

Available to:	Years 10, 11 and 12
Length:	1 semester (10 weeks)
Accreditation:	20 SACE Credits - Stage 2

This course has been specially designed for school student as a fun, dynamic practical course, designed as 80% hands on. Quality of touch can only be developed by extensive training and guidance.

This practical course will introduce students to the sport massage industry, using techniques to deal with stress management, health maintenance and to aid sporting activities. Oil and non-oil massage will be demonstrated for the legs and appropriate stretching techniques to suit. Dry massage for the back and neck will also be demonstrated for those who use upper body training. The techniques are performed through clothes and are suitable for all age groups and genders.

Massage Therapy subjects are best learnt as a 'hands-on' subject. There is a considerable learning and correction of practical techniques, personal postural assessment and adjustment for performing of the techniques, and detailing of personal information and feedback from class teachers. All this adds to the knowledge and quality of touch that must be developed for successful professional practice.

The Massage Therapy Industry is expanding and is providing opportunities like no other health sector. People are realising the benefits of massage and allied therapies as not only a feel good thing but as a way of maintaining and balancing their health.

There are a wide range of Flexible Specialty Massage Course pathways. Get paid for something that you would love to do, or have a well paid enjoyable part-time job helping pay your way through University.

Whether you are looking for a future career, to head your own business, a step into university or even just following a passion for massage, this course provides an introduction into the Massage Therapy Industry.

Aspects to consider:

- Students gain SACE credits and National Accreditation
- Massage for Health & Sport is part of the Diploma of Remedial Massage
- Students must be prepared to complete their study once a week after school hours (3 hours) conducted off campus
- Students will develop independent learning skills
- Students learn through applying in practice, with minimal theory
- Learn in an interactive, proactive and supportive environment
- Study book will be provided
- Students to wear loose comfortable clothing (ie: track pants) and supportive shoes
- Students to bring a towel or single sheet and a water bottle
- **Students must be able to cope with the Diploma certificate level and be physically able to perform the tasks required for the course.** If you have any concerns, please speak to your school.
- Cost (see your VET Coordinator)

Content:

➤ HLTSHU509B	Maintain Personal Health & Awareness as a Professional Responsibility	85 hours
➤ BSBCM204A	Work Effectively with Others	15 hours
➤ BSBITU201A	Produce a simple word processed document	60 hours

Assessment:

Demonstration of practical massage techniques, participation in role plays, written simulations and tasks.

Qualifications gained:

Part of Diploma of Remedial Massage HTL50307

Course pathway:

This subject can be accredited towards a Certificate IV in Massage.

Certificate graduates can gain employment as a Massage Therapist in gyms, spas or in corporate massage.

Contact: School VET Coordinator