

Certificate IV in Massage Therapy Practice HLT40307

Student Information – 2011

WHO CAN DO THIS COURSE:

This is the entry level course into massage therapy. There is no pre requisite for this certificate. However, students must be 18 or turn 18 in the year of their enrolment. You must have a reasonable level of written and oral communication skills. If you have a learning disability or language difficulties please contact the college to see if we are able to accommodate your needs

WHERE:

All classes are held at **Corrimal Community Centre, Short Street, Corrimal.**
Student Clinic is held at Shamrock Rugby Union Club, Ocean Park, Woonona.

Course commences – Monday 28th Feb and finishes Wednesday 14^h December 2011

2011 Term Dates

TERM 1	DAY	DATES	COMMENTS	TIME	ROOM
Massage 1- (Swedish)	Mon Wed	28 th Feb to 23 rd May Extra class 2nd March	(No class 25 th April)	6.00pm to 9.30pm 6.00pm to 9.30pm	Lillypilly
Anatomy & Physiology1	Wed	9 th Mar to 25 th May		6.00pm to 9.30pm	Myrtle
Student Clinic all terms	Tues Sat	Starts latter ½ of term 1	Must comp 40hrs	6.00pm to 8.00pm 11.00am to 3.00pm	See details for Ocean Park
TERM 2					
Massage 2 – (Remedial)	Mon	6 th June to 29 th Aug	(No class 13 th June)	6.00pm to 9.30pm	Lillypilly
Anatomy & Physiology2	Wed	15 th June to 31 st Aug		6.00pm to 9.30pm	Myrtle
TERM 3					
Massage 3 – (Sports)	Mon	19 th Sept to 12 th Dec	(No class 3 rd Oct)	6.00pm to 9.30pm	Lillypilly
Communication & Practice Management	Wed	21 st Sept to 14 th Dec	(No class 5 th Oct)	6.00pm to 9.30pm	Lillypilly

CLASS REQUIREMENTS:

Course calendar, course outlines, notes and assessment schedules are provided to the students in class. Massage tables are provided for practical classes. Massage oils etc are provided. Tea & Coffee is also provided for your tea break.

YOU WILL NEED TO PURCHASE:

Some course notes at a small cost – (approx \$5)

- * 2 prescribed textbooks for Anatomy & Physiology - (These titles may be purchased from Karuna College 2 weeks prior to commencement of the course – cost approx \$220). see page 2
- * 1 textbook for Communication & Practice Management. (This will be available 1st night of class – cost approx \$50).
- * 4 Towels for Practical (2 Bath Sheets & 2 Hand Towels) please bring to **all** massage modules.

You will also need to purchase your own massage table to practice at home, and eventually to use in your practice. We suggest you start with a basic portable model, these start at around \$250. You are not required to bring this to class.

RPL (Recognition of Prior Learning) & RCC (Recognition of Current Competency)

Karuna College recognizes current competencies from other Registered Training Organisations (RTO's). We will also give you credit for previous study, work or life experience. You must provide evidence to support previous experience to show you meet the competency requirements. Where insufficient evidence is provided or training was from a non Registered Training Organisation(RTO), you will be given a practical or challenge exam to prove competence. Please phone the college for more information. Please refer to **RPL section in Terms & Conditions for costs and cut off dates for applications.** You can download a RPL form from our website.

Required Textbook List

The following textbooks **are required** for Anatomy & Physiology.

- Marieb, *Essentials of Human Anatomy & Physiology with Essential of Interactive Physiology Workbook*, 9th ed. or later, ISBN 978-0-321-544410-0
- Biel, Andrew, *Trail Guide to the Body*, 3rd ed or later, ISBN 0-9658534-0-3

These titles may be purchased from Karuna College 2 weeks prior to commencement of the course.

The following textbook **is required** for Communication & Practice Management

Medhurst, R, *The Business of Healing*, 2nd ed, published by the author: medhurstr@yahoo.com

This may be purchased on first night of class.

****There is 1 recommended text for Massage 1 (Swedish)**

Casenilia, *Foundations of Massage*, 3rd ed. Elsevier ISBN: 9780729538695

Synopsis of Module Names

The following modules comprise the Certificate IV in Massage Therapy Practice HLT40307

MASSAGE 1 (Swedish)

Learn how to perform a full body Swedish style massage. Includes effleurage, petrissage, kneading, frictions and all standard Swedish techniques.

MASSAGE 2 (Remedial)

Assessment and management of chronic musculo-skeletal syndromes with remedial techniques e.g. deep tissue massage, passive movements, muscle energy technique, differential diagnosis, as well as, functional assessment.

