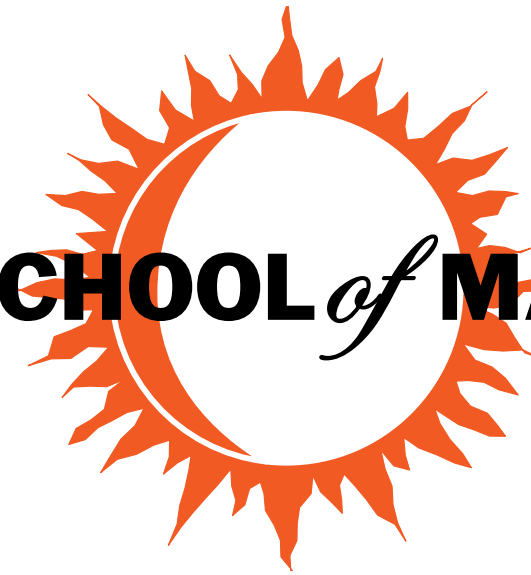


NSW SCHOOL *of* MASSAGE



NSW SCHOOL *of* MASSAGE

P 02 9112 4555 F 02 8580 6339 A Level 1, 225 Clarence St. Sydney NSW 2000

E info@schoolofmassage.com.au W www.schoolofmassage.com.au

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RTO 91165 CRICOS 03071E



COURSE GUIDE



The NSW School of Massage delivers national qualifications from AQF



Our training is recognised by leading associations

Attending the **NSW School of Massage** is not like any other school. You will enjoy classes that are 'hands-on', fun and supportive. Our focus will be on your personal and professional growth.

Over 25 years our school has been providing specialist massage training to students.

Whether you have a general interest in learning more about massage or looking for a new career path in this exciting and growing area, you are sure to find your time with us very rewarding.

If you have never studied massage before, we recommend you start with our introductory Swedish Massage Course.

This is a very popular course with students and a great way for you to **'discover'** the healing art of massage.

Welcome

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Massage therapy is a unique profession that blends an ancient healing art with modern science and gives therapists a truly unique feeling of knowing you are directly improving the health and wellbeing of your clients.

Some types of massage are intended to work and relax tight/sore muscles, others go for deeper healing functions.

We encourage you to explore massage further to discover your unique style.

explore massage

"I have always had an interest in learning massage. The NSW School of Massage has given me the knowledge and encouragement to become a professional Massage Therapist. I now own my own business and have a great career." Arron Heart



courses

Course Overview

You will find learning massage effective with our easy to follow course manuals, workbooks and DVDs.

Courses available include general interest courses right through to professional qualifications for students wanting to become qualified practitioners.

During your time with us, you will also be able to gain specialist skills in Sports Massage, Aromatherapy, Shiatsu, Reflexology, Myofascial Release, Tui Na or Pregnancy Massage.

Course Options

Professional Qualifications

- Certificate IV in Massage Therapy Practice (HTL40307)
- Diploma of Remedial Massage (HLT50307)

General Interest Courses

- Swedish Massage (Beginner Level)

Additional general interest Courses are available to broaden your massage skills and techniques. These include:

- Reflexology
- Remedial Massage
- Sports Massage
- Aromatherapy
- Tui Na
- Myofascial Release
- Shiatsu



becoming a professional

Many students come to the School to start their new career or small business in Massage Therapy.

The School specifically caters for these students by offering two nationally recognised industry qualifications:

- Certificate IV in Massage Therapy Practice (HTL40307)
- Diploma of Remedial Massage (HLT50307)

Students often provide feedback that our courses are well paced with step-by-step learning. Students also enjoy the practical 'hands-on' focus for the majority of their training.

The NSW School of Massage is a government registered training provider and is accredited by the The Australian Skills Quality Authority (ASQA).

Upon graduation from your qualification you may join a number of professional associations including The Association of Massage Therapists NSW, The Australian Traditional Medicine Society, and other leading industry associations.



