

# Overview of Courses in massage therapy



*Nationally Recognised Training Provider  
& Fully Industry Accredited*

Recognised as Sydney's top specialist massage school for 25 years

# introduction

## Welcome to our school.

Attending the NSW School of Massage is not like any other school or training. You will enjoy classes that are hands-on, fun, supportive, and focus on personal as well as professional growth.

For over 25 years our school has been providing specialist massage training to students. Whether you have a general interest in learning more about massage or looking for a new career path in this exciting and growing area, you are sure to find your time with us very rewarding.

rewarding  
& fun

## Courses

...page 3

Our courses are designed to develop your skills one step-at-a-time with a strong focus on hands-on learning. The supporting course manuals, workbooks and videos ensure your learning is easy and effective.

Courses available include:

- General interest courses
- Nationally recognised qualifications

Across our range of programs, you will also be able to explore massage techniques including *Sports massage*, *Myofascial Release*, *Aromatherapy*, *Zen Shiatsu*, *Reflexology*, *Pregnancy Massage* and *Tui Na*.

A high number of students come to the school to start a new career or even their own small business in massage therapy.

The school specifically caters for these students by offering national and industry recognised qualifications. These include the Certificate IV in Massage Therapy Practice (HLT40307) and the Diploma of Remedial Massage (HLT50307) which both allow you to operate as a qualified industry practitioner.

The school enjoys an excellent industry reputation and you'll find our notice board is always full of career and job opportunities for students.

Becoming a  
Practitioner

...page 3

## Where do I start?

...page 4

We encourage students who have not studied massage before to begin with the general beginner Swedish Massage Course.

This course enables total beginners as well as people with some knowledge of massage to reach a clinical standard within ten weeks. You can expect to take home professional massage techniques after your very first lesson!

# general interest courses

Our general interest classes are popular with people looking to massage friends and family, to students exploring a possible change of career.

You will enjoy classes that are hands-on, fun and supportive.

Our beginner massage programs aim to get you massaging from the very first class. And don't forget that in most classes you also receive a massage too!

As part of each hands-on massage course, you will be required to do a certain number of clinic hours to achieve your general interest course certificate.

In this clinic you get to massage the public under the supervision of a trainer. This Student Clinic provides a secure and safe environment where you will be able to develop your skills and build confidence under close supervision.



## Where do I start?

Students who have not studied massage before will begin with the general interest Swedish Massage module.

This course enables total beginners as well as people with some knowledge of massage to reach a clinical standard within ten weeks. It is a hands-on course of 10 three hour lectures.

Classes are starting throughout the year. Please refer to our timetable for further information.

## Additional General Interest Massage Courses

Additional general interest courses are available to broaden your massage skills and techniques.

These include:

- Reflexology Massage
- Remedial Massage
- Sports Massage
- Aromatherapy
- Tui Na
- Myofascial Release
- Pregnancy Massage

# qualification courses

A high number of students come to the School to start their new career or small business in massage therapy. The School specifically caters for these students by offering two nationally recognised industry programs:

1. Certificate IV in Massage Therapy Practice (HLT40307) and
2. Diploma of Remedial Massage (HLT50307)

To ensure the highest possible standards for your learning, the School is a nationally recognised training provider and is accredited with the leading industry associations.

Your qualifications are gained by completing 'delivery modules' that align to the units of competencies for each nationally recognised qualification.

Successful students feedback to us that our courses are paced well with step-by-step learning and that they enjoy the majority of their training in practical "hands on" classes.

## Certificate IV in Massage Therapy Practice

If you are intending to work as a professional massage therapist you will first need to complete the **Certificate IV in Massage Therapy Practice (HLT40307)**.

This is a nationally recognised qualification. The list of Units of Competency in this qualification can be found on the School website – [SchoolofMassage.com.au](http://SchoolofMassage.com.au)

The School delivers this qualification using a program of 8 delivery modules (listed below) plus a Senior First Aid Certificate which students can choose to complete externally or at the school:

- Module - Swedish Massage
- Module - Remedial Massage
- Module - Anatomy and Physiology
- Module - Sports Massage
- Module - Massage Elective (your choice)
- Module - Safe Practices for Natural Therapists
- Module - Practice Management, Law & Ethics
- Module - Student clinic (the school does not charge for this module)

Once you have successfully completed all of the delivery modules, which align to the units of competency required for this qualification, you will be awarded the **Certificate IV in Massage Therapy Practice (HLT40307)**.

