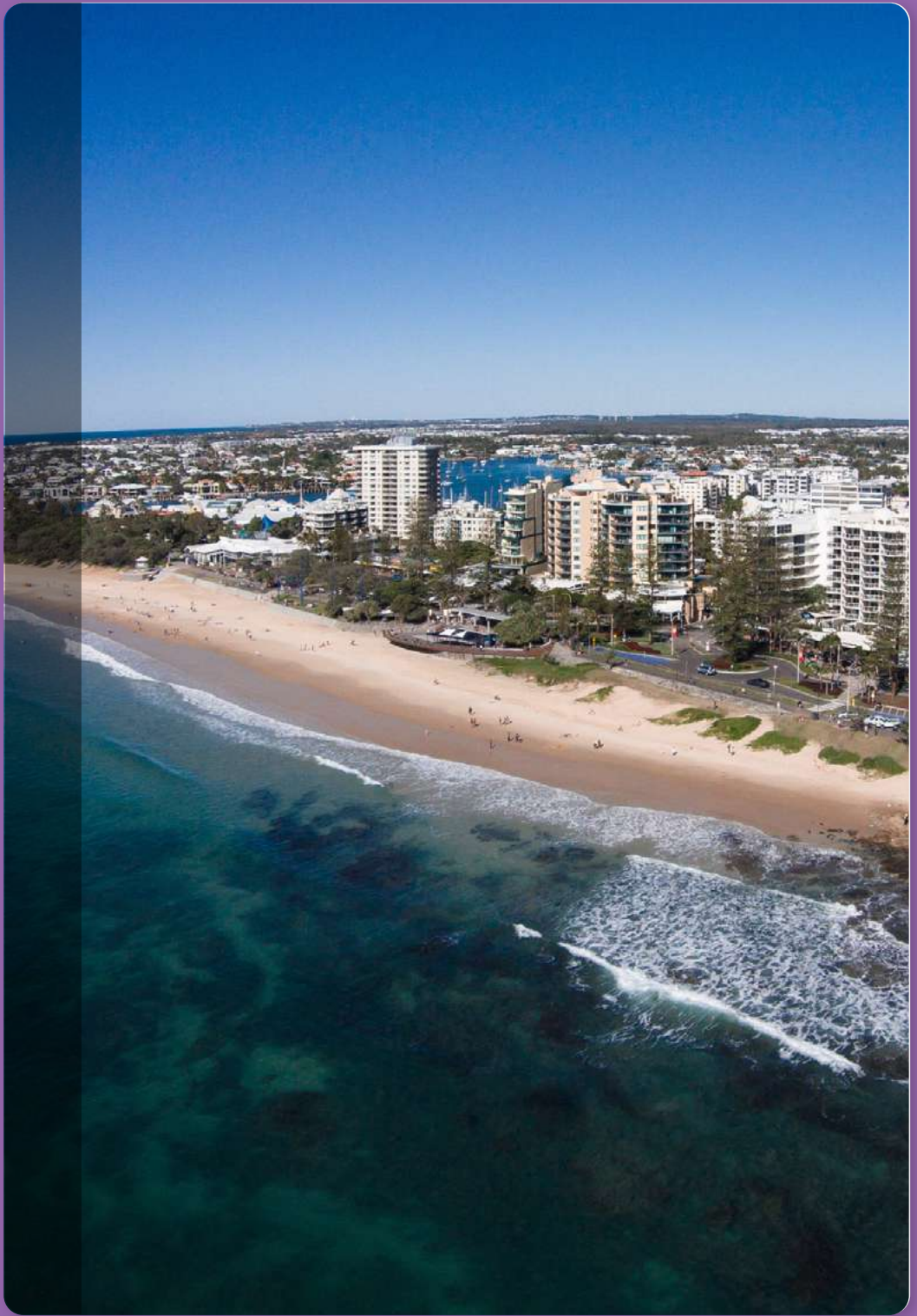
- Successful completion of Year 12 in Australia
- Evidence of achievement of IELTS or equivalent score as set out below

Students must provide certified copies of documentation that show evidence the appropriate level of IELTS or equivalent testing has been achieved or evidence of successful completion of previous qualifications as proof of English language ability. This information is kept on student files.

- English language ability equivalent to IELTS 5.5 (overall score), no less than 5.5 in each band. (ELICOS upper-intermediate)
- IELTS 5.5 (overall score), no less than 5.5 in each band
- Pearson (PTE) Academic Score of 50 (overall score)
- Paper-based (PBT) TOEFL (Test of English as a Foreign Language) score of 537
- Internet-based (iBT) TOEFL score of 75.

