Evolve College



COURSE GUIDE 2023

HLT52015 DIPLOMA OF REMEDIAL MASSAGE

Why Study With Us?

Our Training Team is superb and focused on delivering training that students will enjoy and get so much out of. Our training is practical, real and all about the student experience and growth. Our education is written by us (not off-the-shelf purchases) and involves critical challenges that enable a student to develop foundations beyond the learned topic.

- High-quality and spacious campuses
- Trainers who not only know their industry but are great teachers
- Team members who are people focussed with great interpersonal skills
- Management team that is focused on providing quality
- Industry relationships that are vetted for student experience
- College and campus standards of respect, inclusiveness and community
- Modern leading education framework that challenges and evolves



Industry Partners

EVOLVE COLLEGE GRADUATES EMPLOYED IN THE MASSAGE INDUSTRY

95.4%

This high number shows the success of graduates who've been employed in their field of study.

Our graduate employment survey showed 95.4% of students who had recently graduated, who wanted to work in the massage industry were employed in the massage industry.

EVOLVE COLLEGE STUDENT SATISFACTION SURVEY

98% said:

- **They would recommend the training to others**
- **Overall they are satisfied with the training**
- **They developed the skills they expected from the training**

Results are from a survey of 207 people who participated in the survey for satisfaction of the HLT52015 Diploma of Remedial Massage Course.

Do Evolve College graduates get employed?

"With this intense scrutiny in mind we only look to hire the best therapists around. When we have hired therapists from Evolve College before we have found them to be of high quality and of suitable standard for our organisation. We are currently looking to hire more therapists to work throughout our organisation and as we know Evolve delivers high quality therapists we would love to have more of your graduates come work for us."

National Sports and Remedial Massage Employer

"Evolve College graduates have joined our team and we have found them to be well prepared for work in the industry. Professional and well trained, they meet the high standard expected."

National Relaxation and Remedial Massage Employer

Government Accredited

We work hard to provide our students with unsurpassed levels of education and service. We run courses in nationally recognised and accredited qualifications which means they have been found to meet the stringent education quality standards developed by industry and endorsed by the Government.

Evolve College is a Registered Training Organisation (RTO) and is approved to deliver the following massage course:

• HLT52015: Diploma of Remedial Massage

For other courses which Evolve College is approved to offer, please see our website, at www.evolvecollege.com.

Government Accredited qualifications are highly valued by employers and are sought after by those developing a career.

Job Ready Skills

At Evolve College we understand the importance of needing to be 'job ready' when you graduate. This means that upon graduation you should be able to commence working in your chosen industry with little to no on-the-job training. Being job ready allows the graduate to commence working and earning from completion. It also relieves the stress and burden on employers to spend time and money on training graduates for job roles.

We achieve job ready by focusing on the practical skills that are actually performed in the job. We make sure our training is up to date and relevant to what workers actually experience.



Your Qualification

On successful completion of the qualification you will receive a:

• certificate of award of the qualification, recognised within the Australian Qualifications Framework

• official academic transcript

With a strong emphasis on practical training, Evolve College graduates emerge job ready and at the leading edge of the industry.

Nationally Recognised Training

Evolve College is registered to deliver Nationally Recognised Training in the below massage qualification. Therefore, your qualification will include the Nationally Recognised Training Logo.

