



CRICOS # 01854A
RTO # 2875

Massage Schools of Queensland



Prospectus

Our Mission Statement

We are a private education provider offering specialised niche industry based training in massage and body sciences, to empower people to change their lives and the lives of others.

With 22 years of experience in providing quality training, Massage Schools of Queensland is proud of its reputation for excellence and the high standard of its qualified therapists practicing locally, nationwide and worldwide.

As a nationally accredited Registered Training Organisation, we are renowned for our high academic standards, excellence in teaching, and professionalism. Our courses are designed to provide students with the practical and theoretical skills required to enter the massage industry. More importantly, our students enjoy a level of individual care and attention second to none.

Whether you want a career in this rapidly growing wellness industry or perhaps basic skills as a hobby, our courses can help you achieve your goals, knowing that you have had the best training available to offer your clients depth of knowledge, and a skill level that is unrivalled.

Our Values

Respect for the individual is important to the school, and a Code of Practice is followed by staff and students alike. A healthy lifestyle is encouraged and, as potential practitioners, students are encouraged to develop good communication and 'people' skills, and to maintain their own physical fitness.

We aim to provide students with an enjoyable, quality education experience, and to promote the practice and acceptance of Therapeutic and Remedial Massage Therapy within our community.

Massage students come from a variety of professional backgrounds and personal experiences, yet forge very strong bonds as they harmoniously work together to achieve their study commitments. Students are encouraged to practice their massage skills on a variety of different people to become familiar with different body types, and to gain a deeper understanding of individual client needs.

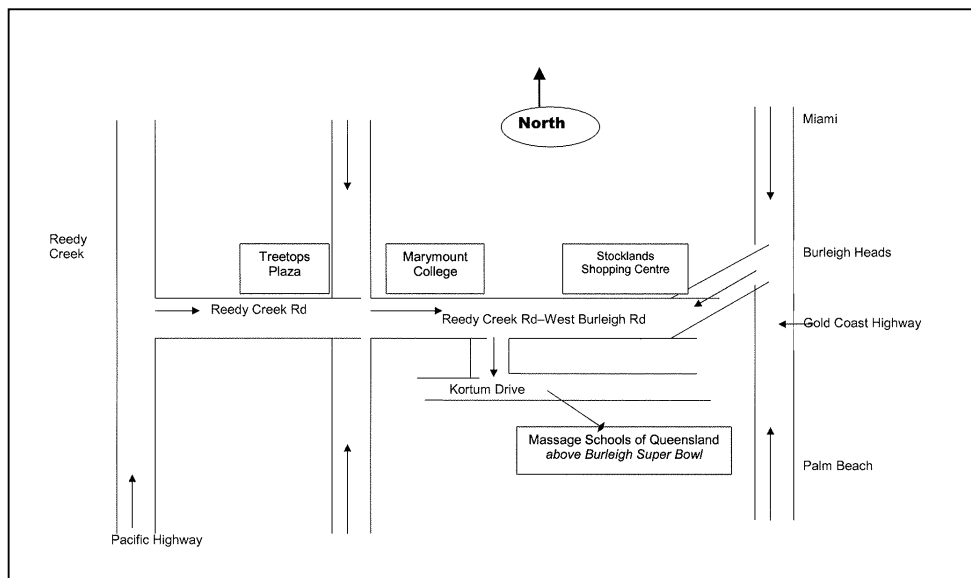


Our Location

We are located in Burleigh Heads on Australia's beautiful Gold Coast – a world renowned surfing beach located on the southern end of the Gold Coast. In addition to our Australian students, we have a growing number of international students successfully undertaking studies at Massage Schools of Queensland.

If travelling to the school by bus, you may take a bus service to the Stocklands Shopping Centre, and then walk across West Burleigh Rd onto Kortum Drive and along to the school.

Local street map



Our Facilities

All our lecture rooms are comfortable, spacious, and equipped with modern, high quality teaching aids and equipment.

There is easy access to car parking, facilities, and abundant space for storage of personal belongings.

