



Course Guide 2012



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STUDY GUIDE

Welcome

Premier College is a Registered Training Organisation that specialises in nationally accredited training in massage courses for Certificate IV in Massage Therapy Practice (HLT40307) and Diploma of Remedial Massage (HLT50307).

Both the Certificate IV in Massage Therapy Practice (HLT40307) and the Diploma of Remedial Massage (HLT50307) qualifications are conducted in a small, friendly setting with class sizes consisting of a maximum of 18-20 students. The teachers presenting the course are all highly dedicated and practicing in the industry. The accredited training offered by Premier College is a combination of theory and hands on massage practice. Many of our students have built excellent careers upon achieving this highly sought after massage qualification.

How long will a qualification take?

On a full time basis – **Certificate IV** can be completed in 6 months as follows:

- Attend college 3 - 4 times per week
- 3.5 - 4 hours per session
- 106 hours (combination weekly group and pre-arranged individual times)

Once you have completed a Certificate IV in Massage Practice we recommend you further your studies with Premier College in Diploma of Remedial Massage.

Why Diploma?

- Diploma qualifications are recognised by all Health Funds. Your clients can claim for your services
- Most sporting facilities will only hire at Diploma level
- You will possess a wider range of skills enabling you to treat a wider range of clients e.g. pregnant women & sporting injuries

On a full time Basis – **Diploma of Remedial Massage** can be completed in 6 months (must have CERT IV qualification) as follows:

- Attend college 4 - 5 times per week
- 4 hours per session
- 100 hours (as pre-arranged with clinic manager)

How to enrol

- Contact the College – 9540 3828 or via email info@premiercollege.com.au
- Arrange to see Course Coordinator
- Read and understand college terms and conditions as outlined in the *Student Handbook*
- Complete enrolment form and provide suitable ID and sign *Working with Children* paperwork
- Supply evidence of Prior Learning if applying for exemptions (fees apply)
- Complete course schedule
- Pay deposit (minimum \$500)
- Organise payment plan – complete Direct Debit form

Payment options

Upfront fees paid in full for the Cert IV and Diploma qualifications are not accepted by Premier College. Rather, students may:

- Pay in installments by invoice Via EFT, cheque or cash or
- Monthly / fortnightly/weekly Direct Debit spread over the term of the course

Additional fees including text books, First Aid and Wet Lab must be paid in full at time of purchase.

Example of Direct Debit payment plan for Cert IV Massage:

Course fees: \$4050

Deposit: \$500

Balance: \$3550

Direct Debit over 6 months: \$591.65 per month

Fees

Certificate IV Massage	\$4050 (text books and first aid training not included)
Diploma of Remedial Massage	\$4600 (Cert IV Massage not included)

Additional Costs

First Aid (by RE:VIVA)	\$120*(for students who do not possess a current First Aid certificate)
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Compulsory Text Books:

- Marieb, E., **Essentials of Human Anatomy and Physiology**, 9th Edition - RRP \$144*
- Clay & Pounds, **Basic Clinical Massage Therapy**, 2nd Edition - RRP \$90*

Wet Lab \$60*

(Anatomy and Physiology students)

First Aid

Apply First Aid (HLTFA301B) is a pre/co requisite of the Swedish and Deep Tissue modules. Premier College has a partnership arrangement with RE:VIVA for those students who do not have a current first aid certificate.

**Prices are correct @ time of printing*

modules

Certificate IV in Massage (HLT40307):

Anatomy and Physiology – Systems of the human body

Anatomy and Physiology- Structures of the skeletal and muscular systems

Massage 1 – Swedish Massage

Massage 2 - Deep Tissue Massage

Practice Management

Student Clinic Practicum

Diploma of Remedial Massage (HLT 50307):

Advanced Anatomy and Physiology

Advanced Practice Management

Remedial Massage 1 – Pathologies

Remedial Massage 2 – Sports Massage

Remedial Massage 3 – Pregnancy Massage and Massage for Children and the Elderly

Remedial Massage 4 – Massage for Chronic Conditions

Trigger Point Therapy & Myofascial Release

Student Clinic Practicum

Check timetable for dates and times

Units of Competency for the Certificate IV in Massage Therapy Practice HLT40307

Common Units

BSWOR203A	Work effectively with others
HLTAP401B	Confirm physical health status
HLTCOM404C	Communicate effectively with clients
HLTCOM405CC	Administer a practice
HLTCOM406C	Make referrals to other health care professionals when appropriate
HLTCOM408C	Use specific health terminology to communicate effectively
HLTFA301C	Apply first aid * <i>delivered by RE:VIVA</i>
HLTHIR301B	Communicate and work effectively in health
HLTIN301C	Comply with infection control policies and procedures
HLTOHS300B	Contribute to OHS processes

