



Informed Choices

HLT52015 Diploma of Remedial Massage

Study Area – Creative Industries Health and Lifestyle

Qualification: [HLT52015 Diploma of Remedial Massage](#)

Further information about this course level including the necessary skills for successful completion are available at: <https://www.agf.edu.au/agf-levels>

Industry Career Pathways

Students who have completed the qualifications in the HLT Health Training Package release 2.0 listed above may seek employment in the following specialised industry career pathways.

- Remedial massage therapists work with clients presenting with soft tissue dysfunction, musculoskeletal imbalance or restrictions in range of motion
- Remedial massage therapist, working within the industry as either a sole practitioner or as part of multimodality health clinics.
- Opportunities for pathways to university level health education exist for students graduating with the Diploma of Remedial Massage.
- For more information and details relating to employment, work roles, tasks and career pathways related to Diploma Remedial Massage, please refer to:
- For assistance with employment, visit <http://joboutlook.gov.au/>
- For up to date career resources to help explore and plan careers, visit www.myfuture.edu.au
- For more information on careers visit <http://www.agedcommunity.asn.au/>
- <http://www.australianapprenticeships.gov.au/australian-apprentices> the Australian

- For information about the relevant training package visit: <http://www.cshisc.com.au/>
- For more detailed information about specific courses go to: <http://training.gov.au/>

Core Skill Requirements (Inherent Requirements)

To work in the industry areas identified, the following skills needs to be considered.

Observational skills – this includes the ability to:

- conduct a physical assessment through observation of client's posture, range of movement, mood and observable physical health symptoms
- observe and understand non-verbal cues (e.g. facial expressions, body language, pain)
- identify signs of physical discomfort when treating a client and respond accordingly
- identify safety hazards and risks in the workplace

Technical and / or Motor skills – this includes the ability to:

- deal with physical demands of manual tasks (e.g. bending over massage table for 1hr treatments, perform assessments on clients, lifting and moving body parts.
- use remedial massage techniques and sequences; repetitive movements of effleurage, petrissage, compression, rocking, deep tissue pressure and direct application using thumbs, elbows, and hands
- be on your feet for extended periods of time, standing for long hours
- maintain ergonomic postures that ensure a controlled distribution of body weight to reduce injury when massaging
- hear and differentiate client's verbal responses to the treatment
- monitor treatment, recognise reactions, respond to client feedback
- be fit to practice with no acute injury or underlying health condition
- you are required to give and receive massage treatment over the 12 month period for learning and assessment outcomes
- use equipment and other technology (e.g. computers, electric massage table)

Cognitive / intellectual skills – this includes the ability to:

- gather, interpret, understand, and organize client's confidential health information
- accurately document health information to industry standard
- use own judgment and problem-solving skills to determine treatment needs (e.g. respond to contraindications)
- determine scope of client needs, recognise needs beyond scope of practice and refer if needed
- practice active listening, paraphrase and communicate information verbally to client
- understand client's perspectives / opinions and respect their choices

- respond to unfamiliar client presentations or contraindications
- evaluate client progress and adapt assessment and treatment based on evaluation
- understand and use maths effectively (e.g. time management, basic calculations, 24-hour clock)
- maintain a sufficient level of concentration to complete an activity / task
- be attentive in interaction with clients (e.g. to identify risks, to identify changes) perform tasks in a safe manner and within reasonable timeframes

Behavioural and social skills – this includes the ability to:

- demonstrate tolerance, patience, and willingness to work with people from different backgrounds and cultures
- demonstrate professional behaviour as is expected under professional membership
- control your emotions and reactions and withhold personal opinions
- tolerate close proximity with individuals
- interact with all genders and ages
- respect personal and professional boundaries – including use of social media
- adapt to change
- take responsibility for own actions
- maintain confidentiality and privacy as per Privacy Act
- comply with legal and ethical requirements of industry and Massage Associations

Language, Literacy & Numeracy

The Language, Literacy & Numeracy requirements are core skills for all job roles at all levels. The Australian Core Skills Framework (ACSF) indicates that the five core skill areas are reading, writing, numeracy, oral communication and learning which we apply in our personal and community; workplace and employment; and education and training. Some of the core language, literacy and numeracy (LLN) skills for entry into this industry are:

- **Learning** – legal and ethical guidelines of work, understand human needs, individual differences, service standards, safety policies and procedures
- **Reading Skills** - reading and understanding client service plans, procedures and work instructions, industry specific terminology and symbols, workplace safety signs
- **Writing Skills** - completing client health history forms, documents, WHS reports, taking messages, writing referral letters to health practitioners.
- **Oral Communication** – active listening skills, communicating fluently with clients. Communicating with clients who have impaired communication. Effective questioning, phone skills and providing information to clients and other health practitioners.
- **Numeracy Skills** – interpret and document in charts, calculate timeframes..
- **Problem Solving Skills** – identify and respond to client's needs on throughout treatment. Formulate case study plan

- **Technology Skills** – use software to access online learning platform for resources and assessment

Employability Skills

Below are some of the important individual personal skills students need to demonstrate during training and are highly valued by industry. Below are examples of the skills you need to demonstrate:

Communication

- The ability to develop and maintain relationships, trust, and confidence.
- The ability to communicate with a range of people from different backgrounds.

