

HLT52021

# Diploma of Remedial Massage

(CRICOS Course #112402F)

International Student Course Guide

Core Skills Stream

1 Year Program





# Course Details

HLT52021 Diploma of Remedial Massage -  
Core Skills Program (CRICOS course #112402F)

**Duration:** 50 weeks

**Cost:** \$1,180.83/month (12 payments)

**Total Course Fee:** \$14,170 (+\$100 material fee)

**Payment Plan:** Pay by month  
First term payment due at enrolment for CoE release  
(\$1,180.83 + \$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

## 4 International Student Course Guide

## Start Dates

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

## Course Details

HLT52021 Diploma of Remedial Massage (Core Skills)  
CRICOS course #112402F

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.

## 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 theory 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.



# 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

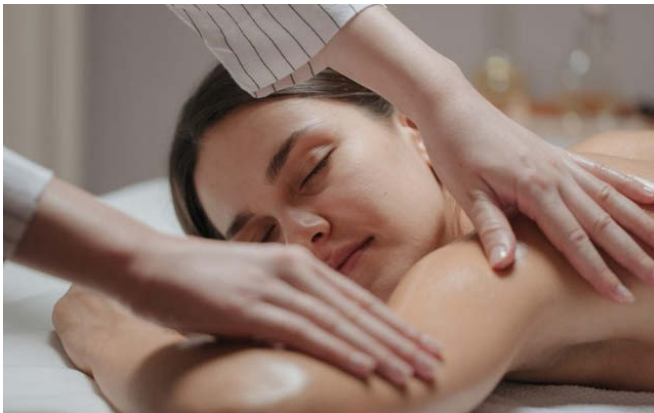
To meet Q Academy's English language proficiency requirements, international applicants must demonstrate one of the following:

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

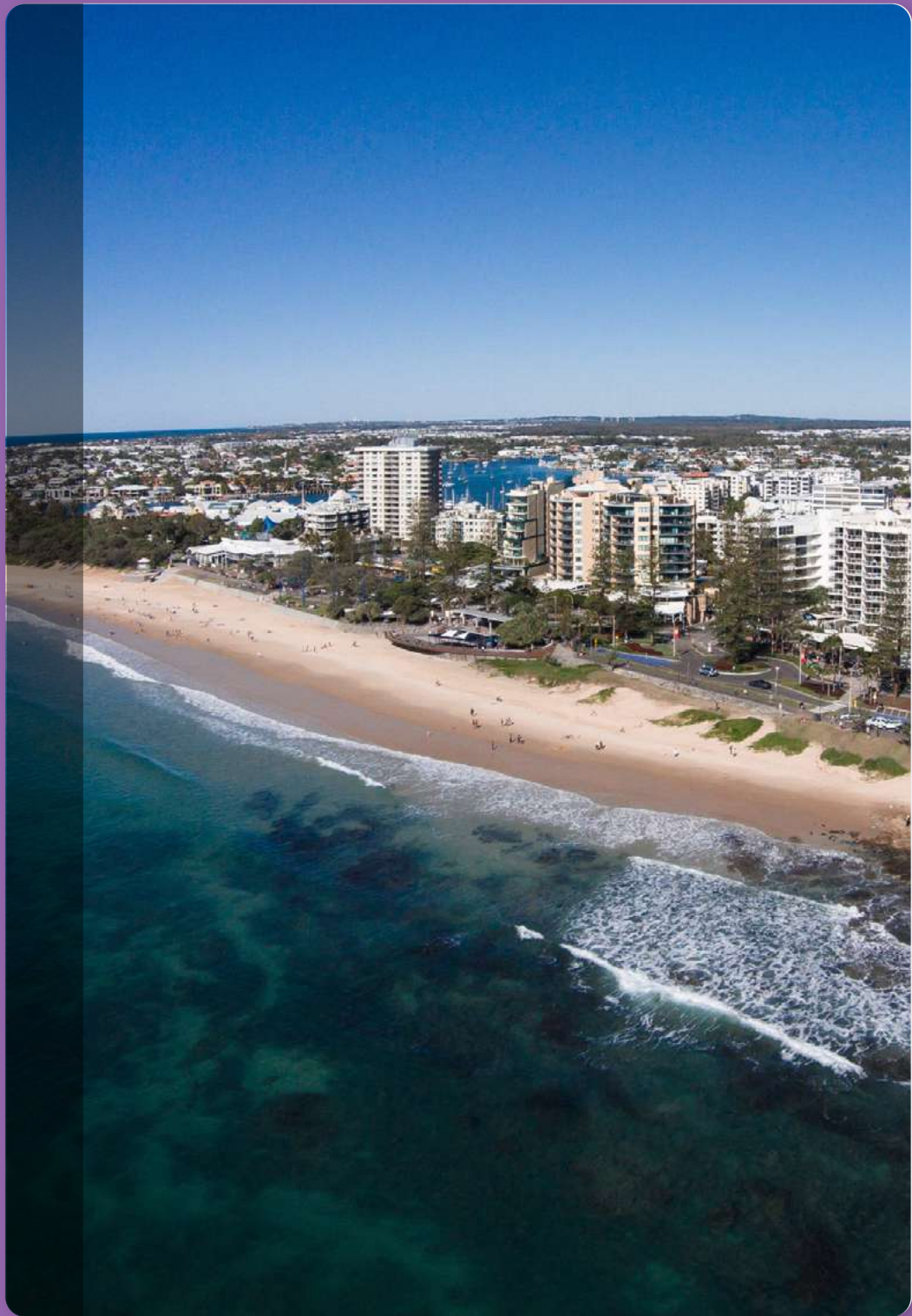
Students must provide certified copies of documentation that show evidence the appropriate level of IELTS or equivalent testing has been achieved or evidence of successful completion of previous qualifications as proof of English language ability. This information is kept on student files.