Specialisation Units

HLTREM401C	Work within a massage framework
HLTREM406C	Provide massage treatment
HLTREM407C	Plan massage treatment
HLTREM408C	Apply massage assessment framework
HLTREM409C	Perform massage health assessment

Units of Competency for the Diploma of Remedial Massage HLT50307

Common Units

CHCORG28A	Reflect and improve upon professional practice
HLTAP501B	Analyse health information
HLTCOM502C	Develop professional expertise
HLTCOM503C	Manage a practice
HLTHIR501B	Maintain an effective health work environment
HLTHIR506C	Implement and monitor compliance with legal and ethical requirements

Specialisation Units

HLTREM502C	Provide remedial massage treatment
HLTREM503C	Plan remedial massage treatment strategy
HLTREM504C	Apply remedial message assessment framework
HLTREM505C	Perform remedial massage health assessment
HLTREM510B	Provide specialised remedial massage treatments

Elective Units

HLTCOM510B	Provide services to clients with chronic diseases or conditions
HLTREM511B	Provide remedial massage treatment for women and children
HLTREM513B	Provide remedial massage treatment to athletes

Individual Modules

Anatomy and Physiology – Systems of the human body

Pathophysiology, Symptomatology & Pharmacology for Body Workers

Description: A fundamental component of all major modalities, learn about the functions and organisation of the human body.

Practical application: In this section students will learn how the body is organised from molecular level to organism level. Students will also begin to look at anatomical and medical terminology.

This module also includes pathophysiology, which examines the diseases clients may present with and pharmacology, a look at the difference between specific medications and their uses.

Required Component for: Cert IV in Massage, Diploma of Remedial Massage

Weeks: 13 **Class hours:** 45.5 **Home Hours (Min.):** 20 **Total Hours:** 65.5

Competency Assessment:

- Students are required to answer weekly progress questions and complete a written theory assessment. Student must score a mark of 80% or higher to be deemed competent.
- Students must attend four (4) massage clinic sessions that contribute to units of competency assessed in A&P Systems.

Anatomy and Physiology- Structures of the skeletal and muscular systems

Description: This module explores the structure and function of muscles and joints.

Practical application: Examine the basic concepts of biomechanics, joint & muscle structure and function. Identify the major bony and soft tissue structures of the musculoskeletal system. Develop musculoskeletal assessment techniques. Develop postural assessment techniques

Required Component for: Cert IV in Massage, Diploma of Remedial Massage

Weeks: 13 **Class hours:** 45.5 **Home Hours (Min.):** 20 **Total Hours:** 65.5

Competency Assessment:

- Students are required to answer weekly progress questions and complete a written theory assessment. Student must score a mark of 80% or higher to be deemed competent.
- Students must attend four (4) massage clinic sessions that contribute to units of competency assessed in A&P Structures.

Wet Lab

A visit to Wollongong University wet lab will give students an opportunity to learn about Anatomy and Physiology from actual human subjects.

Massage 1 – Swedish Massage

Description: Learn the techniques of delivering a full-body Swedish-style massage.

Practical application: Used as a system of long gliding strokes, kneading and friction techniques on the more superficial layers of muscle, generally in the direction of blood flow towards the heart and sometimes combined with active and passive movements of the joints. It is used to promote general relaxation, improve circulation and range of motion, and relieve muscle tension. Swedish massage is the most commonly used form of massage.

Required Component for: Cert IV in Massage, Diploma of Remedial Massage

Weeks: 14 **Class hours:** 49 **Home Hours (Min.):** 28 **Total Hours:** 77

Competency Assessment:

- Students are required to answer weekly progress questions and complete a written theory assessment. Student must score a mark of 80% or higher to be deemed competent.
- Students are also required to complete a practical assessment of performing a one hour Swedish massage.
- Students must attend seven (7) massage clinic sessions that contribute to units of competency assessed in Swedish Massage.

Massage 2 – Deep Tissue Massage

Description: Discover how to diagnose and perform treatments using massage techniques that target individual muscle areas.

Pre-requisite: Swedish massage **Co-requisite:** First Aid

Practical applications: The purpose of this module is to bring to the therapist a new range of therapeutic techniques to release soft tissues.

Massage therapy can be very effective in treating musculoskeletal conditions, as has been demonstrated in Swedish massage. However a more clinical approach is required when treating many specific complaints, deep tissue techniques are designed for use in such situations. They are used to manipulate soft tissue, to affect deeper muscle groups & fibres and to elicit specific tissue responses to the techniques.