TBC - this image was not approved or another suggested

"Your teaching and guidance throughout my studies has helped me improve my past experience and techniques. Thank you, I am a very happy Massage Therapist."

Yi Yang

Professional Qualification

Certificate IV in massage therapy practice

Overview

If you are intending to work as a professional massage therapist you will need to complete the Certificate IV in Massage Therapy Practice (HLT40307).

Your qualification is gained by completing 'delivery modules' that align to the units of competencies for this nationally recognised qualification. The Certificate IV Massage Therapy Practice (HLT40307) by part-time learning consists of 9 delivery modules including:

- Module - Swedish Massage
- Module - Remedial Massage
- Module - Anatomy and Physiology
- Module - Sports Massage
- Module - Elective Massage (your choice)
- Module - Safe Practices for Natural Therapists
- Module - Practice Management, Law & Ethics
- Module - Student clinic
- Module – First Aid (Students have the option to complete externally at their own cost).



Flexible study options

Core modules are offered every term, giving students flexibility to design a program to suit their own needs. For example, if you have work commitments then you may choose to study part-time and undertake one module per term. Other students who are keen to achieve their qualifications as soon as possible can plan a full-time program to complete the course in 20 weeks.

Choice of Elective Massage Module

Students are able to tailor make their program by adding their choice of elective massage module. Some of the modalities covered by our range of elective massage modules include:

- Reflexology
- Aromatherapy
- Tui Na
- Shiatsu
- Myofascial Release
- Lomi Lomi
- Sports II
- Pregnancy Massage
- Rehabilitation Massage

When can I start?

You can commence your studies in any one of the 4 term starts per year. Please contact the School or download the latest timetable from our website.

Note International students will study full-time programs. Timetables do vary student to student and course to course. Please refer to our website for further details on your timetable.

"Thank you to all the staff for being helpful and friendly during my studies of the Certificate IV in Massage. I will definitely back to do my Diploma in Massage." Debra Duxfield

Professional Qualification diploma of remedial massage

Overview

The Diploma of Remedial Massage is recommended for practitioners looking to upgrade their skills and education qualifications.

Your qualification is gained by completing 'delivery modules' that align to the units of competencies for this nationally recognised qualification. The Diploma of Remedial Massage consists of 6 delivery modules including:

- Advanced Remedial Massage
- Advanced Anatomy & Physiology
- Professional Development
- Massage Elective 1 (your choice)
- Massage Elective 2 (your choice)
- Student Clinic



The delivery of the program is highly flexible. Each module can be completed separately or together. It will suit practitioners who are currently working in the industry and looking for a simple path to upgrade their qualification.

What are the pre-requisites?

Enrolment into the program first requires completion of the Certificate IV in Massage Therapy Practice (HLT40307). Students are able to commence their Diploma elective modules whilst completing the Certificate IV in Massage Therapy Practice.

When can I start?

The program can be commenced at any time throughout the year. Please contact the School or download the latest timetable from our website.

Program Timetable

The following program outlines the delivery modules for the Diploma of Remedial Massage. These modules may be completed together or separately and can be done in any order to suit the student.

| Diploma Module | Details | Duration / Time |
|--|--|--|
| Advanced Remedial Massage | • Advanced Remedial Workshops (5 full days) • Case Management Project | Please refer to the school's timetable for options |
| Advanced Anatomy & Physiology | • Correspondence program to be completed in 6 months | Anytime |
| Professional Development | • Correspondence program to be completed in 6 months | Anytime |
| Electives x 2 | • Select 2 electives | Please refer to the school's timetable for options |
| Student Clinic | • 50 hours | Mondays, Thursdays, Saturdays |

Note You may choose to complete all the Diploma modules within 6 months, or study module by module and complete the Diploma over a longer period of time. International students will study full-time programs. Timetables do vary student to student and course to course. Please refer to our website for further details on your timetable

"I've now finished my Diploma and I wanted to express to you what a pleasure it has been to study at the NSW School of massage. From the friendly team in admin to the lecturers. Professionalism has been reflected every step of the way and I've felt completely supported throughout my studies". Sarah Muir

general interest courses

#4933573
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been used on page 6.**
Can you choose another?