Evolve College's Registered Training Organisation Number is 41035

HLT52015 Diploma of Remedial Massage

Nationally Recognised Training

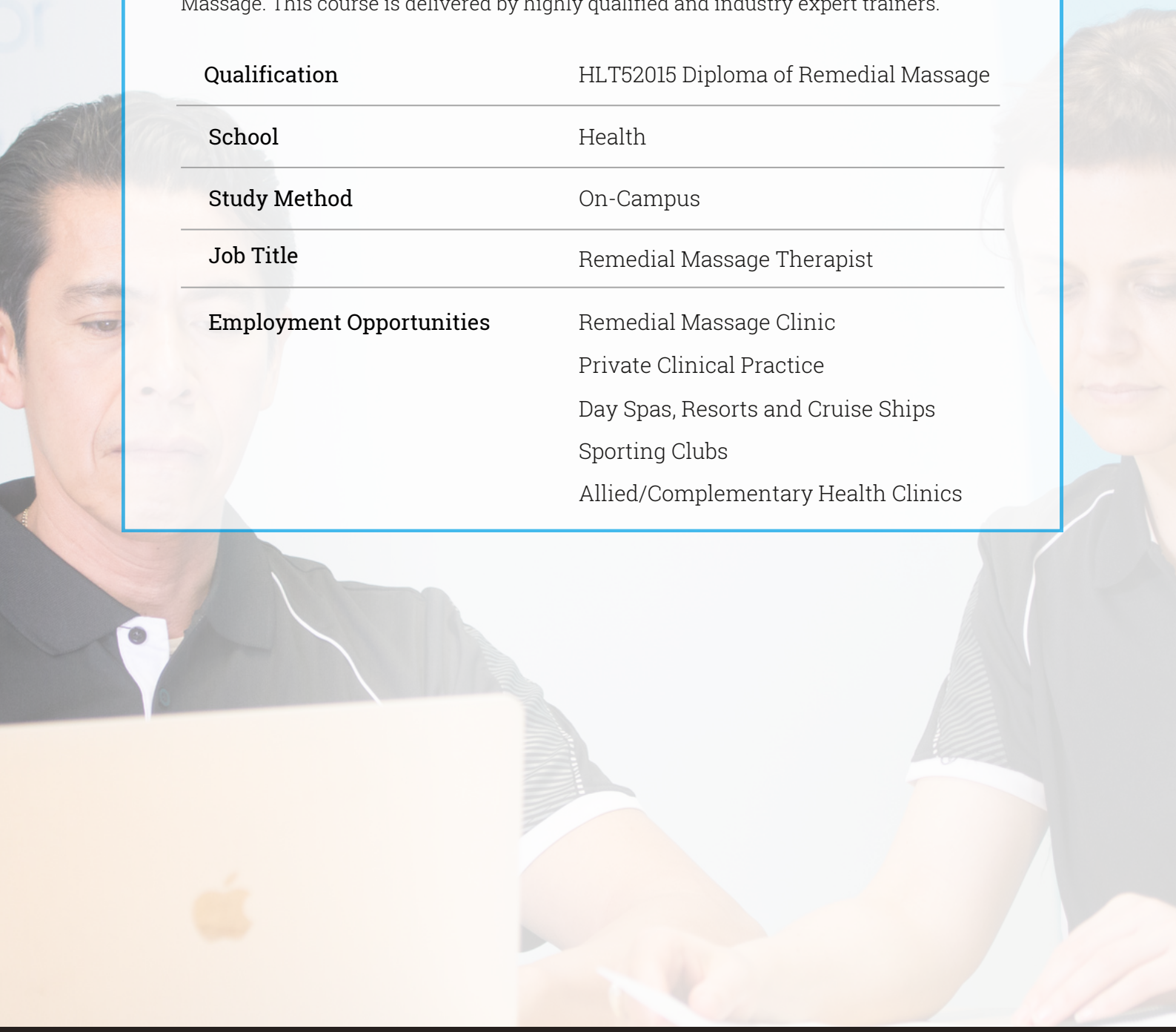
// Course Information

The Diploma of Remedial Massage course is designed to teach you the knowledge and practical skills to be a remedial massage therapist. Remedial massage is using massage as a form of applied remedy to musculoskeletal ailments. In the Diploma of Remedial Massage you will learn skills such as: Remedial and Sports massage, Deep tissue massage, Relaxation massage, Joint Loosening, Stretching, Injury and Clinical Assessment, Strength and Conditioning as well as human movement assessment techniques. Our training is designed to make you job ready, meaning you can start as soon as you graduate.

Course Details

This course is a nationally recognised training for the HTL52015 Diploma of Remedial Massage. This course is delivered by highly qualified and industry expert trainers.

Qualification	HLT52015 Diploma of Remedial Massage
School	Health
Study Method	On-Campus
Job Title	Remedial Massage Therapist
Employment Opportunities	Remedial Massage Clinic Private Clinical Practice Day Spas, Resorts and Cruise Ships Sporting Clubs Allied/Complementary Health Clinics



HLT52015 Diploma of Remedial Massage

COURSE SUBJECTS:

The Diploma of Remedial Massage consists of 15 subjects.

1 Massage Therapy

2 Human Biology

3 Client Communication

4 Diversity in the Workplace

5 Clinical Practice 1

6 Remedial & Sports Massage Skills 1 & 2

7 Business Practices

8 Client Health Information

9 Professional Healthcare

10 Strength & Conditioning

11 Safe Practices

12 Injury & Clinical Assessment

13 Legal & Ethical

14 First Aid

15 Clinical Practice 2

The qualification received provides the skills in remedial massage practice. Subject to meeting all requirements, graduates will be able to register with Medibank Private allowing clients to receive rebates.

