

NET Q ACADEMY
REMEDIAL + MASSAGE THERAPIES

HLT52021

DIPLOMA OF REMEDIAL MASSAGE

ONLINE COURSE GUIDE

INTRODUCTION TO REMEDIAL MASSAGE 3

COURSE DETAILS 4

STUDENT CLINIC 5

ACCREDITATION 6

ABOUT NETQ 7

BENEFITS OF STUDYING WITH NETQ 8

FEES AND FINANCES 9

UNITS OF COMPETENCY 10

SUBJECTS IN THE DIPLOMA OF REMEDIAL MASSAGE 11

SUBJECT DESCRIPTIONS 12

FAQs 16

ABOUT QACADEMY 17



Why Study Remedial Massage?

Introduction to the HLT52021 Diploma of Remedial Massage

The HLT52021 Diploma of Remedial Massage (Mixed Delivery) has the same high-quality "Core Skills" diploma course content and training that you have come to expect from Q Academy – just delivered through an online learning platform. 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.

The course contains elements on active rehabilitation, injury management, trigger point therapy, functional and orthopaedic testing as well as Swedish, sports, pregnancy, seated and Thai massage plus thermotherapy, reflexology, and nutrition. This will give you a broad range of modalities and skills, for the best opportunities to succeed in the workplace.

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. As this ourse content is delivered online we expect students 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.

Course Fee

$9,000 (+$109.95 materials fee). Multiple finance options are available including the Government's VET Student Loan Funding.

Course Duration

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

Course Inclusions

Your course fees include access to all required e- learning course material including your digital
manual, assessments, videos and one-on-one support from your NetQ tutor.

*The $109.95 materials fee is for a student kit, which includes an oil bottle and holster as well as a student
shirt to wear during your on-campus student clinic. The fee includes postage and handling.

Course Delivery

Mixed delivery combines the flexibility of our unique, e-learning system with your digital manual, online lessons, videos, and assessments; together with practical on-site training hours from a NetQ 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 and complete 200 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.

Start Dates

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

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.
To meet the current guidelines to be recognised by a number of health funds to be eligible for private provider numbers, you will also need to complete 200 hours of clinical practice at a NETQ Training Clinic (Brisbane, Gold Coast, Sunshine Coast or Sydney).

Student Clinics

Is where students complete supervised practical training hours. These clinics are located in Brisbane, Gold Coast, Sunshine Coast, Cairns 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

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.

Remedial Clinic

You will also need to complete 120 hours of supervised remedial treatments at a NetQ Training Clinic. This means you will have completed a total of 200 hours of supervised practical training, in order to earn your qualification.

When you enrol, we will ask you to nominate your preferred clinic location. Once you have completed the necessary assessments, we will put you in contact with the Clinic Manager so you can begin to make your bookings and arrangements.
All clinic bookings are subject to availability.

Please note that you must have completed your assessments prior to commencing your clinic hours.



Accreditation

Course Accreditation

NETQ is a wholly owned division of Q Academy (RTO 31896), who is a Registered Training Organisation with the Australian Skills & Qualifications Authority. Q Academy is approved to offer the HLT52021 Diploma of Remedial Massage, which is a Nationally Accredited course.



Professional Accreditation

The HLT52021 Diploma of Remedial Massage (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.



Private Health Fund Compliance

To meet the current guidelines to be recognised by a number of health funds to be eligible for private provider numbers, you will need to complete 200 hours of clinical practice at a NETQ Training Clinic (Brisbane, Gold Coast, Sunshine Coast or Sydney).