The Swedish Massage course is designed as the entry level to massage therapy. This course enables total beginners as well as people with some knowledge of massage to reach a clinical standard within ten weeks.

You will learn how to give a complete, effective, relaxation massage. You will also learn a shiatsu (acupressure) routine seated neck and shoulder massage.

This course focuses on the needs of people who want to massage friends and family or to practise massage within an existing clinical framework such as nurses, counsellors, beauty therapists, and sports people.

This course is also the first step towards becoming a professional Massage Therapist.



swedish

Overview

Swedish Massage is a hands-on course of 10 classes. Generally the first hour of class is spent learning theory components of massage and observing a practical demonstration.

The remaining time is spent practising the particular techniques under supervision. This means giving and receiving a massage every class!

Module Certificate

You will be awarded your certificate upon successful completion of the assessments as well as satisfactory performance at 3 x 5 hour student clinics.

Timetable Options

| Option | Day | Time |
|--------|----------------|---|
| 1 | Mondays | 10:00am - 1:00pm |
| 2 | Mondays | 6:00pm - 9:00pm |
| 3 | Tuesdays | 6:15pm - 9:15pm |
| 4 | Wednesdays | 6:15pm - 9:15pm |
| 5 | Thursdays | 6:15pm - 9:15pm |
| 6 | Weekend Course | Held on various Saturdays and Sundays. Please refer to timetable. |

Note This course is very popular, so please register early to book your preferred class time. Timetable subject to change. Please check our website for more information

