

NET Q ACADEMY
REMEDIAL + MASSAGE THERAPIES

HLT42021

CERTIFICATE IV IN MASSAGE THERAPY

COURSE GUIDE

INTRODUCTION TO THE CERTIFICATE IV IN MASSAGE THERAPY 3

COURSE DETAILS 4

STUDENT CLINIC 5

COURSE OUTCOMES 6

ACCREDITATION 7

COURSE FEES 8

ABOUT NETQ 9

BENEFITS OF STUDYING WITH NETQ 10

UNITS OF COMPETENCY 11

SUBJECTS IN THE CERTIFICATE IV IN MASSAGE THERAPY 11

SUBJECT DESCRIPTIONS 12

FAQs 14

ABOUT Q ACADEMY 15



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.
We have completely adapted the course to suit e-learning, with short 5-10 minute video lessons that are both informative and engaging. All of your assessments, knowledge checks, course notes, and reference materials are on your online student dashboard. You get complete flexibility and control with when and how you study massage.

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



Course Summary

The HLT42021 Certificate IV in Massage Therapy (Mixed Delivery) is a Government Accredited course that teaches elements of Swedish, sports, pregnancy, seated, thermotherapy, reflexology, Thai massage and much more!

It is the perfect qualification in massage therapy if you enjoy the flexibility of learning at your own pace, in your own environment, if you live remotely, or if you can not attend scheduled 9-4pm classroom hours.

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. As your lessons will be delivered online, we expect you to have access to a tablet, laptop or computer, with a camera, microphone and internet access, as well as a printer and willing bodies to practice on.

Online learning requires students to be motivated and self-disciplined. You must be confident in your ability to maintain self- directed study, and follow NETQ's schedule of lessons for the full duration of the course.

Start Dates

The course starts on the 1st of each month, with limited places available.

Course Delivery

Mixed delivery combines the flexibility of our unique, e-learning system with your digital manual, online lessons, videos, and assessments, together with the experience of our trainers to supervise your practical training hours from a NetQ Training Clinic. To make your study interesting and effective our e-learning platform has hundreds of short and informative videos embedded within your digital manual for convenient 24/7 access.

The on-site training hours are required to obtain a nationally recognised qualification, so you will need to attend a NetQ Training Clinic in either Brisbane, Gold Coast, Sunshine Coast or Sydney to complete practical supervised training hours. This is a compulsory requirement of the course, where under the guidance of our expert trainers you will demonstrate and refine your skills on the general public, in a workplace simulated environment.

Course Length

6-9 months. NETQ will provide you with a clear schedule to help you stay on track and meet your assessment milestones.

Student Clinic

Student clinic occurs at various stages throughout your course. This is a very important part of the qualification as it is where you apply your skills and knowledge learned, in a clinical setting. This is a workplace simulation, showing your ability to work as a professional within the massage industry. All of your equipment, materials and clients will be provided for you.

For the HLT42021 Certificate IV in Massage Therapy Online you will be required to complete 80 supervised training hours. These hours can be completed at a NetQ Training Clinic in either Brisbane, Gold Coast, Sunshine Coast or Sydney.

Relaxation Clinic

You will need to complete 80 hours of supervised relaxation treatments at a NetQ Training Clinic. This will allow you to demonstrate your ability to perform relaxation massage treatments in a professional setting.

Student Clinics

This is where students complete supervised practical training hours. These clinics are located in Brisbane, Gold Coast, Sunshine Coast and Sydney. All of your equipment, materials and clients will be provided for you.

Brisbane: Fortitude Valley, QLD, 4006

Gold Coast: Robina, QLD, 4230

Sunshine Coast: Maroochydore, QLD, 4560

Sydney: Castle Hill, NSW, 2154



Course Outcomes

Career Outcomes*

If you want to establish an at-home, mobile or corporate massage business - then this is the perfect way to get your career started!