## Choice of Elective Massage Module

Students are able to tailor their program by selecting a delivery module of their own choice as their Massage Elective. Some of the modalities covered by our range of elective massage modules include:

- Reflexology
- Advanced Sports Massage
- Aromatherapy
- Pregnancy Massage
- Tui Na
- Shiatsu
- Myofascial Release



NATIONALLY RECOGNISED  
TRAINING



NSW Vocational  
Education & Training  
Accreditation Board



## Flexible study options

Each module is offered most terms which gives students flexibility to design their own program to suit their own needs. For example, if you have work commitments then you may choose to study part time and undertake one module per term. Whereas students keen to achieve their qualification as soon as possible can plan a timetable to complete the course in 30 weeks.

## Industry Recognition

Upon graduation you will be able to choose and automatically join one of the largest industry associations

## Diploma of Remedial Massage

The **Diploma of Remedial Massage (HLT50307)** is recommended for practitioners looking to upgrade their skills and education qualifications beyond the Certificate IV in Massage Therapy Practice program.

The **Diploma of Remedial Massage (HLT50307)** is a nationally recognised qualification.

For students already with a Certificate IV in Massage, the School delivers the Diploma qualification using a program of 6 delivery modules.

- Module - Advanced Remedial Massage - workshops & case management
- Module - Advanced Anatomy & Physiology
- Module - Professional Development
- Module – Massage Elective 1
- Module – Massage Elective 2
- Module – Student Clinic

Once you have successfully completed all of the delivery modules, which align to the units of competency required for the **Diploma of Remedial Massage qualification (HLT50307)**, you will be awarded the qualification.

## When can you start your program?

These programs are completed module by module which can be started throughout the year.

The school offers many intakes and students are free to select from a range of completion timetables.



**Call anytime for advice on planning your new career path**

# module - swedish massage

## swedish massage

Swedish Massage course enables total beginners as well as people with some knowledge of massage to reach a clinical standard within ten weeks.

You will learn how to give a complete, effective, relaxing massage to a clinical standard. You will also learn a shiatsu (acupressure) routine and a seated neck and shoulder routine.



This course focuses on the needs of people who want to massage friends and family (it's a great way of enhancing relationships) or to practise massage within an existing clinical framework such as nurses, counsellors, beauty therapists, and sports people.

<b>OVERVIEW</b>	A hands-on course of 10 lectures. The first hour of class is spent observing a practical demonstration. The remaining time is spent practising the particular technique under supervision. This means giving and receiving a massage every class!
<b>COMPLETION CERTIFICATE</b>	You will be awarded a general interest course certificate upon successful completion of the assessments as well as satisfactory performance at 3 x 5 hour student clinics.
<b>COST</b>	<b>\$395</b> including work manual A \$100 deposit is required with registration and balance is due 5 weeks prior to the commencement of term.

### TIMETABLE OPTIONS

Students can start the course any term - there are 4 terms in the year.  
Students enrol into one of the following options and complete the 10 lecture course:

<b>Option 1</b>	Mondays	9.30am – 4.30pm
<b>Option 2</b>	Mondays	6.15pm – 9.15pm
<b>Option 3</b>	Tuesdays	6.15pm – 9.15pm
<b>Option 4</b>	Wednesdays	6.15pm – 9.15pm
<b>Option 5</b>	Fridays	5.30pm – 8.30pm
<b>Option 6</b>	Weekend Course	Held on alternate weekends. <i>See timetable for exact days &amp; dates</i>

This course is very popular, so please register early to book your preferred class time.

To enrol complete an [enrolment form](#) or feel free to ask a staff member for more details about this course on 9262 2654.

# module overviews

## remedial massage

This module builds upon your foundation of Swedish massage. You will learn to work with greater knowledge and confidence and learn to use a broad range of very effective treatments drawn from both Western and Eastern healing philosophies.

Upon completion of this course, you will have the confidence to successfully treat a wide variety of commonly encountered muscular problems. Maintenance of practitioner health is also covered. Cost \$595

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## sports massage

Sports massage is a deep tissue massage for sport and occupational injuries.

Massage has become an integral part of the athletic regimen required in sports medicine clinics, to training rooms, right up to Olympic training, with massage becoming a necessary ingredient for a complete workout.