Required Component for: Cert IV in Massage, Diploma of Remedial Massage

Weeks: 12 **Class hours:** 42 **Home Hours (Min.):**24 **Total Hours:** 66

Competency Assessment:

- Students are required to answer weekly progress questions and complete a written theory assessment. Student must score a mark of 80% or higher to be deemed competent.
- Students are also required to complete a practical assessment of performing a deep tissue massage on a specified body region.
- Students must attend seven (7) massage clinic sessions that contribute to units of competency assessed in Deep Tissue.

Practice Management

Description: Managing, marketing and communicating within a Natural Therapies Practice. Includes OH&S, infection control, research methods, law and ethics.

Practical applications: Develop the skills and knowledge to effectively manage and administer a natural therapy practice, communicate with clients and other health care practitioners and promote and market your business.

Required Component for: Cert IV in Massage, Diploma of Remedial Massage

Weeks: 14 **Class hours:** 49 **Home Hours:** 32 **Total Hours:** 81

Competency Assessment:

- Business Portfolio including – OHS audit, managing business financials , marketing promotions, referral letters, research, infection control
- Practical assessment of interview skills
- Ability to work in a group assessed
- Students must attend four (4) massage clinic sessions that contribute to units of competency assessed in Practice Management.

Student Clinic Practicum

Description: Practical applications for Massage Therapists. Massage clinic is open to both Cert IV and Diploma students

Pre-requisite: Swedish massage

Practical applications: Students are given the opportunity to practice their massage skills in a genuine working clinic. Appointments are booked for each student and students are encouraged to provide relevant therapy in a “real” clinic setting.

Total Hours: **CERT IV: 106hrs** **DIPLOMA: 100hrs**

Competency Assessment:

- Assessments are based on attendance and observation of student performance by the clinic supervisor. Students are also required to submit written reflections based on treatments performed during student clinic.

Advanced Anatomy & Physiology

Description: Building on the concepts gained in anatomy and physiology systems, students take an in depth look at diseases and conditions relating to the systems of the human body.

Practical application: Students will learn to read and gain an understanding of medical reports, pathology results, scan reports, normal ranges of indicators associated to these types of medical reports, symptomatology and pathophysiology of the body systems.

Pre-requisite: Anatomy & Physiology Systems and Anatomy & Physiology Structures

Required Component for: Diploma of Remedial Massage **Total Hours:** 45

Competency Assessment:

- Students are required to submit weekly progress questions and sit a theory examination; achieving a mark of 80% or higher to be deemed competent.
- Students are required to research a condition/ disease that effect's a particular body system and present a report.
- Students must attend two (2) massage clinic sessions that contribute to units of competency assessed in Deep Tissue.

Advanced Practice Management

Description: Building on the concepts gained in practice management, students focus on the legal and ethical principles relating to the natural therapies industry. Student will also reflect on how to improve their business and management skills.

Practical applications: Students will explore the legal, ethical and moral implications their actions as massage therapists will affect clients and the community. Students will explore how other cultures attitudes to massage therapy, and experiences can affect their business and how to effectively use this knowledge to target specific groups. Students will also increase their knowledge on running and maintaining a successful practice.

Required Component for: Diploma of Remedial Massage

Total Hours: 45

Competency Assessment:

Students are required to submit the following assessments and achieve a mark of 80% or higher to be deemed competent.

- Business plan- Students are to create a business plan as outline in assessment criteria.
- Cultural considerations- Research and report on other cultures norms and attitudes to massage therapy.
- Law and ethics- Research massage therapy association code of e
- Maintain healthy work environment- Research and report how a workplace can contribute/ cause illness in the workplace.
- Reflect and improve upon your practice- Reflect and look objectively on your massage practices and public image.
- Students must attend two (2) massage clinic sessions that contribute to units of competency assessed in Deep Tissue.

Remedial Massage 1 - Pathologies

Description: Building on the concepts of Deep Tissue Massage, you'll learn how to fine tune and expand your techniques into specialised areas of pathology and symptomatology.

Pre-requisite: Certificate IV in Massage Therapy Practice

Practical application: Massage has become an integral part of the new athletic and personal health regimen in sports medicine clinics, college training rooms, professional locker rooms, as well as health clinics, day spas and complementary medicine centres. A growing number of trainers believe that massage can provide an extra edge to the athletes who participate in high performance sports.