A student lounge and lunchroom, study area and showers are available for students' use. There is a café in the vicinity if students wish to purchase meals.

The Administration Department is available during school hours to all students, and we will assist with any career guidance or academic issue that may arise, accommodation and transport enquiries.

Student Library & Internet Access

The student library is a valuable resource for students to help facilitate their learning and internet access is also provided for students to use on campus.

Affiliated Associations

Graduates are able to join most major associations and arrange professional indemnity insurance. Once insurance is received, the therapist can apply to receive a provider number from a variety of health insurance companies for employment in Australia.

Massage Schools of Queensland is affiliated with the following associations:

AAMT	Australian Association of Massage Therapists
ANTA	Australian Natural Therapists Association
AMT	Association Massage Therapist
STAA	Shiatsu Therapist Association of Australia
IAAMA	International Aromatherapy & Aromatic Medicine association (Australian Branch).
ACPET	Australian Council for Private Education and Training
RAA	Reflexology Association of Australia



ENQUIRIES:

We realize that all of your questions may not be fully answered in this document. We invite you to e-mail us, telephone us, send a letter or facsimile, or make an appointment to visit the school and discuss any questions you may have. Please also see our web site for more detailed information.

- Telephone: 1300 104 505 Fax: (+ 617) 55766398
- E-mail: info@massageschools.com.au
- Post: Massage Schools of Queensland,
PO Box 6782 GCMC, Bundall Qld 9726, AUSTRALIA



Material contained in this prospectus is current; however Massage Schools of Queensland reserves the right to change any aspect without prior notice, including timetables and prices.

Our Courses

Qualifications issued by Massage Schools of Queensland are recognised within the Australian Qualifications Framework, and are accredited under the Health Training Package (HLT07). These include:

Certificates

Certificate IV in Massage Therapy
(HLT 40307)

Certificate IV in Aromatherapy
(HLT 42707)

Diplomas

Diploma of Remedial
Massage
(HLT 50307)

Diploma of Aromatherapy
(HLT 42707)

Diploma of Shiatsu &
Oriental Therapies
(HLT 50207)

Diploma of Reflexology
(HLT 51707)

Advanced Diploma of
Remedial Massage
Myotherapy 21920VIC
(under development)



Course Commencements

Our semesters are scheduled for February, May, September. Courses run Monday to Friday as timetabled.

Pre-requisites:

Competent language and literacy skills sufficient to undertake written and oral assessments, written assignments and the reading of written resources. Overseas students require a minimum of IELTS 4.5

Course Material & Equipment:

- Students need to provide their own towels, pillow and pens to class.
- Massage tables and Shiatsu mats are provided for students' use in class. It is recommended, but not compulsory, for massage students to have their own massage table to practice with outside school.
- Books, base oil, essential oils, treatment tables and accessories are available for sale at the school at very competitive rates.

Student Clinic & Practice Hours:

As students progress through the course, they perform compulsory clinic hours in the supervised Student Clinic, which provides invaluable experience and confidence when working with members of the general public.

In addition to the hours in the Student Clinic, students are also required to perform and record log book massage practice. Practice hours may be performed on family and friends, or at various sporting conventions and competitions as organised by the school. These recorded hours are a pre-requisite for student graduation and the joining of any professional massage association.

General

You will receive a Student Handbook prior to enrolment which clearly outlines our Code of Practice and Code of Conduct. Prior to commencement of training students are given comprehensive information regarding their programs of study, delivery methods, assessment methods and dates and are made familiar with the policies and procedures, which will effect them in their study.

Career Opportunities:

The Gold Coast is a world-renowned holiday destination, and the tourism industry provides a valuable source of employment for the Massage, Remedial Therapy, Reflexology or Shiatsu professional in clinics, day spas, health retreats, gyms, resorts and hotels.

In the sporting arena, the benefits of training and competing on the Gold Coast are becoming more obvious throughout Australia and the world. As this industry grows, opportunities for the sports-trained Massage Therapist increase.

