

NET Q ACADEMY
REMEDIAL + MASSAGE THERAPIES

ONLINE SHORT COURSES

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Massage Short Courses

Explore our range of online short courses for general interest or CPE/CPD points

Q Academy offers a number of short, specialised massage courses for both qualified therapists who want to earn CPE/CPD points to maintain their professional currency, as well as courses designed for general interest and those interested in learning the basics of massage.

If you're interested in a short course listed below, get in touch to register your interest.

Our online short courses are available through NETQ for you to enrol and begin at anytime.

If you are looking to earn CPE/CPD points, we recommend you confirm the hours awarded with your Association directly.

Swedish Massage



The perfect balance of massage theory and hands-on practice. Learn how to provide a general massage treatment with full-body soft tissue techniques.

You will learn:

- Full body massage sequence: 140 Swedish strokes to reduce stress, improve circulation, assist lymph function and enhance relaxation
- Conduct and record client health history interview
- Plan and provide a massage treatment
- When and where massage should not be applied

General Interest Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost :$440
	Online access for up to 30 days
	20 hours of course content
	No assessment items

Pain Management Skill Set



This skill set is for health care practitioners seeking to broaden their skills and knowledge in pain management.

You will learn:

- How to help patients better manage chronic or persisting pain issues

Nationally Accredied Course	
	Unit of Competency achieved: CHCPOL003 Research and apply evidence to practice & HLTMSG016 Apply principles of pain neuroscience
	Course Cost :$990
	Online access for up to 60 days
	8 hours of course content and 3 assessments items
	3 assessment items. These include: • small assessments in online manual • 2 research assignments on topics related to pain management • 3 pain management plans based on current client health histories

Nutrition & Diet



Nutrition coaching is a growing division of the health care industry. Broaden your scope of practice to allow you to give your clients a truly holistic health service. 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.

You will learn:
The basics of human nutrition science as well as how to plan and provide nutrition counselling in line with the Australian Dietary Guidelines.

Nationally Accredied Course	
	Nationally recognised accreditation. Unit of Competency achieved: HLTHPS010 Interpret and use information about nutrition and diet
	Course Cost :$330
	Online access for up to 30 days
	10 hours of course content and 3 assessments items
	3 assessment items. These include: • small assessments in manual • online MCQ quiz with tutor • client consult practical assessment

General Interest Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost :$275
	Online access for up to 30 days
	10 hours of course content
	No assessment items

Introduction to Reflexology



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!

You will learn:

- How to conduct and record a client health history interview and maintain treatment records
- How to plan and provide a reflexology treatment including safety guidelines
- Full foot reflexology sequence to treat all the major reflexes

Nationally Accredied Course	
	Nationally recognised accreditation. Unit of Competency achieved: HLTREF002 Provide reflexology for relaxation
	Course Cost : $380
	Online access for up to 30 days
	8 hours of course content and 4 assessments items
	4 assessment items. These include: • small assessments in manual • at least 4 hours of practice at home • complete a short online quiz perform • a practical assessment over Skype

General Interest Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost :$350
	Online access for up to 30 days
	8 hours of course content
	No assessment items

Introduction to Massage



If you'd like to give a basic but effective massage to your family and friends, this short massage course is for you. This is a great entry point if you are considering becoming a professional massage therapist and would like to test how online learning massage works before committing to a full qualification.

You will learn:

- 5 fundamental Swedish massage techniques
- Full Swedish sequence for the back

This program is divided into 4 session which allows you to experience what the various forms of massage are all about. In this course, you will learn Swedish relaxation techniques, which will provide a solid basic understanding of massage practice and theory.

Four sessions is not enough to become a professional massage therapist (that takes at least six months), but if you would like to take the first step towards becoming one, and seeing if its right for you, this program is the perfect starting point.

General Interest Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost :$180
	Online access for up to 30 days
	8 hours of course content
	No assessment items

Anatomy & Physiology



This is an introductory course in human anatomy and physiology. This is a great course for anyone who is interested in a career in health. It is a great foundation course for many higher level science courses. Upon successful completion you will have solid understanding of basic human anatomy and physiology.

You will learn:

- The cells, tissues, and each of the 11 major systems of the body and their integration and control
- Bony landmarks in detail and the origin, insertion, action and innervation of 63 major muscles
- Nutrition and energy systems

General Interest Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost :$720
	Online access for up to 30 days
	20 hours of course content
	No assessment items

Corporate Massage



Learn how to provide a quick and effective relief for tension headaches, shoulder and neck pain, stress and tension. It is surprising what you can achieve in 20 minutes. Seated Massage can be fitted into your client's lunch break.

You will learn:

- Seated massage sequence developed specifically for corporate clients

General Interest Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost :$70
	Online access for up to 14 days
	2 hours of course content
	No assessment items

Thai Massage



Discover modern techniques of Thai massage using palms, knees and elbows which combine stretching and deep sustained pressure. This fully clothed massage technique is performed on a massage table. It's a different technique for therapists to perform and can deliver very effective results for clients.

You will learn:

- Full-body modern Thai Massage sequence that can be used in conjunction with other styles of massage or as a stand alone treatment option

General Interest Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost :$120
	Online access for up to 30 days
	4 hours of course content
	No assessment items

NMT Neuromuscular Myofascial Techniques



This course shares neuromuscular techniques to treat and manage myofascial trigger points, which are a common cause of pain and musculoskeletal dysfunction. Please note basic massage techniques and muscles are not covered in this short course as participants are expected to have some prior understanding.

You will learn:

- This course covers referral pain patterns for 48 major muscles, common problems and solutions.

General Interest Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost :$550
	Online access for up to 30 days
	6 hours of course content
	2 short written tests

Manual Lymphatic Drainage (MLD)



Learn about the amazing lymphatic system and how to do a Manual Lymphatic Drainage sequence. This is an introduction to the knowledge and skills required to perform this gentle yet effective treatment. This is a manual therapy designed to activate and encourage the flow of lymph throughout the body.

You will learn:

- Theory and history of MLD treatment
- Full MLD sequence

General Interest Course	
	This is not nationally accredited, no AQF certification is issued
	Course Cost :$420
	Online access for up to 30 days
	12 hours of course content
	No assessment items

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, Cairns 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.

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