Required Component for: Diploma of Remedial Massage

Weeks: 14 **Class hours:** 56 **Home Hours (Min):** 28 **Total Hours:** 84

Competency Assessment:

- Students are required to answer weekly progress questions and complete a written theory assessment. Student must score a mark of 80% or higher to be deemed competent.
- Students are required to complete a practical assessment of performing a specialised remedial massage treatment.
- Students are required to complete a case study assessment.
- Students must attend six (6) massage clinic sessions that contribute to units of competency assessed in Deep Tissue.

Remedial Massage 2 – Sports Massage

Description: Learn to perform pre & post event treatments for the sport active individual. Discover effective injury rehabilitation techniques and special tests for injuries.

Pre-requisite: Certificate IV in Massage Therapy Practice

Practical applications: The sports massage therapist assists the athlete with pre and post event massage, suggestions for stretching routines, advice on the prevention of DOMS (Delayed onset muscle soreness). The sports massage therapist also plays a vital role in assisting other health professionals in the treatment and rehabilitation of sporting injuries. There are an increasing number of consumers who choose massage as part of their wellbeing routine, an integral part of returning to health and maintaining health.

Required Component for: Diploma of Remedial Massage

Weeks: 12 **Class hours:** 48 **Home Hours (Min):** 20 **Total Hours:** 68

Competency Assessment:

- Students are required to answer weekly progress questions and complete a written theory assessment. Student must score a mark of 80% or higher to be deemed competent.
- Students are required to complete a practical assessment of performing a specialised massage treatment for a sporting injury.
- Students are required to complete a research assessment on a sports condition.
- Students must attend three (3) massage clinic sessions that contribute to units of competency assessed in Deep Tissue.

Remedial Massage 3 – Pregnancy Massage and Massage for Children and the Elderly

Description: An introduction to the basic application and principles of pregnancy massage. This module also addresses the individual differences and requirements when treating children and the elderly.

Prerequisite: Remedial Massage 1

Practical applications: In this module students will look at the prenatal stages of pregnancy and the application of techniques used to deliver a pre-natal massage. This module also includes consideration and adjustments that are required when massaging adolescents and the elderly.

Required Component for: Diploma of Remedial Massage

Weeks: 12 **Class hours:** 48 **Home Hours (Min):** 20 **Total Hours:** 68

Competency Assessment:

- Students are required to answer weekly progress questions and complete a written theory assessment. Student must score a mark of 80% or higher to be deemed competent.
- Students are required to complete a practical assessment of performing a specialised remedial massage treatment for a pregnant client, a child and an elderly person.
- Students are required to complete a research assessment on pregnancy, children and the elderly.
- Students must attend three (3) massage clinic sessions that contribute to units of competency assessed in Deep Tissue.

Remedial Massage 4 - Massage for Chronic Conditions

Description: With the ever changing health status and increased life expectancy of the general population, the need to design and deliver specific massage treatments for those with ongoing conditions has become an integral part of remedial massage.

Prerequisite: Remedial Massage 1

Practical application: In this module, students will look in depth at three (3) chronic conditions i.e. Diabetes, arthritis and stress / anxiety; focusing on the most appropriate massage techniques to benefit those living with a chronic condition.

Required Component for: Diploma of Remedial Massage

Weeks: 14

Class Hours: 56

Home Hours: 28

Total Hours: 84

Competency Assessment:

- Students are required to answer weekly progress questions and complete a written theory assessment. Student must score a mark of 80% or higher to be deemed competent.
- Students are required to complete a practical assessment of performing a specialised remedial massage for a client with a chronic condition
- Students are required to complete a research assessment on a chronic condition.
- Students must attend five (5) massage clinic sessions that contribute to units of competency assessed in Deep Tissue.

Trigger Point Therapy and Myofascial Release

Description: Myofascial release is a technique used to unwind the connective tissues surrounding the muscles and soft tissues.

Trigger point therapy is a specialised technique used to release hyperirritable muscles knots to reduce muscle tension and aid in pain relief.

Pre-requisite: Certificate IV in Massage Therapy Practice

Practical application: Students are given the skill sets to develop techniques to locate and deactivate trigger points, apply appropriate stretches to the released muscles and perform the three (3) types of myofascial release.

Weeks: 11

Class hours: 44

Home Hours (Min):16

Total Hours: 60

Competency Assessment:

- Students are required to answer weekly progress questions and complete a written theory assessment. Student must score a mark of 80% or higher to be deemed competent.
- Students are required to complete a practical assessment of performing trigger point therapy and myofascial release techniques.
- Students must attend four (4) massage clinic sessions that contribute to units of competency assessed in Deep Tissue.