Students completing the Sports Massage module can provide their clients with the benefits of deep tissue massage as an ideal complement to their sport or conditioning program. Therapists wishing to work with sports teams, physiotherapists, osteopaths or chiropractors will find this course very useful. Cost \$675

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## zen shiatsu

Zen Shiatsu is a Japanese healing art that works on the body's energy meridians.

In a Zen Shiatsu treatment the vital channels or Meridians carrying our *ki* (*chi* or *prana* or 'life force') are pressed with the fingers, palms, elbows, knees or feet.

Students completing the Zen Shiatsu course will be able to provide their clients with a truly unique, deeply relaxing and energy enhancing massage. Cost \$675



## aromatherapy

Aromatherapy is becoming an increasingly sought after therapy for people wanting to enhance their daily wellbeing and obtain relief from stress.

While massage therapy is beneficial in itself, combining the use of essential oils in Aromatherapy massage creates enhanced benefits and can be synergistically more beneficial than massage separately.

Students completing the module will be able to confidently service this popular and high demand for professional aromatherapy services. Cost \$675 including the use of essential oils.

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# module overviews

## reflexology

The art of reflexology can be dated back to Ancient Egypt, India and China. It is based on principles that reflex and tension areas on the feet and hands were linked to other areas and organs of the body within the same zone. Reflexology is a complementary therapy, which works on the feet to help heal the whole person not just the prevailing symptoms. The module will include clinical situations for practicing your new skills under lecturer supervision. Cost \$675

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## pregnancy massage

During pregnancy a woman's body undergoes many changes, some of them stressful and uncomfortable. Massage is a perfect way to reduce stress and promote general well-being. This program has been developed to teach students massage techniques to use during pregnancy that can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system. The module will include clinical situations for practicing your new skills under lecturer supervision. Cost \$675

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## anatomy and physiology (A&P)

The structure and function of the systems of the body e.g. skeletal, muscular, nervous, respiratory etc. How each system relates to the body as a whole and to different aspects of massage. It is very important to understand the anatomy, physiology and biomechanics of a joint or muscle group to better address the nature of a remedial treatment. Cost \$995 or \$1290 for correspondence option (for 2 terms)



## safe practices

Safe Practices is the skill of being able to dependably ensure the health, welfare and safety of clients and co-workers on your premises. New legislative obligations regarding Occupational Health and Safety have come into force. They call for the systematic application of Risk Management techniques to be integrated into your work practices.

There are practical skills that need to be learned as well as important issues, theories and controversy. Occupational Health and Safety is political, immediate and relevant. If NSW continues to hold the record as the most litigious state in the entire world, practitioners must learn the benchmarks for best practice in order to protect themselves and their business.

This course shows that best practice and safe practice are synonymous, that a safe business is also a profitable business and that looking after our fellow beings is not a liability but an asset. Cost \$450

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## practice management, law & ethics

Creating a successful practice as a massage therapist requires highly effective communication skills for working with both clients and colleagues, and the ability to manage the legal, financial and administrative requirements of a health-care business.

This module covers the knowledge and skills the massage therapist needs to establish and maintain an effective, financially viable practice.

Techniques for communicating effectively with clients and colleagues in both routine and challenging situations are explained and demonstrated, with time allowed for student practice, role-plays, discussion of case studies based on real-life situations and small-group exercises.

The legal, financial and administrative requirements for a successful practice are also covered, with many practice examples, case studies and opportunities for students to apply the information to their own circumstances. Cost \$550

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# about the school

✓ 20 years experience

✓ Hands on learning

✓ Fully accredited



Since 1985 the *NSW School of Massage* has been providing students with the necessary skills and qualifications required to become a competent professional massage therapist.

The School has an excellent reputation and produces graduates of very high standard. The school is also a Government Registered Training Organisation (RTO).

Your success and enjoyment in your course is ensured by:

✓ **Step-at-a-Time Learning** - Learning is made easy and effective. Each topic is broken down into small parts in sequence. The steps are gradually built on each other from class to class until you have mastered each technique and skill.

✓ **Hands-on Practice** - Our classes are dynamic. Your training involves hands-on instruction, demonstration and practice in a highly supervised classroom situation.