Self-employment is also a popular option for many therapists at both a therapeutic and remedial level. Overall, the massage industry continues to expand as the obvious health benefits of massage become more apparent to the general public.



Certificate IV in Massage Therapy Practice

National Code HLT40307

Massage is defined as the systematic manipulation of the soft tissues of the body for a curative effect. Soft tissues are made more pliable through massage to promote circulation and blood flow and bring about healing effects physical and psychological changes for general wellbeing.



This course provides graduates with their first level of qualification required to enter the massage industry. With a focus on therapeutic relaxation massage, the course provides a broad range of skills and practical modalities, such as **Relaxation Massage, Deep Tissue, Aromatherapy and Reflexology, Client Physical Assessment, Anatomy & Physiology** and a sound understanding of the principles of massage and the use of health industry-specific terminology. Students will also learn some basic business skills to enable them to set up their own businesses post graduation.

With your Certificate IV in Massage Therapy Practice, you can register as a full member with a national massage association, obtain professional indemnity insurance and commence your own business as a Therapeutic Massage Therapist. You could work in the spa industry or continue your training with an upgrade to the Diploma of Remedial Massage or improve your career options with a Diploma Aromatherapy, Reflexology or Shiatsu and Oriental Therapies.

Diploma of Remedial Massage

National Code HLT50307

Remedial massage is a therapeutic deep tissue treatment ideal for specific health issues, musculoskeletal problems and injuries. It is a holistic treatment that involves the use of massage and a wide range of diagnostic techniques to treat a condition.

The Diploma of Remedial Massage expands on the skills and knowledge learnt in the Certificate IV. Studies will include advanced **Anatomy and Physiology and Client Physical Assessment** to assist in assessing a clients' needs. Building on the massage modalities of the certificate course, students will learn advanced techniques including **Lymphatic Drainage, Remedial, Mobilising Massage, and Seated Massage** for the corporate client. Oriental massage and treatments will also be learnt to add another dimension to the treatment skills of graduates. A unit on managing a practice is also included so that graduates can set up their own clinic on completion of their training.



The course is designed to integrate all methods of massage into a holistic approach to provide a comprehensive treatment plan based on the therapist's ability to determine the underlying cause of many musculoskeletal problems.

The Diploma will allow you to apply to private health funds for a provider number allowing clients to claim rebates. You could work in the spa industry or with other allied health practitioners such as Physiotherapists, Osteopaths, Chiropractors.

Diploma of Shiatsu & Oriental Therapies

National Code HLT50207

Shiatsu is a form of massage originating in Japan. Its name Shiatsu is most commonly translated as "finger pressure". However, practitioners use a vast repertoire of techniques, which may incorporate using knees, elbows, feet, palms, knuckles and thumbs in order to deliver an appropriate treatment.



The essence of Shiatsu is one of communication through touch. Practitioners of Shiatsu must develop intuition, sensitivity of touch, empathy and an understanding of the body, mind, and spirit connection, which lies at the heart of all forms of Traditional East Asian Medicine.

With a focus on the delivery of massage in a Traditional East-Asian medical framework, students will gain an understanding of Traditional philosophy and diagnostic methods, as well as a range of techniques and skills utilised by Shiatsu practitioners.

The emphasis of this course is to give students an insight into the differences between Eastern and Western medicine and massage, and for them to gain an understanding of Traditional East Asian methods of assessment and treatment of individuals, as well as the skills necessary to provide an individualised Shiatsu massage treatment.

Certificate IV in Aromatherapy

National Code: HLT42707

Aromatherapy is the scientific use of pure chemical substances known as 'essential oils'. Essential oils have been prized for their fragrances as well as their restorative effects on the body, mind and spirit for thousands of years.



With a focus on aromatherapy based relaxation massage, this course provides a broad range of knowledge, skills and practical modalities including **Relaxation Massage, Aromatherapy Techniques** and **Indian Head Massage**. Students will study the **chemical qualities** of twenty essential oils. The character, origin and properties of each oil will be examined for its benefits and used in treatment of various conditions. The student will be introduced to the art of **blending** for specific purposes, and will use essential oils to make **creams and lotions**.