About NETQ

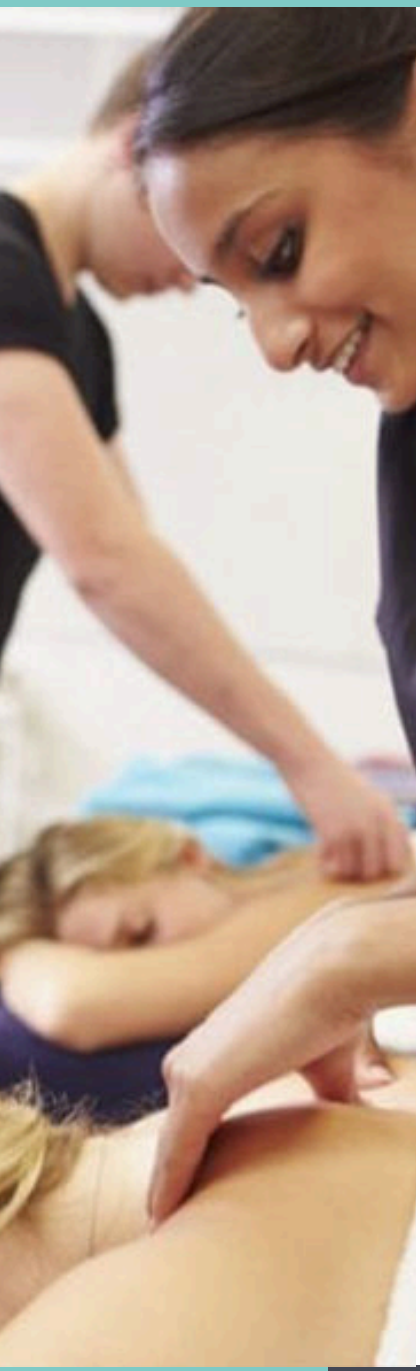
NETQ is the e-learning division of Q Academy. Q Academy (RTO 31896) is a massage and myotherapy training college, who, over the last decade, has trained thousands of government accredited, highly skilled manual therapists.

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. 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!

Course Fees and Finance

HLT52021 Diploma of Remedial Massage (mixed delivery) - $9,000 (+$109.95 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
HLTAID011	Provide first aid **must be completed externally*

Subjects in the Diploma of Remedial Massage (Mixed Delivery)

Practical Components	Theoretical Components
Swedish Massage	Anatomy and Physiology of Body Systems
Remedial Trigger Point/ Neuromuscular Therapy	Planning for Indications and Contraindication for Massage Success
Shiatsu	Professional Communication
Thermotherapy	Legal Considerations
Seated Massage	Neuroscience Pain
Pregnancy Massage	Treatment Planning
Special Needs Massage	Working in Collaboration with Health Professionals
Myofascial Release (MFR)	Safe Work Practices
Positional Release Technique (PRT)	The Science of Massage Therapy
Muscle Energy Techniques (MET)	Communication and Working with Diversity
Manual Lymphatic Drainage (MLD)	Designing a Safe and Effective Massage Environment
Proprioceptive Neuromuscular Facilitation (PNF)	Client Record Keeping
Neuromuscular Techniques (NMT)	Massage History and Origins
Injury Prevention and Movement Screening	Musculoskeletal Anatomy and Function
Case Studies	Body Biomechanics
Clinical Experience	
Musculoskeletal Assessments	

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.

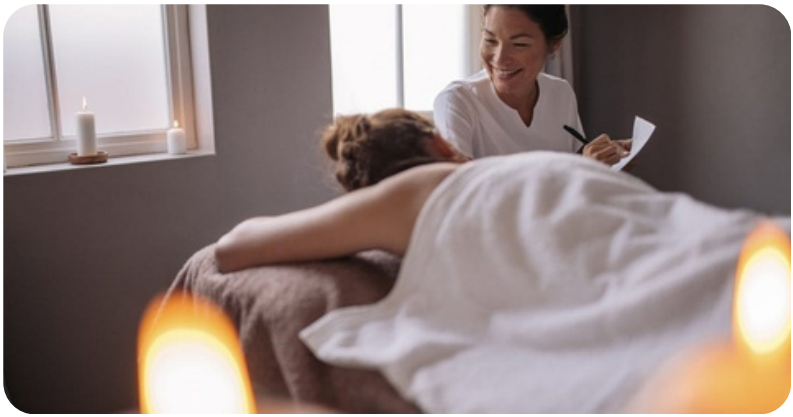
First Aid

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.

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.

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 Fundations

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

Anatomy and Pathophysiology

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

Remedial Techniques Consultation

Through this subject, students will be learning how to perform general assessments that cover the functionality of the human body. Assessment techniques include postural analysis, gait and 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.



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 200 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.

Q ACADEMY
REMEDIAL + MASSAGE THERAPIES

NET

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