✓ **Review and Integration** - Time for review and discussion is included in your classes. You will also find your coursework and practical sessions combine to give you an overall mastery of massage therapy.

✓ **Professional and Team Support** - All aspects of the program are designed to show you how to become a successful professional. We're committed to your success. Your instructors and student services team work together to help you succeed.



All our massage classes run for three hours. Generally, the first hour is spent observing a demonstration of specific techniques following the notes. The remaining time is spent practising these techniques under close supervision. This means you will give and *receive a massage every lecture!*

The school provides printed notes, use of professional massage tables and oil. You will need to bring one large and two small towels, a pen and notepad. We recommend that you wear comfortable clothing for the massage classes. Restrictive clothing or skirts are not recommended.

Please note in order to fully participate in our courses, it is essential that you understand, read and write English.

## about the supervised clinic experience

As part of each hands-on course, you will undertake a certain number of clinic hours, where you massage the general public under the supervision of a teacher/practitioner here at the school premises. Student clinics are run on Mondays, Thursdays and Saturdays and all towels will be provided.

Student Clinic provides a secure and safe environment where you will be able to develop and practice your skills and build confidence under the close supervision of a qualified teacher/practitioner.

# how to enrol

If you wish to enrol in a course please complete an enrolment form for either general interest or professional programs. Both of these forms are available on our website or by contacting our admin team.

Indicate on the enrolment form the course or module you have chosen including the day, date and time. State your first and second choices (in case your first choice is fully booked). The school has four terms a year.

Then email, mail or fax your enrolment form with the deposit amount (cheque, money order or credit card details).

We will send you back a receipt to confirm your enrolment. Alternatively you can phone us to enrol – just ensure you have read and understood our course conditions. Also note:

- The balance of your course fees are due 5 weeks prior to the commencement of term.
- All our courses are exempt from GST as they are “professional and trade courses”.
- When posting payments please ensure to include your name, address and course details.
- Students who have not paid in full will not be permitted to join the class.

**NSW SCHOOL of MASSAGE**  
Enrolment Form  
Phone: 9262 2654 Fax: 9262 2879

**STEP 1 - CHOOSE YOUR COURSE**

• Existing students select their existing or new general interest course or qualification course  
• Include what delivery mode you plan to use this term & your timetable preferences

**CHOICE A - General Interest Course**  
Select one (or check both your former courses)

Swedish Massage - regular rate massage Start Date/Time: 1<sup>st</sup> Choice # \_\_\_\_\_ 2<sup>nd</sup> Choice # \_\_\_\_\_

Other Course Start Date/Time: 1<sup>st</sup> Choice # \_\_\_\_\_ 2<sup>nd</sup> Choice # \_\_\_\_\_

**CHOICE B - Qualification Course**

**Certificate IV in Massage Therapy Practice (HLT4007)**

Please indicate the subject module you wish to undertake this term for this qualification:

MODULE - Swedish Massage Start Date/Time: 1<sup>st</sup> Choice # \_\_\_\_\_ 2<sup>nd</sup> Choice # \_\_\_\_\_

MODULE - Remedial Massage Start Date/Time: 1<sup>st</sup> Choice # \_\_\_\_\_ 2<sup>nd</sup> Choice # \_\_\_\_\_

MODULE - Sports Massage Start Date/Time: 1<sup>st</sup> Choice # \_\_\_\_\_ 2<sup>nd</sup> Choice # \_\_\_\_\_

MODULE - Shiatsu Start Date/Time: \_\_\_\_\_

MODULE - Safe Practices Start Date/Time: \_\_\_\_\_

MODULE - Practice Management Start Date/Time: \_\_\_\_\_

MODULE - Anatomy & Physiology Start Date/Time: \_\_\_\_\_

**Diploma of Remedial Massage (HLT5007)**

Please indicate the subject module you wish to undertake this term for this qualification:

MODULE: \_\_\_\_\_ Start Date/Time: \_\_\_\_\_

**OFFICE USE ONLY**

Enrolment by New Student  YES  NO

Enrolment by Module Repeat  YES  NO

Enrolment by Qualification Student  YES  NO

ID # \_\_\_\_\_ Name \_\_\_\_\_

## contact information

Phone - (02) 9262 2654  
Fax - (02) 9262 2879  
Email - [info@schoolofmassage.com.au](mailto:info@schoolofmassage.com.au)

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