MASSAGE 3 (Sports)

Assessment and management of sports injuries and chronic musculo-skeletal dysfunction. This includes strapping, advanced remedial, heat & ice techniques, deep tissue work and trigger pointing.

ANATOMY & PHYSIOLOGY 1 & 2

Covers basic body structural anatomy including major muscle insertions and origins, as well as, functional physiology of all body systems. Part of this subject is hands on practice in locating muscle and bone structures.

COMMUNICATION & PRACTICE MANAGEMENT

The students learn; effective communication skills, communication through touch, intention, body language and how to communicate with difficult clients. Also covers, marketing, taxation, legal, ethical, health fund & professional requirements for running a massage practice.

IN CLASS STUDENT CLINIC

These sessions are in class and comprise of students, working on each other as well as guest clients. This is under the teachers instruction and supervision.

EXTERNAL STUDENT CLINIC

Students work with chronic & acute sport injuries. This can include post op therapy as well as pre preparation for sport. This is a fully supervised clinic with a minimum of two qualified therapists. This must be completed with Karuna College.

WHEN YOU HAVE COMPLETED THE COURSE:

You will be qualified to work as a: Mobile massage therapist; Massage therapist in your own clinic, in health, ski & international hotel resorts, sports clubs & gyms, beauty clinics, with Chiropractors, Osteopaths & Physiotherapists.

You can go on to study the Diploma of Remedial Massage HLT50307 (which most students do). You can become an accredited member with one of the approved industry associations, **ATMS** and **AMT** and become recognized as a provider by some of the health funds, (in order for your clients to claim a rebate).

PLEASE NOTE: More and more health funds are requiring the completion of the full Diploma of Remedial Massage before they will cover you.

COURSE LENGTH & COSTS: 36 weeks (3 x 12 week terms) – Cert IV runs over 1 year but you may take 2 years to complete. Modules must be completed in the sequence they are run.

Total Nominal Course Hours – **500hrs** (This is made up of class hours, home study, assignments etc.)

TERM	MODULE	Class Hrs Per week	Home Study hrs-approx	Total nominal hrs	No. of weeks	Cost per Module
Term 1	Massage 1- Swedish	3.5hrs/Wk	2hrs/wk	72	12	\$780.00
	Anatomy & Physiology1	3.5hrs/Wk	3hrs/wk	78	12	\$720.00
Term 2	Massage 2 - Remedial	3.5hrs/Wk	2hrs/wk	66	12	\$720.00
	Anatomy & Physiology 2	3.5hrs/Wk	3hrs/wk	78	12	\$720.00
Term 3	Massage 3 – Sports	3.5hrs/Wk	2hrs/wk	66	12	\$720.00
	Communication & Practice Management	3.5hrs/Wk	2hrs/wk	66	12	\$720.00
All Terms	**Student Clinic External	50hrs		50	36	\$370.00
	First Aid Certificate *Must be completed externally			24		External
			TOTALS:	500hrs		\$4750.00

- * **MESSAGE 1 - Swedish Massage** has extra class on Wed 2/3/11 – first week.
- ****STUDENT CLINIC** - 40hrs to be completed during the first 2 Terms (Run in conjunction with Shamrocks Rugby Club). These hours must be completed with Karuna College.
- SENIOR FIRST AID - This is part of the Cert IV, must be completed externally during the course year.**
- CERTIFICATE** (Please make sure you complete this with a *registered training organization*)

TOTAL COURSE FEES: \$4750.00

Be early and SAVE!

EARLY BIRD SPECIAL DISCOUNTS:

- Pay course fee in full by **23rd December** 2010 **Deduct 10%** (\$4750 – 10%) = **\$4252**
- Pay course fee in full by **28th January** 2011 **Deduct 8%** (\$4750 – 8%) = **\$4347**
- Pay course fee in full by **21st February** 2011 **Deduct 5%** (\$4750 – 5%) = **\$4489**

See Application form for payment options.

Payments made by credit card attract a 1% surcharge

PAYMENT BY TERM FEES: *There is no discounts for payment by term fees.*

Term 1 - **\$1870.00** (Term1 includes full payment of student clinic.)

Term 2 - **\$1440.00**

Term 3 - **\$1440.00**

* **PLEASE NOTE:** Term fees are due **PRIOR** to the commencement of each term or a late fee of \$20.00 will be charged.

