

# Certificate IV in Massage Therapy

## Opening the way to a new course in your life.

**This is where you open the door to your Massage Therapy career. The Certificate IV in Massage Therapy (HLT42015) is the entry qualification you need to be recognised as a professional Massage Therapist.**

**We will give you the opportunity to gain the skills you will need to work as a Massage Therapist by teaching you practical massage skills, human anatomy, pathology and first aid.**

### Relaxation Massage

The increasing pace and stress of today's life means more people are seeking out Graduates with this speciality for their skills in calming, nurturing and healing. Relaxation is something of a signature for massage -everyone thinks of it first (the quick neck rub) and it is one of the oldest uses of massage. It is particularly attractive to many people because of its non-invasive, gentle, totally natural approach. The special massage techniques you will learn are designed to stimulate the body's own defences against the ravages of stress. Also included is "seated" massage techniques to use in the dynamic growth area of the corporate massage industry, plus the added skills of pregnancy massage and clinical relaxation techniques.

### Accreditation

MIMT is a Registered Training Organisation with the Australian Skills & Qualifications Authority. This course is Nationally Recognised (Course code HLT42015).



### Professional Accreditation

This course is recognised by various professional associations including Massage & Myotherapy Australia (M&MA), Association of Massage Therapists (AMT) & Massage Association Australia (MAA).

### Course Prerequisites

The Certificate IV in Massage Therapy has no pre-requisites.

### Class Times

The course may be taken either full time over six months or part time over ten months. Alternatively, we also offer a blended online learning option.

**Full time** study is from 9.30am until 4.15pm and normally attendance is required 3 days a week

**Part time** study is from 6.30pm until 9.30pm two evenings per week and one weekend per month (Saturday & Sunday 9.30am until 4.15pm).

Optional online learning enables you to study the health science component of the Certificate course from your own home. You will receive an identical presentation as that in the classroom.

You can study at your own pace. With email and on line tutorials you are fully supported through the modules.

You are only required to attend class for the massage hands on units and assessments which are programmed at various times throughout the year.

### Funding

Students studying full time are eligible to apply for Austudy, Abstudy or Youth Support benefits.

**Skills First** funding is available for eligible students. (This training is delivered with Victorian & Commonwealth Government funding).

Eligibility criteria and terms and conditions apply. Please see website for further details.

### Further study

Graduates of the Certificate course may proceed to:

- » The Diploma of Remedial Massage (Upgrade) (HLT52015)
- » The Advanced Diploma of Myotherapy (22316VIC)

In addition, Certificate graduates commonly undertake continuing study in non-award short courses, workshops and seminars to maintain and develop their knowledge and skills.

## SUBJECT DESCRIPTIONS

### Body Organisation

The aim of this module is to develop in students:

- » An appreciation of the complexity and functional effectiveness of the body in contributing to human survival
- » An understanding of the basic general structure of the human body at both microscopic and gross levels
- » The ability to describe regions of the body using elementary anatomical terms

### Musculoskeletal Anatomy

The aim of these modules is to develop in students:

- » A recognition of the roles of bones, joints and muscles in relation to human movement
- » Motivation for further learning in the fields of anatomy and kinesiology (human movement)
- » The knowledge and skill required to relate theoretical anatomy of bones, muscles and joints to clinical massage work and thus to recognize all structures palpated during massage

### Systemic Anatomy & Physiology

The aim of this module is to develop in students:

- » An understanding of the physiological capabilities and contribution of each of the body systems and of the organization and anatomical structures pertaining to each of those systems
- » An appreciation of the beauty and subtlety of the human body
- » An understanding of ageing & chronic disease

### Massage & Massage Principles

- » The skills necessary to give a competent therapeutic massage of the front and back of the body
- » Versatility in being able to apply these skills in non-clinical situations e.g home, travel or the workplace
- » An awareness of common conditions for which massage is contraindicated or where particular precautions should be observed
- » Habits of efficient posture to prevent occupational strain or injury
- » The ability to combine the learning acquired in this module to provide a competent whole body massage
- » Develop in students an understanding of the principles of effective massage therapy applicable to all work with clients

### Massage Assessment & Treatment

- » Apply skills acquired in Massage & Massage Principles in a clinical setting
- » Demonstrate ability to adapt massage techniques to the needs of individual clients
- » Apply principles of effective massage therapy in preventative work and in the alleviation of common conditions

### Oriental Massage

The aim of this module is to develop in students:

- » An understanding of the theoretical basis of Chinese massage
- » The skills to treat some common conditions of the musculoskeletal system

### Massage Theory / Small Business Management

The aim of these modules is to develop an understanding of operating a small business and an understanding of the requirements of establishing and operating a business as a Massage Therapist.

### Student Clinic

You will also take part in our student clinic where you'll be gaining real life experience massaging members of the public. Proceeds of this clinic are donated back into the community and currently this is to the Olivia Newton John Cancer & Wellness Centre.

### First Aid Provide First Aid (HLTAID003)

This unit describes the skills and knowledge required to provide a first aid response to a casualty. The unit applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings.

## CAREER OPPORTUNITIES

Massage Therapists can work in:

- » Private Practice
- » Aged Care
- » Health Spa & Retreats
- » Wellness Centres and Clinics
- » Sporting Clubs
- » Cruise Ships



MIMT reserves the right to: amend or change any of its prices, courses, terms, conditions and policies; Accept, reject or defer any application or student: Reschedule courses for whatever reason. People with disabilities are encouraged to apply.



Australian College of Health Fitness  
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