Basic anatomy and physiology will be studied so that therapists have a sound understanding of the body. Graduates will also acquire skills in assessing their client's needs to plan the series of treatments. This is the first level of qualification required to enter the aromatherapy/massage industry.

Diploma of Aromatherapy

National Code: HLT51407



The Diploma of Aromatherapy is ideal for those people wishing to become highly qualified clinical practitioners of aromatherapy. It includes specialist training in areas such as aromatherapy for the aged and infirm, pregnancy, labour and infancy and **lymphatic drainage**. The **chemistry** of essential oils and the art of blending for specific treatments will be mastered allowing graduates to utilise clinical applications of essential oils in treatments for common ailments.

With an emphasis on the use of essential oils, students in this course will gain skills in a wide variety of massage techniques including **Chakra Massage, Pregnancy and Baby massage, Aged Care, Spa Treatments** and **Reflexology**.

Students will gain a deep understanding of anatomy and physiology as it relates to assessing clients physical health. Treatment plans and **diagnostic methods** for a wealth of ailments and conditions in clients will be explored.

Diploma of Reflexology

National Code HLT51707

Reflexology is the wonderfully relaxing therapy of massaging, squeezing, or pushing on parts of the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health.

As a therapy reflexology is not invasive. It is deeply relaxing yet surprisingly energizing - all part of its balancing capacity. You may feel you are being pampered during a reflexology session but the powerful effects this treatment can have on all body systems should not be underestimated.

Students will be introduced to a wide variety of treatment modalities including **Chris Stormer** technique, **Asian Reflexology** and the **Brazilian Toe Massage**. Students will also undertake **Level 1 Shiatsu** to assist with meridian connections and to add to their treatment options.



With a focus on the delivery of reflexology through massage, students will gain a deep understanding of the treatment and diagnostic methods for treating a wealth of ailments and conditions in clients. Anatomy, physiology, and the skills to assess a client's condition provide a basis for developing a comprehensive treatment plan.

SUBJECT DESCRIPTIONS

Anatomy & Physiology

This important subject introduces the students to a comprehensive understanding of the structure and function of the human body. Lectures are structured in a simple, comprehensible, practical format, enabling you to understand the organisation, support and structure of all the body systems. A sound foundation in Anatomy & Physiology is essential knowledge for a professional massage practitioner.

Pathophysiology provides a comprehensive knowledge of common pathological conditions affecting the human organism.

Relaxation Massage : This is the cornerstone of all massage therapies. If you want to become a part-time or full-time professional massage therapist and develop your own healing ability, this course is your starting point.

Deep Tissue: Deep tissue I in the Certificate IV in Massage Therapy Practice develops the skills learnt in Relaxation Massage and teaches the student to use a deeper style of massage to relieve muscle tension. Deep Tissue II taught during the Diploma of Remedial Massage, emphasises treatments for sports injuries and includes methods for strapping and taping.

Aromatherapy: An enjoyable experience in itself, Aromatherapy improves and maintains health, vitality and well-being. Students learn the therapeutic properties of various essential oils, how to test and blend oils, and perform a deeply relaxing aromatherapy massage. All students will receive an aromatherapy kit, which includes the 8 essential oils that are covered in the class.

Reflexology: Reflexology is introduced in the Certificate IV in Massage Therapy Practice. This unit covers the fundamentals of therapeutic Reflexology, which incorporates the use of a particular thumb and finger technique on the feet, hands and ears to improve health, vitality and well being.

Mobilising Massage: The objective of the technique is to increase the range of movement at various joints by mobilising the soft tissue of the musculoskeletal system. This is an important part of the remedial therapist's strategy and often negates the need for a manipulative approach.