Teamwork

- The ability to work with other people for a common outcome.
- Respect for other people and their role within the health team.
- The ability to accept direction and feedback.

Problem solving

- The ability to identify potential problems and respond appropriately.
- The ability to ask questions and seek clarification when necessary.

Initiative and enterprise

- Motivation and interest.
- The ability to seek assistance when necessary.
- Foresight / the ability to see what needs to be done.

Planning and organising

- Appropriate time management skills.
- The ability to prioritise, plan and organise own workload.

Self-management

- Seek feedback and reflect on your own performance
- Accept responsibility for own actions.

Learning

- Ability to identify own strengths and weaknesses and seek assistance where necessary.
- The ability and motivation to build on past knowledge and experience.
- The ability to take on new information and tasks.

Technology

- The ability to learn and adapt to new technology.
- The ability to access information and use digital media for study and work.

Student Clinic Requirements

During this qualification, students will be required to conduct a minimum of 60 remedial massage treatments of varying types and work on a variety of clients during their study under a qualified Remedial Massage assessor. Live Works Clinic at Murdoch campus provides the opportunity for students to apply their knowledge and treatment skills in a real-life clinic situation and fulfill the clinic requirements

To achieve this qualification, students must have completed at least 200 hours of massage work as detailed in the assessment requirements of units of competency.

Vocational Placement Requirements

As part of your course you are required to attend massage placements. The placement is arranged / negotiated by the South Metropolitan TAFE. Students will be provided with forms and a to record their placement. The workplace may need to complete forms prior to commencing work placement.

Students will participate in elite sporting events where sports massage treatments apply as well as in hospital settings providing oncology massage. This opportunity has proved to be a successful way for students to build on their employability and massage skills.

Note: Students will be required to:

- travel to an appropriate organisation to complete vocational assessment
- attend vocational placement at times that may be out of normal business hours e.g. 7am – 3

Other Considerations

Diploma of Remedial Massage students at SMTafe will be eligible to apply for private health care provider numbers including Medibank Private through nationally accredited massage associations. Remedial massage therapists can then work and provide clients with the opportunity to claim Remedial Massage services through their private health cover. You must complete the 200 face-to-face hours and 60 treatments in student clinic to be eligible.

Please note you are required to attend a clinic shift of one evening per week from 4-8pm throughout the 2 semesters.

Students are required to give and receive massage treatment over the 12-month period for learning and assessment outcomes

Workplace Health and Safety

All workers must understand their workplace health and safety obligations and safety requirements under the:

- WA Occupational Safety & Health Act 1984, which imposes obligations on people at workplaces to ensure workplace health and safety.
- Occupational Safety & Health Regulations 1996 (WA) that describes what must be done to prevent or control certain hazards which cause injury, illness or death.
- Codes of Practice, which are designed to give practical advice about ways to manage exposure to risks common to industry.
- All workers must be able to participate in Risk Assessments, Incident Reports and Hazard Identification.
- Monitor compliance with risk control processes

Industry Legislation or Licensing

All massage therapists must meet the qualification and legislative requirements set by industry standards of the Professional Massage Association's.

These are core requirements for eligibility of Health Fund Provider numbers. To be eligible for professional membership the following is required:

- Current HLT2015 Remedial Massage qualification
- Current First Aid Certificate
- Certificate of Insurance Currency
- Continued Professional Education points
- Signed Statutory Declaration
- Letter from college stating 200 face-to-face practical hours and 60 remedial treatments were completed on campus under a qualified assessor.

South Metropolitan TAFE Courses

Make sure you read the course information available on the South Metropolitan TAFE website, <http://www.southmetrotafe.wa.edu.au> before finalising your application.

Before you Enrol

If you intend to enrol in a Diploma of Remedial Massage course, please review the inherent requirements listed in this statement and think about whether you might experience challenges in meeting them. If you think you might experience challenges related to your disability, health condition or for any other reason, you should discuss your concerns with the Program Area, or a Student Support Services Staff member.

If you have made an informed choice that this is not the right pathway for you, please consider another qualification or the following programs:

- SM TAFE foundation skills:
www.southmetrotafe.wa.edu.au/courses/industries/english-languagesand-foundation-studies
- Job Skills Centres for career pathway advice:
www.jobsandskills.wa.gov.au/jobs-and-skills-centres
- Adult Migrant English Program (AMEP):
www.southmetrotafe.wa.edu.au/courses/studytypes/amep
- Good Careers Guide: www.goodcareersguide.com.au

Further information

To find out more about informed choices for X, please visit our website or contact South Metropolitan TAFE.

- **Web:** southmetrotafe.wa.gov.au
- **Email:** info@smtafe.wa.gov.au
- **Phone:** 1800 001 001