PART PAYMENT OF FEES- If you wish to part pay your term fees please contact the office **before the commencement of term** to arrange this. This will incur an administration fee of **5% of the total fee.**

Refund Policy & Appeals and Grievances - please read our Terms & Conditions (page 4) carefully.

Terms & Conditions

***REFUND POLICY - please read carefully:**

***Course cancellation prior to commencement of Term 1: full refund less \$300 admin fee.**

***Course cancellation after commencement of Term 1: no refund.**

DEFERMENT:

Students may defer study once enrolled to a later year, as described above. A switching fee of \$75 is payable for deferment. Applications for deferment must be in writing.

LATE FEES:

Fees must be paid prior to the first day of class each term, otherwise a **\$20 late fee will be charged.**

RECOGNITION OF PRIOR LEARNING (RPL) – application & costs.

Students who believe they are eligible to apply for recognition of prior learning (RPL) should request our RPL form. Where the relevant modules have been completed at a recognised training organisation (RTO) the RPL will be granted without challenge test. Where previous learning is gained through study at a non-RTO or through work experience, a challenge test will normally be given. **Applications for RPL must be made on the appropriate form 1 week prior to commencement of Term 1.** A non-refundable **application fee of \$80** must accompany this form, along with relevant documentation. Then there will be a minimum **\$30 fee per module** depending on documentation supplied. If a challenge exam is required then the fee is **\$80 per module**. In many cases, RPL applications for Communication/Practice Management require a challenge examination.

There will be absolutely No applications for RPL accepted after the above date.

FAILURE TO PASS ASSESSMENTS:

Where a student has failed an assessment, s/he may apply for re-assessment. A fee of \$80 is payable for re-assessment.

ATTENDANCE: You are required to be punctual and regular in attendance. **All classes have a 80% Attendance requirement as part of their assessment.** Make up classes out of hours will incur a cost for teachers time & assessment.

YOUR QUALIFICATION:

This will not be issued until all requirements of the qualification have been fulfilled. This includes:

Payments of **Fees, attendance, student clinic, home assignments** and the **external first aid certificate**. **You must be marked competent in all modules.**

STUDENTS APPEARANCE, PERSONAL HYGIENE & CONDUCT

Students must be suitably attired, clean and tidy. They must maintain a high standard of personal hygiene at all times. **Please trim nails.** Students must display good manners and professional conduct at all times.

DISCIPLINARY ACTION:

A lecturer may expel a student from class for unprofessional conduct. A student may be suspended indefinitely by the Course Manager for unprofessional conduct; disruption or misconduct in class; cheating in assessments; non-payment of fees; being under the influence of alcohol or recreational drugs whilst in class; inappropriate sexual innuendo or politically incorrect references or behaviour. No fees are refunded in case of suspension. A student may appeal this decision, which must be received in writing within seven days of notice of suspension.

APPEALS AND GRIEVANCES:

A complaint or grievance must be made in writing to the Course Manager, clearly stating circumstances and reasons for the complaint. The Course Manager will consult the teacher, student, and other members of the Karuna teaching staff and in doing so, try to facilitate a satisfactory resolution to your complaint.

SUBSTITUTION OF TRAINERS/CONTENT:

Karuna College reserves the right to substitute trainers or alter module content at its discretion.

PRACTICE OF MASSAGE TECHNIQUES:

Students are permitted to perform techniques *only taught in the Karuna College curriculum course*. The practice of other techniques in class is not acceptable.

PERSONAL BOUNDARIES:

The Karuna massage course is not in any way a sexual therapy. Inappropriate touching of another person, lack of respect for another person's privacy in undressing/dressing, or politically incorrect sexual innuendo are behaviours not tolerated at the college, and may be grounds for expulsion from class.

Karuna College of Massage Therapies

Lecturers for the year 2011 – Certificate IV in Massage

John Delaney - DRM, Cert IV Assess & Train, Paralympics 2000, Deaflympics 2005
(Massage 3 - Sports Massage, External Student Clinic)

Hilly Corris - BA, MA, DRM, Cert IV Assess & Train, Deaflympics 2005, Comm Games 2006
(Massage 2 – Remedial, Communication & Practice Management)

Graham Wykes - BSc, DipEd, DRM, Cert IV Assess & Train
(Anatomy & Physiology 1 & 2)

Tracey Glover-Chambers - DRM, Cert IV Assess & Train
(Massage 1 - Swedish Massage)



Why Karuna College?

*Because we offer you exceptional tuition in a rewarding, exciting new career!
At our friendly, personal, professional College.*

*We look forward to hearing from you.
Regards the Team at Karuna College*

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