

Q ACADEMY
REMEDIAL + MASSAGE THERAPIES

HLT42021

# CERTIFICATE IV IN MASSAGE THERAPY

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# Why Study Massage?

## Introduction to the HLT42021 Certificate IV in Massage Therapy

The HLT42021 Certificate IV in Massage Therapy is a great introduction to the world of massage.
The course teaches Swedish, Thai, Sports, and Seated Massage techniques, so you can confidently provide a full-body relaxation or sports massage treatment to clients.
As a relaxation therapist you will be able to treat the soft tissue of the body, to help clients achieve improved circulation, pain relief, reduced stress and anxiety, assisted recovery from injury, aided sleep and relaxation, and enhanced flexibility.
With this qualification you could work in a day spa, resort, beauty clinic, or start your own at-home massage clinic.

It is a great foundation course to get you started in the massage industry, and you can easily build on to this course with selected short courses or the HLT52021 Diploma of Remedial Massage.

# Course Details



## Entry Requirements

A sound understanding of written and spoken English is required. An interest in the functionality of the human body as well as the health and wellbeing of others is recommended. Students are also expected to have access to a laptop or computer with internet access for both on-campus and at-home learning.

## 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 Length

As a guide, the HLT42021 Certificate IV in Massage Therapy will take 6 months to complete. This depends on how quickly you move through your lessons, clinical practice hours and assessments.

## Campus Locations

We have 5 great 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 4558

**Sydney:** (Core Skills only) Level 3, Castle Towers Shopping Centre, Castle Hill, NSW 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 also included in the cost.

## 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.

# Course Fees and Finance

The total cost of the HLT42021 Certificate IV in Massage Therapy course is $4,900 (+$100 materials fee).

| HLT42021 Certificate IV of Massage Therapy |
| --- |
| **Self Financing** |
| Students are required to pay 4 installments of $1,225.00. |

# Course Information

## Career Outcomes

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

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

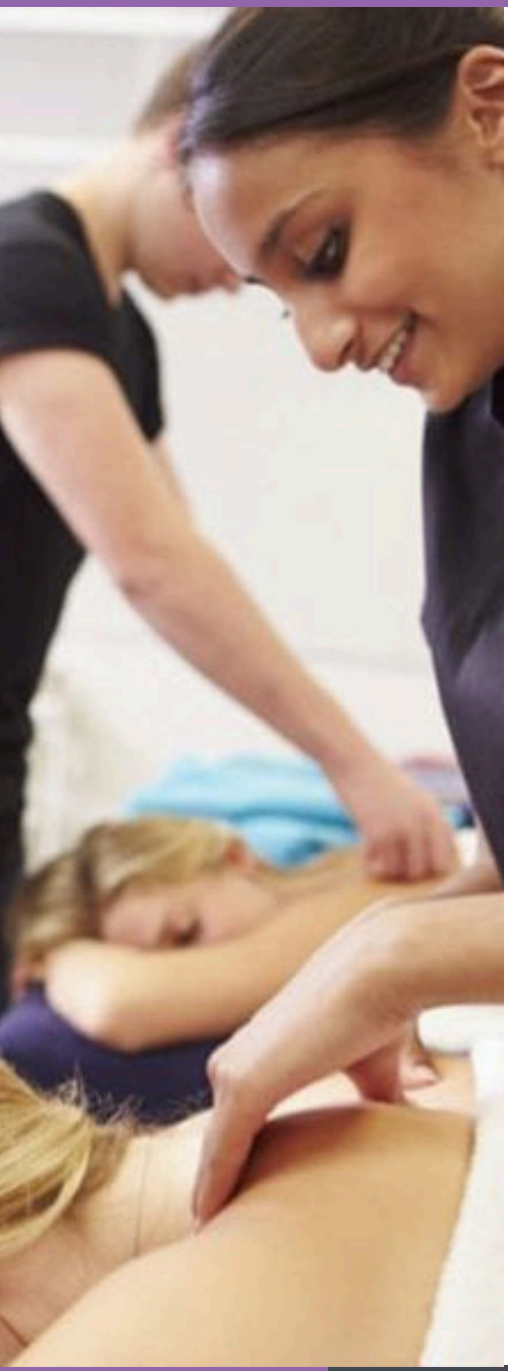
In completing this course students will have developed both their theoretical and practical understanding of massage therapy.

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.



# Course Information



## 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) 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.

**3) 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.

**4) 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!

# 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 |
| **HLTWHS004** | Manage work health and safety |
| **HLTMSG009** | Develop massage practice |
| **HLTMSG010** | Assess client massage needs |
| **HLTMSG011** | Provide massage treatments |
| **HLTMSG012** | Apply relaxation massage clinical practice |
| **HLTINF004** | Manage the prevention and control of infection |
| **HLTAID011** | Provide first aid |
| **HLTREF002** | Provide reflexology for relaxation |
| **CHCPRP005** | Engage with health professionals and the health system |

## 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 and 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
- Improve circulation
- Assist lymph function
- 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 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.



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# 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 and Sydney.

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

**Brisbane Campus**
100 Brookes St, Fortitude Valley QLD 4006

**Sunshine Coast Campus**
64C Aerodrome Road, Maroochydore QLD 4558

**Sydney Campus**
Castle Towers Shopping Centre, NSW 2154



Q ACADEMY DOES NOT GUARANTEE CAREER OR EMPLOYMENT OUTCOMES FOR STUDENTS OR GRADUATES. Q ACADEMY PTY LTD. RTO 31896