Remedial Massage: This unit will provide learners with remedial skills that may be used to treat musculoskeletal impairment commonly occurring in sporting situations. Specific soft tissue injuries will

be discussed and treatment explained. The unit has a remedial focus, where specific treatment strategies are matched with particular disorders.

Seated Massage: This technique is ideally suited to the corporate sector. Students learn to isolate, identify and massage muscles of the neck, shoulder and arms

Lymphatic Drainage: This module will provide learners with an advanced understanding of the lymphatic system and its role in body defence. Students will understand how impairment of the lymphatic system can lead to a range of physical dysfunctions.

Client Physical Assessment: In this unit, students develop a sound understanding of case taking techniques, evaluating the needs of clients and documenting the results. Students gain the knowledge and skills to conduct a gait and postural assessment of presenting clients. This is vital for the selection of appropriate remedial massage treatment strategies and to identify scenarios requiring referral.

Clinical Procedures: Clinical Procedures Level I and II introduces the student to the massage industry work place, enabling them to understand infection control policies and occupational health and safety. Students gain an understanding of the industry and requirements for performing a massage treatment, and of other healthcare modalities.

Practice Management: Practice Management and Practice Administration evaluates the viability, practicalities, and legal requirements of establishing a professional massage therapy practice. Students will learn practical skills in marketing and business practices.

First Aid: This unit provides the skills and knowledge required to provide first aid response, life support, management of casualty(s), the incident and other first aiders, until the arrival of medical or other assistance. This unit is delivered and assessed by an external RTO – Accredited Training Company.

(Accredited Training Company)

Clinic Management: This unit gives students hands on experience managing and dealing with clients and files. As senior students they will assist other students in the assessment of clients, they will be on hand to supervise practical massage treatments providing valuable feedback

Therapeutic Massage: Students will be introduced to a variety of different massage styles to broaden the scope of their therapeutic treatment options

Shiatsu and Oriental Therapies

Shiatsu levels I – III: These units give the students a background knowledge of the history of East Asian Medicine and the basics of Zen Shiatsu, the theories of Yin and Yang and the Five Elements. Students will gain a deep understanding of the main meridians, be able to diagnose through Hara and back reflex areas, and perform Shiatsu routines in a variety of positions.

Oriental Herbal Medicine: This is an introduction to the world of prescribing herbs in a clinical setting. The course does not qualify a student as an herbalist but does provide a good general introduction to the topic. The aim is for students to be able to safely select and administer an appropriate Chinese herbal patent medicine for basic non/severe conditions.

Oriental Exercise: This exciting module explores additional types of treatment methods for clients and also investigates more advanced ways in which a practitioner can participate in self-development and awareness of their own health. The module revolves around the two practices of Qigong and Sotai Skills instructed include both diagnostic and treatment techniques.

Tuina: Tuina is an ancient Chinese massage style based on Traditional Eastern philosophy and medicine. The types of techniques covered are quite diverse and include percussive, friction, pressure based and mobilising. A great benefit of Tuina massage is its very flexible form, which makes it able to be applied in a number of different ways and can be performed very specifically for individual conditions. Students can apply the techniques they have learnt in order to remedy common health complaints like headaches and common colds.

Oriental Therapeutics: Oriental Therapeutics is a practical based subject designed to develop students skills in utilising the wide range of tools that are commonly used by practitioners. These techniques include cupping & scraping, various different forms of moxibustion, bloodletting and Manaka's hammer and needle. For each tool and technique practiced, students will learn the common indications and contraindications.

Chinese Dietetics: This course examines the importance of the traditional view of digestion and

impediments to digestion. Students learn how different oriental diets, macrobiotics and remedial dietary therapy can assist their clients in achieving and maintaining energy and balance.

Specialised Aromatherapy Subjects

Chemistry & Blending: This is an essential base subject for Aromatherapy. Students will study the first level of the organic chemistry of essential oils and the skills of blending. This will enable the student to blend analgesic oils for treating specific conditions in the body.

Creams & Lotions: Building on their blending skills, students will use essential oils to create creams and lotions for use in caring for the skin and treating basic skin conditions.