YOU WILL BE ABLE TO WORK IN A:

- private clinic with provision for Medibank Private rebates, subject to meeting all course requirements.
- larger health service alongside chiropractors, physiotherapists, naturopaths and other health care professionals
- complementary or medical service providing injury management and rehabilitation
- national & international sporting environment
- business & corporate sector

OCCUPATIONAL TITLE:

- Remedial Massage Therapist

This course is compliant with the Government endorsed national standards for Remedial Massage Practitioners.

HEALTH TRAINING PACKAGE

Upon completion of Diploma of Remedial Massage (Subjects 1–15) students will achieve the following Qualification and Units of Competency from the Health Training Package.

Nationally Recognised Training

HLT52015 DIPLOMA OF REMEDIAL MASSAGE

CORE UNITS

CHCCOM006 Establish and manage client relationships
CHCDIV001 Work with diverse people
CHCLEG003 Manage legal and ethical requirements
CHCPRP003 Reflect on and improve own professional practice
CHCPRP005 Engage with health professionals and the health system
HLTAAP003 Analyse and respond to client health information
HLTAID011 Provide first aid
HLTINF004 Manage the prevention and control of infection
HLTMSG001 Develop massage practice
HLTMSG002 Assess client massage needs
HLTMSG003 Perform remedial massage musculoskeletal assessments
HLTMSG004 Provide massage treatments
HLTMSG005 Provide remedial massage treatments
HLTMSG006 Adapt remedial massage treatments to meet specific needs
HLTMSG008 Monitor and evaluate remedial massage treatments
HLTWHS004 Manage work health and safety

ELECTIVE UNITS

BSBSMB404 Undertake small business planning
SISXCAI009 Instruct strength and conditioning techniques
SISXCAI010 Develop strength and conditioning programs
CHCPOL003 Research and apply evidence to practice
HLTAAP002 Confirm physical health status



// World Class Training

Evolve College uses a unique massage training system so your learning is more effective and can be achieved in a shorter space of time. Our world class training provides you with lots of hands-on practice sessions and only the essential, up-to-date skills and knowledge are taught.

// Private Health Funds

Private health funds can enable members of the fund to obtain a rebate on remedial massage by approved providers. Private health funds set requirements which therapists must meet in order to be an approved provider. In the massage industry, Medibank Private sets the benchmark for education required to attain approved provider status. For instance, study of the Diploma course is required by Medibank Private to be on campus. Private health fund requirements can be changed at the discretion of the private health fund at any time. For further information please see our website www.evolvecollege.com.

// Associations

Evolve College works closely with various stakeholders in the massage industry including recognised professional associations providing you with a course that leads to association membership. Evolve College students can take out student membership with professional massage associations while studying if they choose to, and/or apply for professional membership upon graduation. Evolve College is an industry leader and has consistently been raising the standard of professionalism in massage through their education. Evolve College currently works with the following industry bodies, comprising professional associations, peak bodies in education, and wider industry stakeholders:

MASSAGE & MYOTHERAPY AUSTRALIA

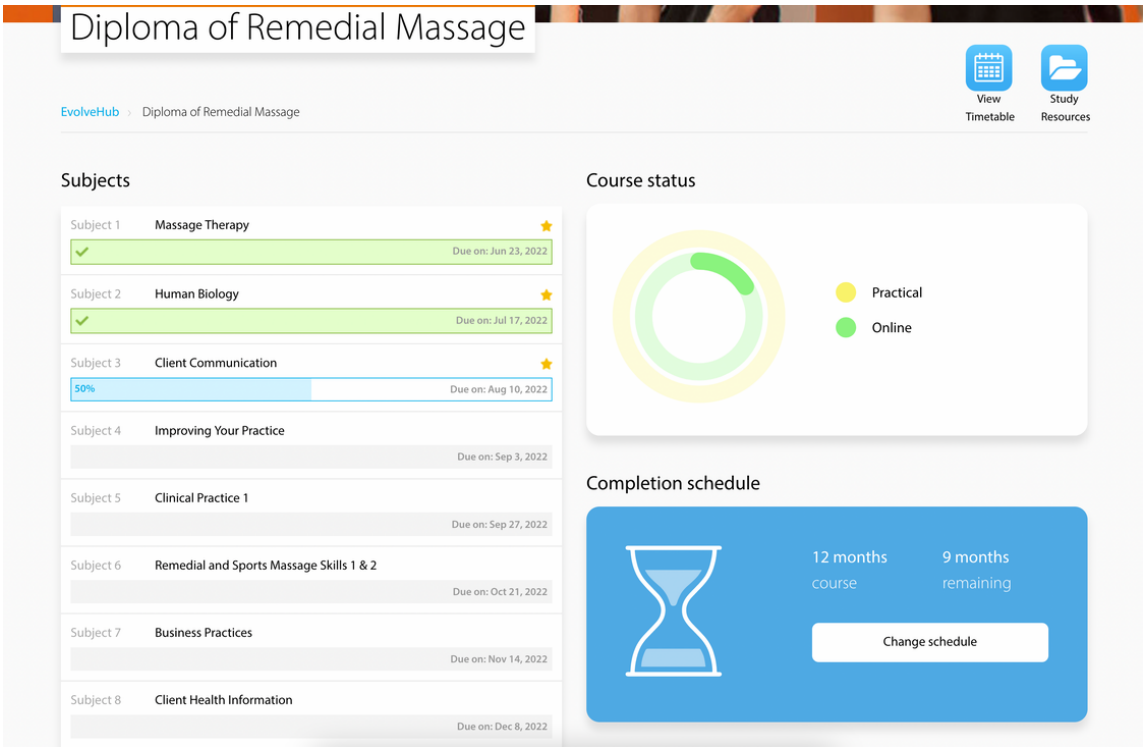
ATMS Australian Traditional-Medicine Society

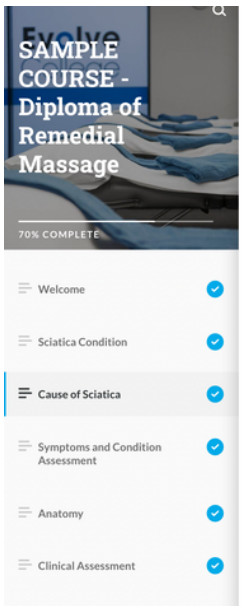
MAA

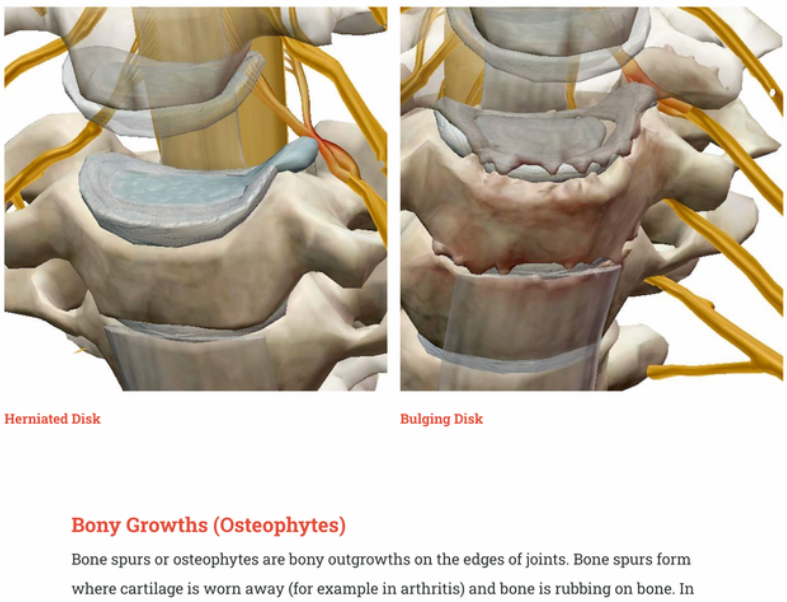
amt association of massage therapists

SYSTEM AND PROCESS

Our College uses a custom-built LMS and SMS to deliver its educational services. The system allows us to have better automated sight over student behaviour, activity, progress and general experience. With our system, we have achieved simplified student enrolment and management allowing customised processing and clear user interface modelling. The learning experience is visual and interactive, enabling students to engage and perform while the system supports.







HLT52015
Diploma of Remedial Massage
Course Program

SUBJECT 1

Massage Therapy

HLTMSG001
Develop massage practice

HLTMSG002
Assess client massage needs

HLTMSG004
Provide massage treatments

This subject is the hands-on practical techniques for massage therapy. It teaches the how-to steps for applying massage. Taught by highly trained industry professionals, this subject aims to teach you the art and feel of massage therapy. Spread over practical teaching classes, this subject is a must for any massage career.