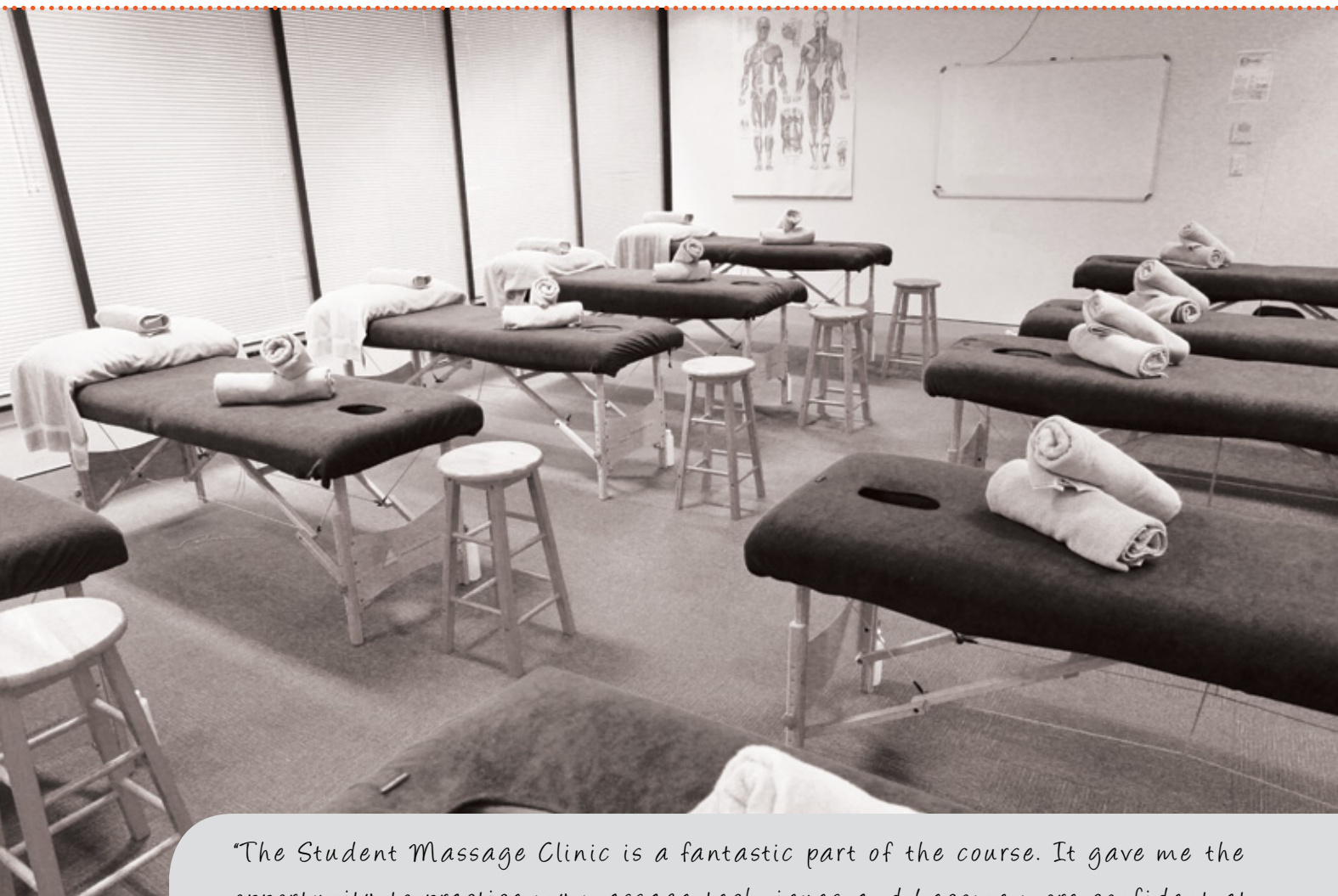
general interest courses

student massage clinic

As part of each hands-on course, you will undertake a certain number of clinic hours, where you massage the general public under the supervision of a teacher at the school campus.

Student Massage Clinic provides a safe environment where you will be able to develop and practice your skills and build confidence as a massage therapist.

Student clinics are run on Mondays, Thursdays and Saturdays and all towels are provided



"The Student Massage Clinic is a fantastic part of the course. It gave me the opportunity to practice my massage techniques and become more confident at performing all different types of massage." Ben Reynolds

Here are just some of the massage modules you can explore...

remedial

This course builds upon your foundation of Swedish massage and is the next step toward your professional accreditation. You will learn to work with greater knowledge and confidence and learn to use a broad range of very effective treatments drawn from both Western and Eastern healing philosophies.

zen shiatsu

Zen Shiatsu is a Japanese healing art that works on the body's energy meridians. In a Zen Shiatsu treatment the vital channels or Meridians carrying our ki (chi or prana or 'life force') are pressed with the fingers, palms, elbows, knees or feet to create balance and restore health in the body.

sports

Sports is a deep tissue massage for sport and occupational injuries. Students completing the Sports massage certificate can provide their clients with the benefits of deep tissue massage as an ideal complement to their sport or conditioning program. Therapists wishing to work with sports teams, physiotherapists, osteopaths or chiropractors will find this course very useful.

aromatherapy

Aromatherapy is becoming an increasingly sought after therapy for people wanting to enhance their daily well-being and obtain relief from stress. While massage therapy is beneficial in itself, combining the use of essential oils in Aromatherapy massage creates enhanced therapeutic benefits.

reflexology

The art of reflexology can be dated back to Ancient Egypt, India and China. It is based on principles that reflex and tension areas on the feet and hands are linked to other areas and organs of the body within the same zone. Reflexology is a complementary therapy, which works on the feet to help heal the whole person not just the prevailing symptoms.

pregnancy

During pregnancy a woman's body undergoes many changes, some of them stressful and uncomfortable. Massage is a perfect way to reduce stress and promote general well-being. This program has been developed to teach students massage techniques to use during pregnancy that can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system.



career & business opportunities

YOUR MASSAGE CAREER STARTS HERE!

Career Overview

Massage therapy offers a very rewarding and satisfying career path. You will get tremendous satisfaction from knowing you are directly improving the health and wellbeing of your clients. Massage therapy is also in high demand, which offers you strong and rewarding career and business prospects.

