



HLT52021

Diploma of Remedial Massage

(CRICOS Course #112402F)

International Student Course Guide

Advanced Rehab Stream
1 Year Program



Course Details

HLT52021 Diploma of Remedial Massage -
Advanced Rehab Program (CRICOS course #112402F)

Duration: 52 weeks

Cost: 15 payments of \$1,463

Total Course Fee: \$21,945 (+\$100 material fee)

Payment Plan:

First term 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.

Course Location

Brisbane: 100 Brookes St, Fortitude Valley
4006 **Gold Coast:** Level 1 (above Myer), Robina Town
Centre, Robina 4230

Sunshine Coast: 64C Aerodrome Road, Maroochydore
4558

Start Dates

We have quarterly intakes. Please submit an online
enquiry and our team can be in touch with our next
available intakes.

Note: ***Special application is required for advanced
level learning***

Please contact us to find out eligibility

Course Details

HLT52021 Diploma of Remedial Massage (Advanced
Rehab) CRICOS course #112402F

The Advanced Rehab Program is unique to Q Academy
and will include many expanded techniques and
modalities. It also includes content such as myofascial
cupping and TENs, from the highest VET qualification in
the manual therapies - the 22316VIC Advanced
Diploma of Myotherapy. This extra content is not
included in any other Diploma of Remedial Massage
program (that we know of!).

This will give graduates of the Advanced Rehab
Program an additional 90 hours of training compared to
the Diploma of Remedial Massage (Core Skills
Program); a more comprehensive understanding of the
human body; and greater practical skills, to give these
therapists a significant competitive advantage over other
remedial therapists.

Course Delivery

The Diploma of Remedial Massage (Advanced Rehab
stream) is face-to-face learning in our on-campus
classrooms 2 days a week.

Taught by highly experienced coaches and alongside
domestic and other international students, students will
be fully immersed in the Australian study environment.



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

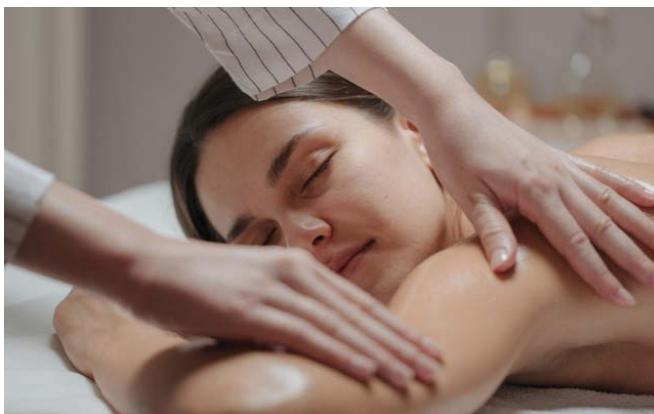
To meet Q Academy's English language proficiency requirements, international applicants must demonstrate one of the following:

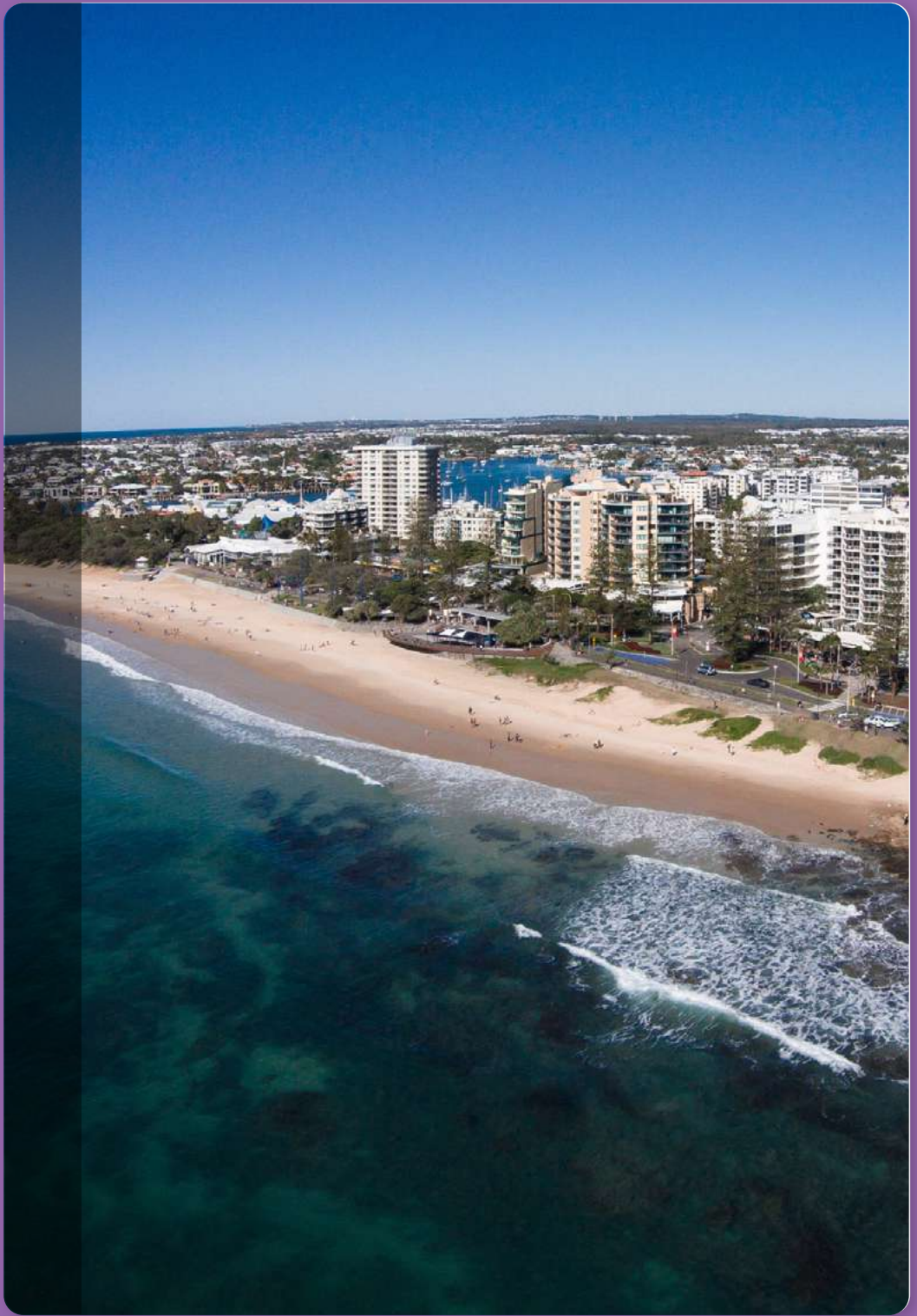
- Successful completion of Year 12 in Australia
- Evidence of achievement of IELTS or equivalent score as set out below