SUMMARY OF CONTENT:

- Relaxation massage
- Effluerage
- Vibrations and tapotement
- Draping
- Posture of massage therapist
- Communication for the massage therapist
- Client health assessment
- Massage sequences
  - Back massage
  - Back of leg massage
  - Face massage
  - Seated massage
  - Full back of body massage
- Principles and practices of massage

SUBJECT 2

Human Biology

HLTAAP002
Confirm physical health status

HLTMSG002
Assess client massage needs

Human Biology teaches the anatomical understanding and application to support your massage learning. As massage is mechanical body-work therapy, it is important to have a good grasp of the human body. This subject takes you through a step-by-step process of learning the anatomy and physiology of the body. It is filled with helpful tips and tricks to help learn as well as high quality 3D images and videos. You will also get free access to an Anatomy APP (visible body) provided to the leading universities teaching medicine all over the world.

SUMMARY OF CONTENT:

- Surface muscles
- Bones of the body
- Types of tissue
- Body functions
- Human movement
- Common injuries and ailments Muscle performance



HLT52015
Diploma of Remedial Massage
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SUBJECT 3

Client Communication

CHCCOM006
Establish and manage client relationships

Communication and people skills are a vital part of all careers. Working with people forms the teaching element that creates your customer service and ability to relate to people professionally.

SUMMARY OF CONTENT:

- Verbal and non-verbal communication
- Managing difficult situations
- Micro-communication

SUBJECT 4

Diversity in the Workplace

CHCDIV001
Work with diverse people

With a strong focus on a high level of respect and understanding, this subject educates the key skills in communication along with the background understanding of different cultural groups.

SUMMARY OF CONTENT:

- Cultural history
- Relating to people of different
- Conflict management



HLT52015
Diploma of Remedial Massage
Course Program

SUBJECT 5

Clinical Practice 1

HLTMSG001	Develop massage practice
HLTMSG002	Assess client massage needs
HLTMSG004	Provide massage treatments
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
HLTINF004	Manage the prevention and control of infection
HLTWHS004	Manage work health and safety
HLTAAP002	Confirm physical health status
BSBSMB404	Undertake small business planning
HLTAAP003	Analyse and respond to client health information
CHCPRP003	Reflect on and improve own professional practice

This subject requires students to demonstrate the skills and knowledge required to work effectively within a massage framework. Students are assessed on their ability to perform a health assessment and their ability to plan and provide a basic massage treatment. Other aspects of a student's role as a massage therapist are reviewed and expanded upon: safe practices, communication, anatomy & medical terminology, referrals and administering a practice.

SUMMARY OF CONTENT:

- Philosophy and Practices of a Massage Framework
- Client Observation and Condition
- Treatment Management Plan and Preparation
- Massage Treatment and Assessment
- Safe Practices in a Massage Setting
- Effective Communication in the Client Therapist Relationship
- Anatomy & Medical Terminology
- Referrals to other Health Care Professionals
- Administering a Health Care Practice

SUBJECT 6

Remedial & Sports Massage Skills 1 & 2

HLTMSG005
Provide remedial massage treatments

This hands on practical subject teaches the skills and knowledge for deep tissue, sports and remedial massage. Remedial and sports massage involve the art of knowing the layers of tissue in the body and understanding how to apply your technique accordingly. This subject teaches you how to combine your knowledge of musculoskeletal anatomy with new practical massage skills to treat deeper layers of tissue in the body.

SUMMARY OF CONTENT:

- Current Research
- Why Massage is Effective
- Factors Leading to Pain
- How Massage helps Relieve Pain
- Trigger Points
- Deep Tissue Techniques
- Deep Tissue Massage Routines
  - Interscapular Massage
  - Prone Neck Massage
  - Supine Neck Massage
  - Lower Back Massage
- Observation of Client Condition
- Scope of Assessment and Client's Needs
- Managing Health Assessment
- Client Preparation and Assessment
- Body Mechanics
  - Dysfunctions
  - Basic Principles
  - Massage Considerations
- Deep Tissue Massage Routines
  - Prone Shoulder Massage
  - Supine Shoulder Massage
  - Arm Massage
  - Forearm Massage
  - Prone Leg Massage
  - Supine Leg Massage
- Advanced Massage Principles to determine Treatment Strategy
- Establishing Client Treatment Strategy
- Management of Treatment
- Client Education
- Review of Treatment

HLT52015
Diploma of Remedial Massage
Course Program

SUBJECT 7

Business Practices

BSBSMB404
Undertake small business planning

CHCPRP003
Reflect on and improve own professional practice

The education within this subject first teaches the principals and practices of setting a small business. Learn about establishing your own small business including market potential and budget requirements. The second part looks at improving your practice. Learn the art of review and evaluation and bring to life in application.