English test results must be no more than 2 years old. After provision of scores above, if it is identified that a students' English language skills are not proficient, the student may be required to undertake a further test at the students' cost.





Living in South-East Queensland

Living in Brisbane

Fortitude Valley is in the heart of Brisbane city, the capital of Queensland. It is a diverse city, with museums, nightlife and sporting events. Brisbane is close to the beaches of the Gold and Sunshine Coasts, and has consistently been named one of the world's most livable cities.

Learn more about Brisbane here: <https://www.visitbrisbane.com.au/>

Living on the Sunshine Coast

Maroochydhore is located on the Sunshine Coast which is midway on the eastern coast of the Australian mainland. It is built close to the beach with pleasant climate and relaxed lifestyle with an emphasis on outdoor living. The region is known for its beautiful surf beaches, rainforests and mountains.

For further information "Visit Sunshine Coast" is a great resource: <https://www.visitsunshinecoast.com/>.

Living on the Gold Coast

Robina is located on the Gold Coast, in South East Queensland. The Gold Coast is spread across 50kms of beach front and has a pleasant climate and relaxed lifestyle. The Gold Coast is known for its beautiful surf beaches, rainforests, mountains and outdoor living.

For further information "Destination Gold Coast" is a great resource for everything you need to know: <https://www.destinationgoldcoast.com/>

Arranging Accommodation

The cost of accommodation in Australia varies and the cost of accommodation while studying can be high. Many International students choose to share accommodation to keep costs down. Most international students choose to rent a home with friends or find people to share with through websites. It is important to stay safe when searching for accommodation or people to share online. Suggestions on where to find accommodation:

www.easyyroommate.com

www.domain.com.au

www.flatmates.com.au

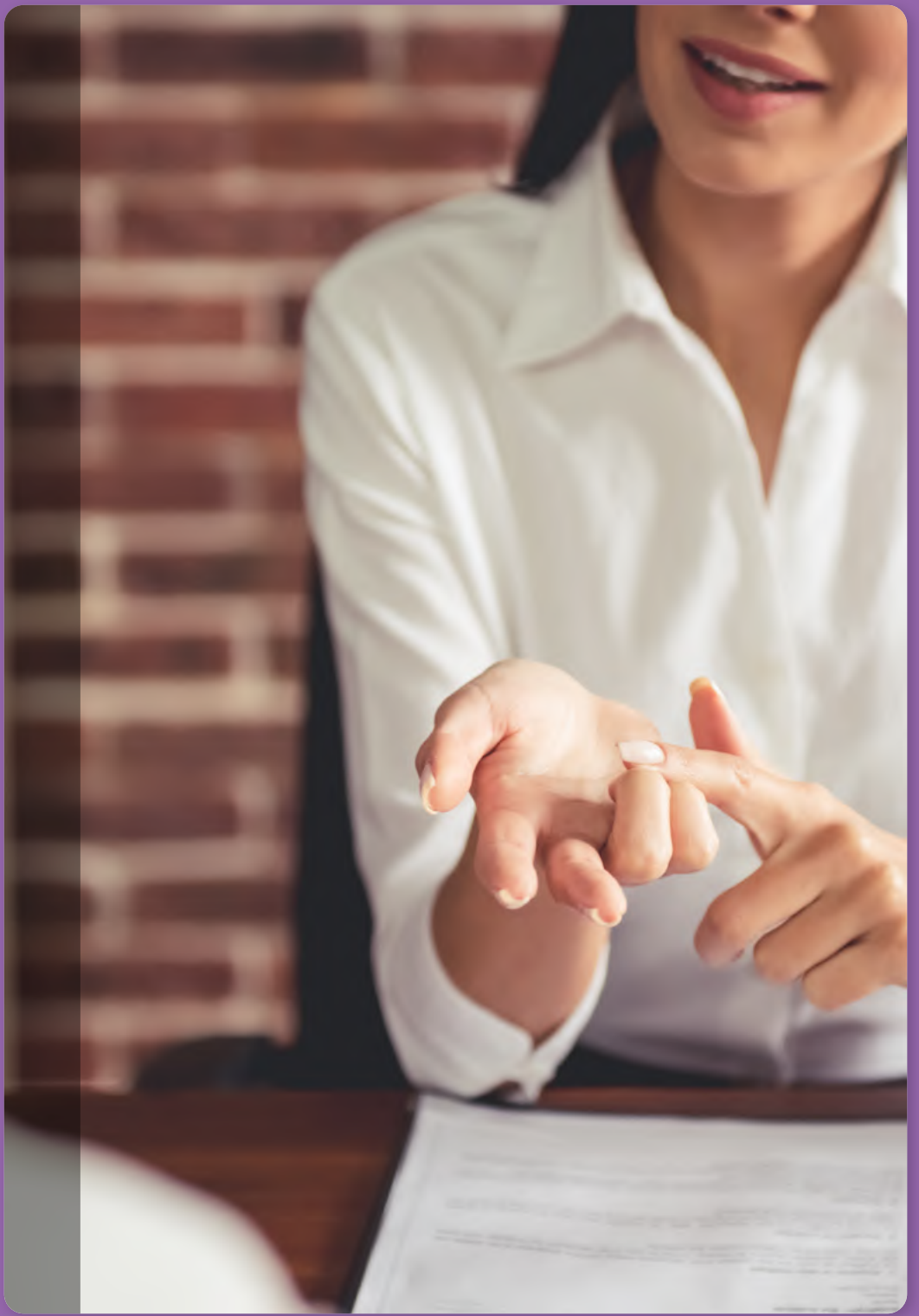
www.realestate.com.au

www.gumtree.com.au

For information on renting in QLD refer to the RTA website <https://www.rta.qld.gov.au/>

Living Expenses

Starting from 1 October 2023, a single international student requires a minimum of \$24,505 to cover living expenses for 24 months of study. In their visa application, students are required by the Department of Home Affairs to declare they have enough money to pay for travel, tuition, and living expenses for the duration of their stay in Australia.



Visa Requirements

Attendance

Q Academy encourages the attendance of all classes. Every class and the content within it is important and required for competency within study. All international students must maintain at least an 80% attendance rate for the full duration of the course, otherwise, their student visa may be subject to review and subsequently cancelled.

Q Academy maintains attendance rolls for all international students studying on a student visa are kept on record and makes them available for inspection by regulatory bodies. Any subject-specific attendance requirements are clearly stated in the Subject Outlines.

If at any time it becomes impossible for a VET student studying on an Australian student visa to achieve an attendance rate of 80% for the entire course, they will be issued an intention to report letter which sets out that Q Academy intends to report the student's unsatisfactory attendance as required through PRISMS. This is a requirement of the National Code 2018 for VET students and a condition of the student visa for VET students.

There is no discretion for Q Academy not to report a student, even if the student has a genuine reason for all absences (such as an illness) and supporting documentation (such as a medical certificate). In these cases, however, Q Academy may choose to provide documentation in order to support the student's continuation of study.

Overseas Student Health Cover (OSHC)

Overseas student health cover (OSHC) is insurance that provides cover for the costs of medical and hospital care which international students may need while in Australia. OSHC for the duration of the visa is mandatory for student visa holders.

How do I get OSHC?

Only Australian health funds that have signed an agreement with the Australian Government can provide Overseas Student Health Cover(OSHC). You must arrange your own OSHC. You may choose to change your health fund at any time, but will need to abide by the conditions of change of the health fund provider you are leaving and provide updated proof of OSHC to Q Academy.

A copy of your OSHC policy must be provided to Q Academy at the time of your enrolment showing it covers the full duration of your course.



Accreditation

Course Accreditation

Q Academy is a Registered Training Organisation (RTO 31896) with the Australian Skills and Qualifications Authority. Q Academy are approved to offer the HLT42021 Certificate IV in Massage Therapy, which is a Nationally Accredited course.

Registered training organisations (RTOs) that wish to participate in subsidised training programs administered by Queensland's Department of Employment, Small Business and Training (the department) must be approved as a PQS in Queensland. Q Academy (RTO31896) is an approved pre-qualified supplier (PQS).