Career Opportunities

There are many career paths for massage therapists. Some examples of positions that you could find yourself in include: wellness centres, chiropractic or physiotherapy clinics, health clubs & fitness centres, working directly with sports teams & athletes, resorts & cruise ships and beauty & hair salons.

Business Overview

Massage therapy provides a great opportunity to start your own massage therapy business. Some of the benefits include having flexible work hours, and the ability to work from home or your client's premises so you don't need to pay rent. Set up cost and risks are a lot lower compared to other businesses. Massage therapy also offers many people a perfect part time income stream that they can manage in addition to what they already do.

Student note Those students unfamiliar with running a business will benefit from the school's 'Practice Management module' that trains you on how to start and successfully manage your new business.

We'll Support You All The Way!

We look forward to providing you with the necessary qualifications and training to start your new career, and for many, your new life. The teachers that will guide you at the school also run their own private practices so they are a wealth of experience for you to tap into.

If you have any further questions about starting your career or business in massage therapy please feel free to call us - we have over 25 years of experience to share with you!

We look forward to supporting you every step into this exciting industry.

"You have inspired me to make my business become amazing. You have taught me to look at the larger picture & most of all you have made me feel confident to do so." Andrea Watkins

how to enrol

If you wish to enrol in a course please complete an enrolment form for either general interest or professional programs. Both of these forms are available on our website or by contacting our admin team.

Indicate on the enrolment form the course or module you have chosen including the day, date and time. State your first and second choices (in case your first choice is fully booked). The school has four terms a year.

Then **email, mail or fax** your enrolment form with the deposit amount (cheque, money order or credit card details). We will send you back a receipt to confirm your enrolment. Alternatively you can phone us to enrol - just ensure you have read and understood our course conditions.

Also note

- The balance of your course fees are due 5 weeks prior to the commencement of term
- All our courses are exempt from GST as they are 'professional and trade courses'
- When posting payments please ensure to include your name, address and course details
- Students who have not paid in full will not be permitted to join the class.

NSW SCHOOL of MASSAGE **Enrolment Form**
GENERAL INTEREST COURSES

Students can undertake any of the following courses for general interest or to further their skills in massage. Please note some courses may have prerequisites.

Step 1 ► SELECT YOUR COURSE

► Select the general interest course and indicate your term and timetable preferences

| | |
|---|---|
| <input type="checkbox"/> Swedish Massage Beginner level massage | Term ► Term : _____ Day/date/time ► 1 st Choice : _____ 2 nd Choice : _____ |
| <input type="checkbox"/> Remedial Massage <input type="checkbox"/> Sports Massage <input type="checkbox"/> Reflexology Massage <input type="checkbox"/> Pregnancy Massage <input type="checkbox"/> Aromatherapy Massage <input type="checkbox"/> Tui Na Massage <input type="checkbox"/> Other: _____ | Term ► Term : _____ Day/date/time ► 1 st Choice : _____ 2 nd Choice : _____ |

Classes are limited in size, so early registration is recommended

Step 2 ► PERSONAL DETAILS

First Name: _____ Family Name: _____ Date Of Birth : _____
Address : _____
Suburb : _____ Postcode: _____
Telephone: H _____ W _____ M _____
Email: _____
Occupation: _____ Sex: _____

My details have changed since my previous enrolment. Please update my records.

Where did you hear about us? : _____
Why did you choose our school? : _____

Office USE Only Date Initial Receipt Number

Head Office Level 1, 225 Clarence Street, Sydney Phone: 9262 2654 Fax: 9262 2879
Australian Learning Group P/L Trading as NSW School of Massage

OPT 1

Welcome
to international students

The NSW School of Massage provides professional education and qualifications to international students.

As an international student you will enjoy an industry leading approach to your education, that combines hands on practical experience with a extensive grounding in core theoretical principals of massage.

Our courses are accredited as nationally recognised training programs through the Australian Skills Quality Authority (ASQA) and also CRICOS approved.

Massage graduates will be able to register with leading industry associations such as Australian Traditional Medicine Society and Australian Association of Massage Therapists.