SUMMARY OF CONTENT:

- Budgeting and cashflow
- Market research
- Business planning
- Staffing considerations
- Business networks
- Professional relationships

SUBJECT 8

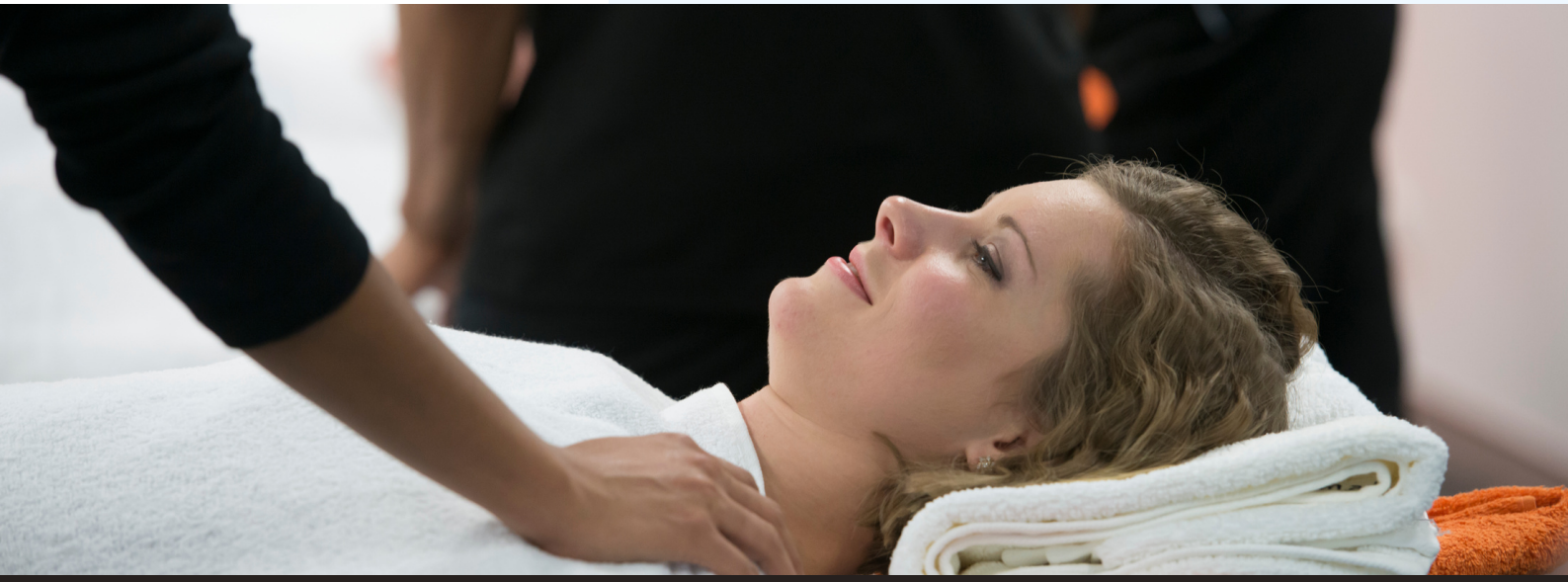
Client Health Information

HLTAAP003
Analyse and respond to client health information

This subject first teaches further anatomical information to develop the student's understanding of the musculoskeletal body. It then looks at how the student can use the health information to determine health conditions and analyse body presentation.

SUMMARY OF CONTENT:

- Anatomical understanding
- Understanding health history
- Role of healthcare
- Body systems
- Analysis health status



HLT52015
Diploma of Remedial Massage
Course Program

SUBJECT 9

Professional Healthcare

CHCPRP005
Engage with health professionals and the health system

This subject educates your role as a healthcare provider. In this subject you will learn the principles of the healthcare system and how you as remedial massage therapist play a part in the whole system. Included is learning on how to work with other healthcare professionals.