This course is a great if you want:

- Flexibility to create your own work schedule
- To work from home in your own home business
- To set up a mobile or corporate massage business
- To work in a day spa or beauty clinic
- To add an additional skill-set to an existing qualification (e.g. Personal Training or Beauty Therapy)

*Please note that NETQ and Q Academy (RTO31896) does not guarantee career or employment outcomes for students.

Study Pathways

While graduates of the HLT42021 Certificate IV in Massage Therapy (Mixed Delivery) will gain valuable knowledge, skills and experience in massage - 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.

Course Benefits

- Online lessons are **10 minute video** modules with unlimited replays
- **Modern, science-based** content, using same reference materials as Physiotherapists and Osteopaths
- No **big written final exams**, just online tests & quizzes
- Access to our virtual classroom hangout to **connect and feel supported** by other students
- Exceptional student support, with personal tutors to guide you along the way

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

Accreditation

Government Accreditation

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



Professional Accreditation

The HLT42021 Certificate IV in Massage Therapy (Mixed Delivery) course is recognised by the Association of Massage Therapists (AMT). Graduates of this course may apply for membership with this association after graduation, once they have received their Record of Results. Students are encouraged to join as a student member throughout their program.



Course Fees and Finance

HLT42021 Certificate IV in Massage Therapy (mixed delivery) - $4,900 (+$109.95 materials fee).

HLT42021 Certificate IV in Massage Therapy

Payment options

Payment plan available with course fees equally split over the duration of the course. The $4,900 course cost for the HLT42021 Certificate IV in Message Therapy (Mixed Delivery) will be divided into three (3) instalments over 6 months.

About NETQ

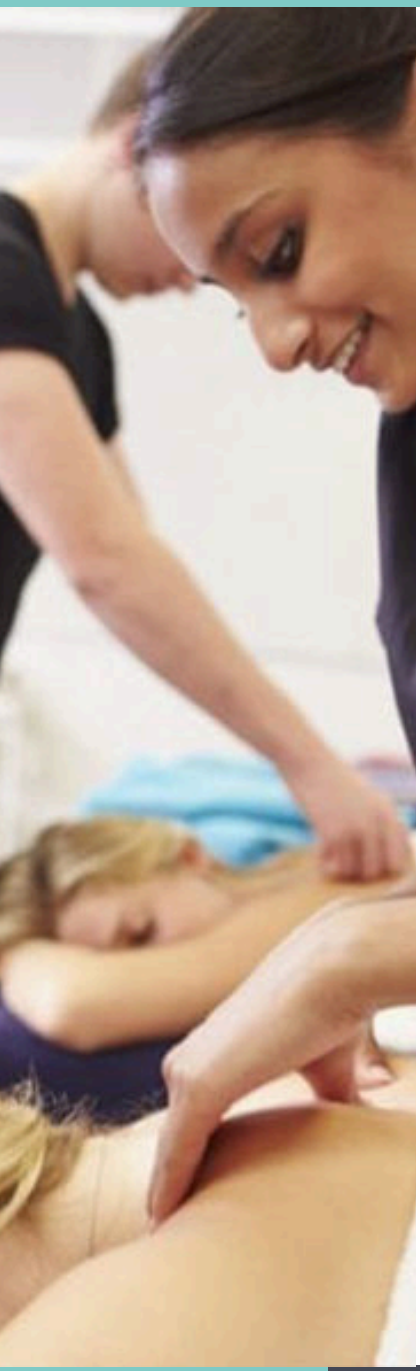
NETQ is the e-learning division of Q Academy. Q Academy (RTO 31896) is a massage and myotherapy training college, who, over the last decade, has trained thousands of government accredited, highly skilled manual therapists.

NETQ is the result of Q Academy wanting to provide a flexible solution for exceptional massage therapy education. While still maintaining Q Academy's values of fun, innovative and professional course delivery at the core.

NETQ prides itself on using science-based content, which is accessible via premium digital platforms, with round the clock support from dedicated and qualified teaching professionals. We have a strong commitment to student support, and helping students achieve their career goals. Your tutor will be there to guide you through the full length of your course.