Pharmacology/Pharmacokinetics: Pharmacology studies how we use oils on the body, how the body reacts to different oils and the use and reactions of essential oils on body systems. Pharmacokinetics is the study of how the body uses and excretes essential oils.

Pregnancy and Baby Massage: This course is designed to demonstrate the benefits and use of massage and essential oils throughout the different stages of pregnancy. Particular focus will be given to understanding the changing physiology and emotions of the pregnant mother, and how best to address these changes at each stage of pregnancy through aromatherapy massage and treatments.

Chakra Massage: During the Chakra Massage course students will study psycho -aromatherapy and learn how to use essential oils, music and colour to bring balance to the Chakra system. A truly amazing massage therapy to offer your clients, to harmonise mind, body and spirit.

Palliative and Aged Care: The importance of touch at any age and especially for the sick is well documented. This course will give students techniques to use to relieve stress, insomnia, pressure sores and many other conditions using essential oils and massage.

MESSAGE SCHOOLS OF QUEENSLAND CODE OF PRACTICE

Educational Standards

Message Schools of Queensland will endeavour to provide the highest standards of services. This means that the trainers conducting our courses have appropriate qualifications, experience and ability to

satisfy recognised professional industry performance standards.

Feedback is obtained from students to ensure that we are meeting their needs. Training methods are reviewed continuously to maintain improvement. Support services are available in the form of tutorial assistance and telephone advice throughout any course to enable participants to overcome any problems encountered.

Refund Policy (For Australian Students – Overseas students please refer to the Contract)

Applicants must advise Massage Schools of Queensland in writing of their intention to withdraw from a course.

For written cancellation received three (3) or more weeks prior to commencement of a course, a full refund of fees less \$180 administration costs will be made for part time students and \$300 for full time students

For cancellation less than three (3) weeks prior to commencement of a course, fees are non-refundable.

For cancellation after commencement of a course, fees are non-refundable.

For cancellation due to medical/emergency reasons only, students must attend an interview with the Head of School. Any fees or unused portion thereof may be held in credit for students' use within a 12 month period, and an administration fee will apply.

Where a course is cancelled for any reason by Massage Schools of Queensland, and alternative courses do not suit the applicant, a full refund of fees will be made.

Complaints

Complaints are welcomed as a means of ensuring that we overcome problems that may be encountered, and provide an opportunity to improve the operation and delivery of our training programs.

Where a participant has an academic complaint or concern, they should contact their teacher in the first instance, Complaints about fellow participants should be referred to the teacher or Class Captain in the same way, and a meeting with the Head of School and student will be arranged to address the problem through a mediation process.

In the event of a complaint against the organisation, staff or fellow student involving a breach of civil law, the participant should contact the Head of School immediately. If it is not resolved, then it should be referred to the appropriate Government Agency.

An independent third party for handling student complaints will be made available to students if requested or if Massage Schools of Queensland deems it necessary to do so.

Our complaint resolution process does not circumscribe the student's right to pursue other legal remedies.

Academic Appeals Procedure

Participants can appeal against a result for any subject or course within twenty-one (21) days of the issue of results.

Participants should be aware that our registration as a training provider is dependent on providing quality training services, having appropriate resources and maintaining assessment procedures, which meet the standards established by Australian Quality Framework.

We maintain the highest ethical standards in marketing, advertising, administration and delivery of courses.

Student Conduct & Discipline

Students are required to observe any lawful direction given by a staff member in order to ensure the safety of individuals and the orderly conduct of learning programs delivered by Massage Schools of Queensland.

Students must maintain a high standard of behaviour within the premises of Massage Schools of Queensland and must not indulge in any acts, which may result in damage to property or unduly interfere with the comfort or convenience of any person lawfully entitled to be within the premises of Massage Schools of Queensland.

For a full copy of the Code of Practice and Code of Conduct please see the Student Handbook.

RHONA MCKAY

HEAD OF SCHOOL