- 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.easyroommate.com](http://www.easyroommate.com)

[www.domain.com.au](http://www.domain.com.au)

[www.flatmates.com.au](http://www.flatmates.com.au)

[www.realestate.com.au](http://www.realestate.com.au)

[www.gumtree.com.au](http://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

## 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
- 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.

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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.



# Subject Descriptions

## 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 Therapists.

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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.

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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## 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).

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## 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.





# The Subjects in Diploma of Remedial Massage Program

|                             | Practical Components                            | Theoretical Components  |
|-----------------------------|---|---|
| Diploma of Remedial Massage | Swedish Massage                                 | Anatomy and Physiology  |
|                             | Stretching                                      | 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)                 | 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                        | Body Biomechanics   |
|                             | Case Studies                                    |   |
| Clinical Experience         |   |   |
| Musculoskeletal Assessments |   |   |





# 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>BSBESB401</b> | Research and develop business plans                      |
| <b>CHCPOL003</b> | Research and apply evidence to practice                  |
| <b>HLTMSG016</b> | Apply principles of pain neuroscience                    |
| <b>CHCLEG003</b> | Manage legal and ethical compliance                      |
| <b>HLTAID011</b> | Provide first aid  |
| <b>HLTWHS004</b> | Manage work health and safety                            |
| <b>HLTMSG009</b> | Develop massage practice                                 |
| <b>HLTREF002</b> | Provide reflexology for relaxation                       |
| <b>HLTMSG017</b> | Apply remedial massage clinical practice                 |
| <b>HLTAAP002</b> | Confirm physical health status                           |
| <b>HLTMSG010</b> | Assess client massage needs                              |
| <b>HLTMSG011</b> | Provide massage treatments                               |
| <b>HLTMSG012</b> | Provide remedial massage treatments                      |
| <b>HLTMSG013</b> | Perform remedial massage musculoskeletal assessments     |
| <b>HLTMSG015</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         |

## 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](http://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