SUMMARY OF CONTENT:

- Australian healthcare system
- Healthcare networks
- Referrals options and networks
- Clinical basis
- Healthcare engagement

SUBJECT 10

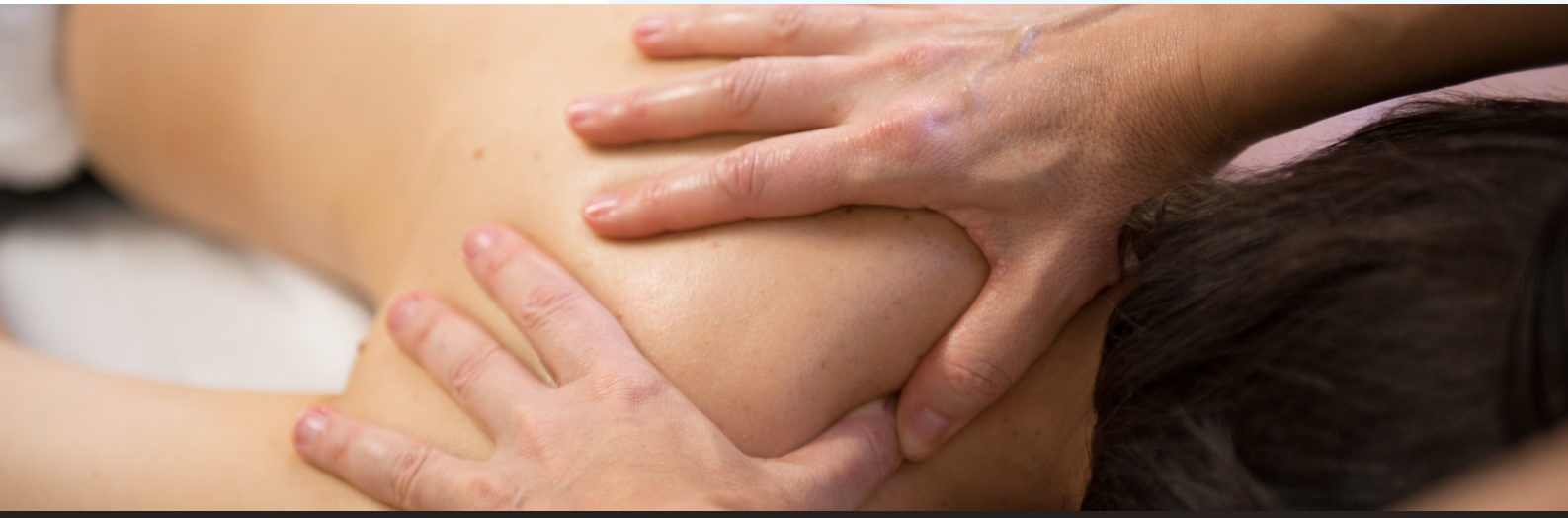
Strength & Conditioning

SISXCAI009
Instruct strength and conditioning techniques
SISXCAI010
Develop strength and conditioning programs

Strengthening and conditioning is a new area for the massage industry. After years of treating clients with many different presentations, we came to realise the importance of supporting clients with ongoing maintenance and the health of the area treated. We would often tell clients to work on their posture in order to not cause an issue to re-occur only to have the client presenting with the same issue again. Strengthening and conditioning addresses this factor. In this subject you will learn resisted movement training to help clients work on their strength and stability, supporting them to have the ability to actually maintain the new prescribed posture.

SUMMARY OF CONTENT:

- Principles of strengthening and conditioning
- Strengthening and conditioning for injuries
- Client program building
- Resisted movement training
- Strength building mechanics



HLT52015
Diploma of Remedial Massage
Course Program

SUBJECT 11

Safe Practices

HLTINF004
Manage the prevention and control of infection

HLTWHS004
Manage work health and safety

This subject teaches you important information on how to manage a safe practice. It includes a combination of workplace health and safety as well as the prevention and control of infection. At a practical level this subject will teach you how to ensure your work environment is clean, tidy, safe and contamination free. It will also teach you the underpinning knowledge behind risks, hazards and how to manage your clinic.

SUMMARY OF CONTENT:

- Washing requirements
- Managing cross contanimation
- Hazard identification
- Risk assessment and management
- Clinic cleaning and maintainance

SUBJECT 12

Injury & Clinical Assessment

HLTMSG003
Perform remedial massage musculoskeletal assessments

HLTMSG006
Adapt massage treatments to meet specific needs

HLTMSG008
Monitor and evaluate remedial massage treatments

Injury and clinical assessment is one of the most important subjects in your course. Although one can learn good massage hand skills, applying the correct skill to the right area according to the condition is what makes the treatment beneficial or not. Learning how to perform a clinical assessment will teach you how to identify the current body presentation including any injuries or ailments and formulate a remedial or sports massage routine specific to your client's needs. Consider, how can you hit the right spot, without first assessing where that spot is?