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

Maroochydore 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.easyroommate.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 and CRICOS Provider #03755K) with the Australian Skills & Qualifications Authority.

Q Academy is approved to offer the HLT52021 Diploma of Remedial Massage CRICOS course #112402F, which is a Nationally Accredited course.



Private Healthcare Compliance

Q Academy's HLT52021 Diploma of Remedial Massage is compliant with all major private healthcare (including Medibank). 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 HLT52021 Diploma of Remedial of Massage course is recognised by leading industry associations such as Massage & 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.



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

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.

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: Advanced Rehab Program

Advanced Remedial Assessments

In this subject you will be able to perform orthopaedical and functional testing on single joints, as well as, assessing your client per regions. The aim of this subject is to help you develop further skills in the creation and development of a treatment plan to help your clients achieve their goals sooner. Easy applicable techniques to help you prepare the best rehabilitation strategy based on the client's presentation.

Remedial Joint Mobilizations

Based on the concept that muscles move joints and the positioning of the joints can affect the muscles, treating only muscles will be an incomplete rehabilitation strategy. Through this subject, you will learn the knowledge and skills to perform joint mobilizations to a level allowed as a Remedial Massage Therapists, to ensure your treatment covers all the major aspects in a dysfunction, allowing achieve better treatment outcomes.

Remedial Exercise Therapy

Remedial therapeutic exercise, is another great addition to our Honours program and another great tool to add to your belt. This module focuses on using passive treatment and testing to prescribe self-massage, mobility and stability exercises to empower clients to actively participate in their rehabilitation process. Ongoing exercises extend the results of a treatment and gives the client independence and confidence in their self-rehabilitation.

Enhanced Myofascial Release

Performing Myofascial release to structures that have some level of dysfunctions is a very effective start and continuation of your rehabilitation strategy. This subject will deliver the skills required to apply this technique to an additional 22 muscles and regions involved in common musculoskeletal dysfunctions

Enhanced Neuromuscular Techniques

This subject will continue developing your skills in the Neuromuscular techniques, allowing you to perform this technique to an additional 22 muscles and regions involved in the most common musculoskeletal dysfunctions. This subject is further knowledge and skills for those therapists who aim to have the ability to treat all possible muscles involved in major musculoskeletal dysfunction.

Remedial Tape and Kinesiology Tape

Applying the skills of the rigid tape to ensure stability and proprioception of common areas of dysfunction plus adding the knowledge and skills of the Kinesiology tape, with its quality to assist with muscle recovery, you will receive a great skills set to work with your clients in any fields, such sport or corporate.

Remedial Cupping

Cupping is an easy technique to apply and it doesn't require much physical demand for the therapist. At the same time, it is a very effective technique to work on soft tissue. these two characteristics make the cupping technique a much-requested technique from clients and therapists. This subject will allow you to provide the cupping technique with confident to your clients.

Remedial TENS

This subject is directed to students and therapists to aim for that extra knowledge and skills, for that point of difference with other therapists. TENS machine will work on diverse structures of your body such nerve receptors, muscle tissue, allowing you to treat and stimulated not only the muscle fibres but the nerve system as well.

Table Thai Massage

Thai Massage is a form of treatment that uses deep passive stretching and slow sustained compression. It is a great treatment that involves the client and therapist creating deep stretching and muscular release. Some clients find this to be a very uplifting and beneficial treatment.





Subjects in the Diploma of Remedial Massage (Advanced Rehab Program)

	Practical Components	Theoretical Components
Diploma of Remedial Massage	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
	Treat chronic conditions	Pain neuroscience
	Case Studies	
	Clinical Experience	
	Musculoskeletal Assessments	
Advanced Rehab Program	Thai Massage	
	Myofascial Release (MFR)	
	Positional Release Technique (PRT)	
	Muscle Energy Techniques (MET)	
	Neuromuscular Techniques (NMT)	
	Rehabilitation Exercises	
	Musculoskeletal Assessments	
	Cupping	
	TENS Machine Application	
	Joint Mobilizations	
	Rigid Tape	
	Kinesiology Taping	



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

About Q Academy

Q Academy is a massage and myotherapy training college, who over the last two decades, 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. Our CRICOS approved campuses are located at Brisbane, Gold Coast and Sunshine Coast.

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. Q Academy has been exclusively providing quality massage training in Australia for nearly 20 years.
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