

Q ACADEMY
REMEDIAL + MASSAGE THERAPIES

HLT52021

DIPLOMA OF REMEDIAL MASSAGE (CORE SKILLS)

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Why Study the Remedial Massage Core Skills Program

Introduction to the HLT52021 Diploma of Remedial Massage

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 spas or 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 offer 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.

Our Diploma of Remedial Massage Program is eligible for VET Student Loan funding, for eligible students. Graduates can register with all major private health funds (including Medibank & HCF), and all major industry associations, subject to meeting on-site requirements.

Our Diploma programs are science-based and will help you become a confident and job-ready Massage Therapist. Once you are working or have established yourself in the industry, you can always come back and learn additional skills and treatment options with Q Academy's range of weekend short courses or further study pathways.

Course Details



Entry Requirements

A sound understanding of written and spoken English is required, as well as a personal laptop for classroom and at-home learning. If you intend to use the Government's VET Student Loan (VSL) scheme to fund the course tuition fee, you may be required to complete a Language, Literacy, and Numeracy (LLN) assessment.

Start Dates

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

Course Duration

The course will take you 12-18 months to complete. We will provide you with a clear schedule to help you stay on track and meet your assessment milestones.

Campus Location

We have 5 great campus locations offering the Core Skills program:

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 Delivery

You will be required to treat in Q Academy's student clinic 1 day per week, and attend the campus at least 1 day per week for your Self-Directed E-classroom lessons.

Course Workload

You will be expected to complete 6-12 hours of independent at-home study per week, in addition to your E-classroom and clinic study days.

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 included in the cost.

Learning Environment

Q Academy has all of the facilities and learning resources to help you become the best possible Remedial Therapist.

When you complete the clinical practice component of the course, Q Academy will provide the massage tables, towels, oil, and clients to practice on while you are treating in the Student Clinic.

Student Clinic

Clinical Practice

As part of the requirements for the HLT52021 Diploma of Remedial Massage you will need to complete a minimum 200 hours of clinical practice. The course schedule has been designed so the hours are evenly distributed over the duration of the program - giving you frequent and consistent practice treating a variety of clients.

To facilitate student learning and practice, Q Academy has established a student clinic which 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. Opening hours vary by location.
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.

Industry Exposure and External Events

With Q Academy continually developing exciting initiatives and partnerships in the wider community, you may be given exposure and experience treating at external events. This would be part of your clinic placement hours, and organised and supervised by your course coaches. This can include sporting, community, corporate events and industry expos. Recent Q Academy students have had the opportunity to support AFL Queensland by offering weekly sports massage sessions on game nights, right beside all the on-field action.

Students have also been involved in providing treatments at community and corporate events with NAB Bank, Crossfit, Ultimate Frisbee and Mental Health Week.

Learning Environment

Q Academy has all of the facilities and learning resources to help you become the best possible Remedial Therapist. When you complete the clinical practice component of the course, Q Academy will provide the massage tables, towels, oil, and clients to practice on while you are treating in the Student Clinic.



Accreditation

Course Accreditation

Q Academy is a Registered Training Organisation (RTO 31896) with the Australian Skills and Qualifications Authority. Q Academy is approved to offer the HLT52021 Diploma of Remedial Massage which is a Nationally Accredited course.



Private Healthcare Compliance

Q Academy's HLT52021 Diploma of Remedial Massage is all major private healthcare (including Medibank) compliant. 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 and 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.







Course Fees and Finance

HLT52021 Diploma of Remedial Massage (Core Skills)

$11,100 (+$100 materials fee)

HLT52021 Diploma of Remedial Massage

Payment options

We offer payment options for interested students: self-finance the course cost, or eligible students can utilise the Government 's VET Student Loan for an approved course, or a Higher Level Skills Subsidy.

Self-Financing

Pay the course tuition fee in equal interest-free instalments over the duration of the course.

VET Student Loan

For eligible students, VET Student Loan funding may be available for this course. A VET Student Loan is a loan from the Australian Government that helps eligible students pay for some or all of their tuition fees. You may wish to seek independent financial advice before applying.

For eligible and approved students, the total cost of the course can be fully covered by the VET Student Loan scheme.

VET **Student** Loans

Units of Competency

CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
HLTINF004	Manage the control of infection
HLTMSG011	Provide massage treatments
HLTWHS004	Manage work health and safety
CHCPRP005	Engage with health professionals and the health system
HLTAAP002	Confirm physical health status
HLTMSG009	Develop massage practice
HLTMSG010	Assess client massage needs
HLTREF002	Provide reflexology for relaxation
BSBESB401	Research and develop business plans
CHCPOL003	Research and apply evidence to practice
HLTAAP003	Analyse and respond to client health information
HLTMSG013	Perform remedial massage musculoskeletal assessments
HLTMSG014	Provide remedial massage treatments
HLTMSG015	Adapt remedial massage treatments to meet specific needs
HLTMSG016	Apply principles of pain neuroscience
HLTMSG017	Apply remedial massage clinical practice
CHCCS037	Visit client residence
HLTMSG018	Adapt massage practice for athletes **only in Advanced Rehab & Sports program*
HLTAID011	Provide first aid **free in Advanced Rehab & Sports program*

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
- 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

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.

Manual Lymphatic Drainage

Manual Lymphatic Drainage (MLD) is a very gentle specialised body treatment that encourages the flow of lymph, enhancing the body's ability to recover and function naturally. This technique helps eliminate metabolic wastes, bolsters the immune system, and stimulates the parasympathetic relaxation response.



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 knoweldge expected from this subject is the knoweldge of biology, chemistry and cellar function required for a Remedial Massage Therapists.

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.



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

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