SUMMARY OF CONTENT:

- Client Review
- Physical Assessment
- Interpretation & Analysis of Assessment Information
- Clinical Reasoning & Problem Solving
- Development of a Care/ Treatment Plan
- Remedial Massage Routines
- Interscapular Massage
- Prone & Supine Neck Massage
- Lower Back Massage
- Prone & Supine Shoulder Massage
- Arm Massage
- Prone & Supine Leg Massage
- Manage Specialised Remedial Massage Treatment
- Specialised Remedial Massage Treatments for Children, Adolescents and Women
- Chronic Diseases and Conditions
- Impact of Chronic Diseases or Conditions on Client and Family



HLT52015
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SUBJECT 13

Legal & Ethical

CHCLEG003
Manage legal and ethical requirements

This subject focuses on the legal and ethical requirements of your practice. The legal requirements are those which are laws and regulations for you to follow. Ethical is the teaching of what is ethical (a right standard) for you to practice. This subject teaches you the most up to date legal and ethical information specific to your course.

SUMMARY OF CONTENT:

- Legal requirements for a massage therapist
- Princples of ethical practice
- Legal and ethical breaches
- Recording and reporting requirements

SUBJECT 14

First Aid

HLTAID011
Provide first aid

To satisfactorily complete this subject students will be required to provide evidence of their current HLTAID011 Provide first aid certificate (or a qualification that specifically includes this unit within its delivery).

Students who do not hold a valid and current certificate in the above unit must complete training in HLTAID011 Provide first aid at their own cost and submit a certified copy of the awarded certificate to Evolve College. The certificate must be valid at time of course completion.



HLT52015
Diploma of Remedial Massage
Course Program

SUBJECT 15

Clinical Practice 2

HLTMSG003	Perform remedial massage musculoskeletal assessments
HLTMSG005	Provide remedial massage treatments
HLTMSG006	Adapt remedial massage treatments to meet specific needs
HLTMSG008	Monitor and evaluate remedial massage treatments
CHCPRP005	Engage with health professionals and the health system
HLTAAP003	Analyse and respond to client health information
SISXCAI009	Instruct strength and conditioning techniques
SISXCAI010	Develop strength and conditioning programs
CHCPOL003	Research and apply evidence to practice

This subject supports you to implement and practice your clinical skills. You will be supported to develop your clinical practice skills by performing remedial massage treatments on clients.
This subject is the last of the diploma and is focused on developing confidence in your practice.

SUMMARY OF CONTENT:

- Clinical practice skills
- Professional massage treatment
- Community treatment
- Client consultation work



Evolve College

E ducation made easy. Evolve College delivers high quality education on an easy to use platform, giving you everything you need to excel in your learning

V isionary. We are constantly pushing the limits of what we can offer our students and the industry

O ur success is based on the success of our students. We value our quality of education and student support network as one of the highest offered in Australia

L eading the industry. We have a history of setting new markers and challenging old constructs allowing Evolve College to always offer leading education standards.

V ocational education with compliance you can rely on. Evolve College holds the highest possible compliance rating, passing its regulatory checks with no recommendations.

E volve team, highly passionate people working together to deliver a personal education experience

DISCLAIMER

This Course Guide is for our students' information. Whilst all care has been taken in its preparation and to the best of our knowledge the information it contains is correct at the time of publication, to the extent permitted by law Evolve College and its directors, officers, employees and agents accept no responsibility for the accuracy or completeness of any information contained in this document and make no warranties or representation as to its quality, suitability or fitness for any purpose. You should make your own assessment about the contents of this document and their quality or suitability, or seek independent advice. Evolve College is constantly refining its materials and operations to ensure we bring the very best we can to our students. In line with this principle, we may at any time without notice update the Course Guide or discontinue or alter any course, qualification or aspect presented within the Course Guide, to the extent permitted by law without incurring obligations. You should always contact our Student Administration team for the latest and most up to date information on our courses or products. You should also read the information on your chosen course on our website, www.evolvecollege.com and the Student Handbook, which is available for download from our website at www.evolvecollege.com/policies. In the event that we do make changes to the Course Guide, a revised version of the Course Guide will be published on and downloadable from our website and this may be without notice.

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Evolve College Pty Ltd is an Australian Registered Training Organisation (RTO) operating in Australia. Our RTO Number is 41035.

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