Professional Accreditation

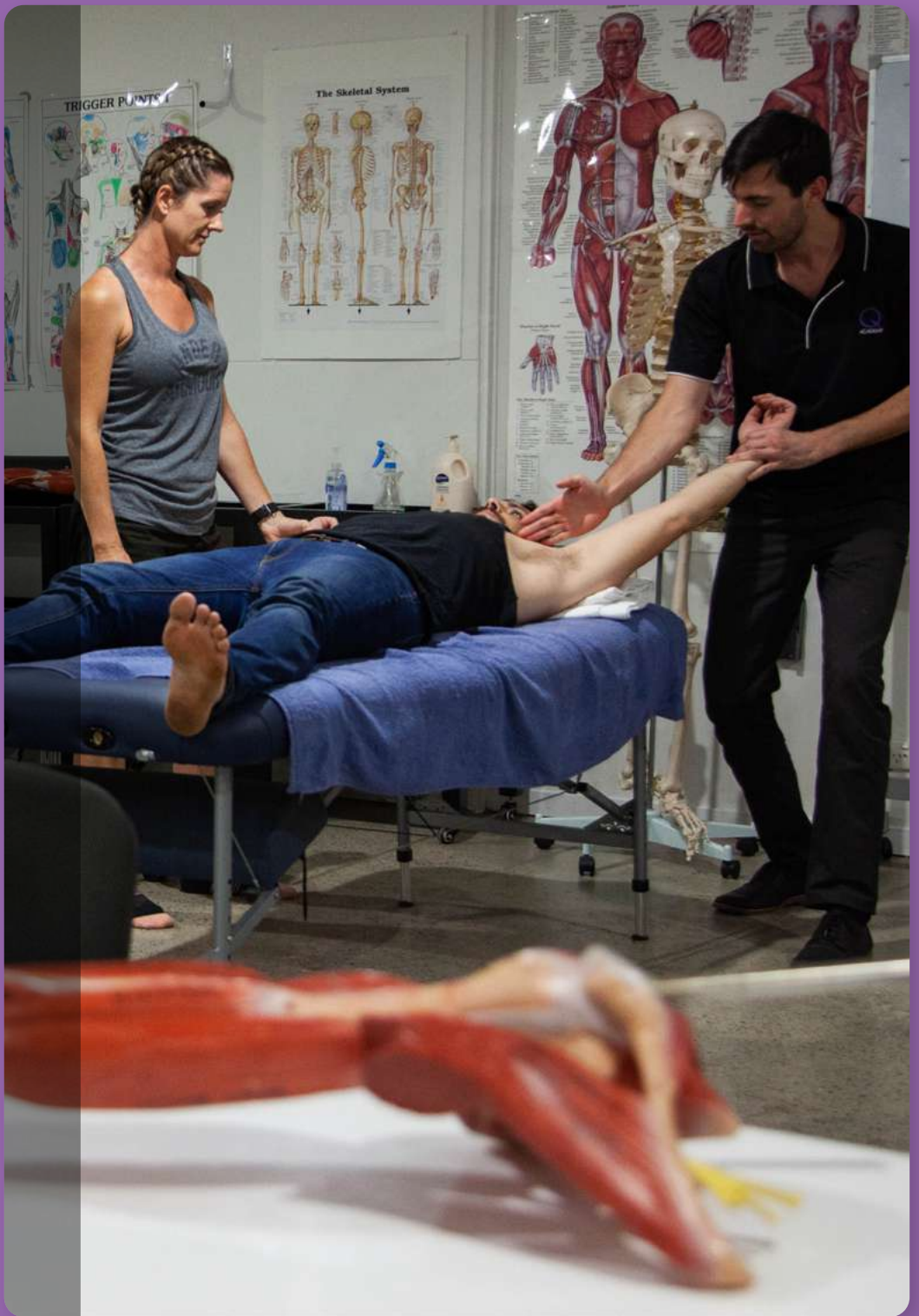
This course is recognised by leading industry associations such as Massage & Myotherapy Australia (MMA) and the Association of Massage Therapists (AMT). Graduates of this course may apply for membership with these associations, after graduation, once they have received their Record of Results.



Private Healthcare Compliance

Please note that the graduates of the HLT42021 Certificate IV of Massage Therapy will not be eligible for private healthcare provider numbers, to offer client rebates.

The minimum requirement to offer clients healthcare rebates is the HLT52021 Diploma of Remedial Massage.



Units of Competency

CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
HLTAAP002	Confirm physical health status
HLTAID011	Provide first aid
HLTINF004	Manage the control of infection
HLTMSG009	Develop massage practice
HLTMSG010	Assess client massage needs
HLTMSG011	Provide massage treatments
HLTWH5004	Manage work health and safety
HLTMSG012	Apply relaxation massage clinical practice
HLTREF002	Provide reflexology for relaxation

Subjects in the Certificate IV in Massage Therapy

	Practical Components	Theoretical Components
HLT42021 Certificate IV in Massage Therapy	Swedish Massage	Anatomy and Physiology
	Thai Massage	Massage History and Origins
	Thermotherapy	Client Record Keeping
	Seated Massage	Designing a Safe and Effective Massage Environment
	Pregnancy Massage	Indications & Contraindication for Massage
	Reflexology	Legal Considerations
	Sports Stretching	Professional Communication
	Special Needs Massage	Planning for Success

Subject Descriptions

Massage Essentials Communication

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

Human Anatomy and Physiology

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

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.

Swedish Relaxation Massage

The full body massage sequence of 140 Swedish strokes to:

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

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

Stretching Techniques

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

Reflexology

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

Clinical Practice

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

First Aid

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

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

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