Benefits of Studying with NETQ



Learning Support

Learn anywhere, anytime with our advanced learning system and course coach support. You will have a real-life support team to help you along the entire way.

Learning Environment

We believe you will learn better and be more engaged if you are having fun while you learn. That's why we have bite-sized 10 minute video modules with unlimited replays, no big written final exams, and access to a virtual hangout to connect with other students.

Quality of Training

Our students get access to some of the most extensive training materials and practical experience. The course was written using the same textbooks and reference materials as Physiotherapists, Osteopaths and Myotherapists.

Ultimate Flexibility

You can learn a Nationally Accredited qualification from the comfort of your home. Fit your studies around your busy schedule, with only a few hours of study per week. If you've got the motivation, we'll keep you on-track, motivated and inspired to become a qualified therapist.

Affordability

You will receive the same exceptional level of student support and course content as our industry-leading Q Academy on-campus training – at an even more affordable price. We are also approved to offer eligible students the VET Student Loan scheme, to help students start studying sooner. Get started towards a career in massage for just $109.95!

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 **must be completed externally*
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

HLT42021 Certificate IV in Massage Therapy

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.

Swedish Relaxation Massage

The full body massage sequence; 140 Swedish strokes to reduce stress, improve circulation, assist lymph function and enhance relaxation. Students learn how to treat pregnant women, elderly, young and special needs clients.

Also included in this wide ranging practical component is corporate seated massage.

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.

*Please note that First Aid is not included in the online program, students must make arrangements to complete this unit prior to commencing student clinic.

Massage Business

Gain an insight into establishing, operating, and growing a massage business. Some of the aspects you will learn include best practice in sales and marketing strategies, business finance, customer service excellence, personal and professional development plus leadership.

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).

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.

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.



FAQs

How can you teach me a practical skill online?

All of the course content is presented in a digital manual, and lessons in short video format by an experienced trainer and assessor. You will be taken through both the practical and theoretical material in an easy to follow, logical sequence. You will also receive one-on-one sessions with your tutor via Video Calling, which will help you prepare for practical and theoretical assessments. You can ask any questions, demonstrate your learnings and treatments, and receive real-time feedback, without ever needing to leave the house.

What are the assessment requirements and how do I complete them?

We prefer short, frequent assessment checks, rather than long and dull exams. To complete your theory assessments, we will give you access to Cloud Assess (our online platform). From there you will complete assessments, receive feedback and see a list of outstanding tasks to complete. Practical assessments will be completed with a facilitator via Video Calling and will also be tracked via Cloud Assess. The final component of the course is student clinic. This is the time where you will perfect all of your skills learned throughout the course, gain confidence and experience treating members of the general public, as well as give you the opportunity to work directly with our trainers to refine your skills. It is required that you complete 80 supervised training hours to earn your qualification.

What if I can't get to a clinic for the clinic module?

You will need to travel to one of our NetQ Training Clinics to complete your supervised training hours. It might be a nice chance to spend a few weeks in Brisbane, Gold Coast, Sunshine Coast or Sydney completing your training hours.

What will I need to purchase?

So you can complete assessments and gain practical experience while you learn, we recommend students purchase a good quality massage table. This will be an investment in your future career as a massage therapist, should you wish to operate an at-home, corporate or mobile massage business. Although not required, we also recommend you join a professional association during study as a 'student member' and purchase appropriate insurance coverage. This will cover your practice during study.

What if I want to swap to on-campus learning?

You are welcome to transfer into our full or part-time on-campus programs at any time. Simply speak to one of our Career Specialists to make arrangements. However, please note that you may need to adjust your payments to match the Q Academy on-campus fees.

Is First Aid included in the online program?

Students must have a current First Aid certificate prior to starting placement in student clinic. This unit is not included in the online program.
Q Academy runs this course, please contact your chosen campus to book. If you choose not to complete it with Q Academy, the original statement must be presented for Q Academy to take a certified copy, or supply Q Academy with a certified copy.

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

