

# MASSAGE FOR HEALTH & SPORT

COURSE CODE: HLT50307

**SEMESTER** 1, 2012 COURSE PROGRAM

**DAY OF COURSE:** Tuesday

**TIME:** 4.15pm to 7.15pm

**TRAINER:**

**CONTACT NUMBER:** 8231 4933

**LOCATION:** Natural Health Academy of Australia

Level 3, **Master Builders Association Building**, 47 South Terrace, Adelaide

WEEK	DATE OF CLASS	UNIT of COMPETENCY	COURSE OUTLINE	TIMES OF CLASS
1.	14 February	HLTSHU509B, BSBCMN204A HLTCOM406B	Induction Introduction to massage Maintain Personal Health & Awareness as a Professional Reasonability Work Effectively with others Make referrals to other health professional when appropriate	4.15pm - 7.15pm
2.	21 February	HLTSHU509B, BSBCMN204A HLTCOM406B	Back Massage & home exercise	4.15pm - 7.15pm
3.	28 February	HLTSHU509B, BSBCMN204A HLTCOM406B	Back of legs and back review Stress Management principles	4.15pm - 7.15pm
4.	6 March	HLTSHU509B, BSBCMN204A HLTCOM406B	Front of legs massage Taking a case history & client records	4.15pm - 7.15pm
5.	13 March	HLTSHU509B, BSBCMN204A HLTCOM406B	Arms, chest & Stomach	4.15pm - 7.15pm
6.	20 March	HLTSHU509B, BSBCMN204A HLTCOM406B	Putting it all together	4.15pm - 7.15pm
7.	27 March	HLTSHU509B, BSBCMN204A HLTCOM406B	Full body review & corrections	4.15pm - 7.15pm
8.	3 April	HLTSHU509B, BSBCMN204A HLTCOM406B	Full Body review	4.15pm - 7.15pm
9.	24 April	HLTSHU509B, BSBCMN204A HLTCOM406B	Massage clinic & assessment on fellow students	4.15pm - 7.15pm
<b>SCHOOL HOLIDAYS</b>				
10.	1 May	HLTSHU509B, BSBCMN204A HLTCOM406B	Massage clinic & assessment on fellow students	4.15pm - 7.15pm
<b>INAP Graduation – Tuesday 26 June (TBC) – Prince Alfred College</b>				

**REQUIREMENTS:** Please wear loose comfortable clothing (eg track pants or shorts)

**Please bring:**

- a large bath towel or single sheet
- pen & paper
- note pad
- bottle of water
- healthy snacks