"The courses at the NSW School of Massage are fantastic. Almost every class you are 'doing' massage, not just theory. I personally learn best this way. The college staff and teachers are very friendly. I also liked that the campus is located in the centre of Sydney CBD." Simon Ahn, KOREA 🇰🇷

OPT 2

welcome to international students

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international

students

welcome to sydney

Sydney is the most vibrant and exciting city in Australian and is consistently rated as one of the worlds best cities. When you to study here, you'll soon understand why. Sydney offers a temperate climate, reasonable cost of living, a high level of safety and great education opportunities.

The city offers world class theatres, inspiring museums and art galleries and thousands of restaurants with cuisine from all over the world.

The NSW School of Massage welcomes many international students to Sydney. Our college campus is located in the very heart of Sydney close to major shopping outlets and facilities. It makes the perfect base for all your Sydney adventures.

Further information for International Students

For further details about international student enrolments please visit the dedicated information for international student programs on our website – www.schoolofmassage.com.au/internationalstudents

This website contains information on:

- Latest timetables
- Course Information & Fees
- Visa information
- English proficiency
- Application Forms

Courses for International Students

| Course | Duration | Qualifications Awarded |
|--|---|---|
| Certificate IV in Massage Therapy Practice | Full time 9 months (3 x 10 weeks + holiday periods) | Certificate IV in Massage Therapy Practice HLT40307 / CRICOS # 073904M |
| Diploma of Remedial Massage* | Full time 1 year (4 x 10 weeks + holiday periods) | Diploma of Remedial Massage HLT50307 / CRICOS # 067454E |
| Certificate IV & Diploma in Massage Therapy Practice | Full time 1.75 year (7 x 10 weeks + holiday periods) | Certificate IV in Massage Therapy Practice HLT40307 / CRICOS # 073904M Diploma of Remedial Massage HLT50307 / CRICOS # 067454E |

International students will study full-time programs. Timetables do vary student to student and course to course. Please refer to our website for further details on your timetable.

Some of the concepts you will be covering in both qualifications include:

- Swedish Massage
- Aromatherapy
- Remedial Massage
- Sports Massage
- Reflexology
- Shiatsu
- Tui Na
- Massage Clinical

Special note

Students will be required to massage both male and female persons throughout their study programs. Students need to provide their own set of towels that they must bring clean to each bodywork class.

"It was great to come to Sydney to learn massage and be able to take my qualifications home. One of the best parts of the program is the choice of electives. This allowed me to explore a range of massage techniques such as aromatherapy, sports and shiatsu massage." Jen Ellen, UK 

Please contact the School or visit our web site for further details on programs for international students - www.schoolofmassage.com.au/internationalstudents

*The Certificate IV in Massage or equivalent is required as a prerequisite to this course. Please refer to our website or the Student Handbook for the detailed list of Units of Competency in each qualification.

international students

Course entry checklist

To apply to the NSW School of Massage you must:

- Complete all details in the application form
- Have the required English language level (Upper Intermediate-General) for the course you are applying for
- Be 18 years of age or above
- Pay the course fees according to the fee schedule in your Letter of Offer
- Obtain and comply with your student visa.

English requirements

All courses at the College are taught in English. In addition some subjects include medical and health terminology, that can be more challenging to understand for students who's first language is not English. Applicants will need to show evidence of suitable English proficiency for the course they have chosen. Details of required English proficiency are updated on our website or you can contact us for more information.

English courses

If you believe that you need further English training before starting our courses we can help. The College has partnered with some of Australia's premier English language colleges to assist students who may not have sufficient English language capabilities. Please refer to our English proficiency fact sheet on our website for full details.

Overseas Student Health Cover

International students studying in Australia must have Overseas Student Health Cover as a condition of a student visa. Australia's national health system, Medicare, only covers Australian citizens and permanent residents.

Student support services

Our student advisors will also help with all aspects of your study. They can assist you with career advice, study skills, advice on academic issues and course planning. They can also guide you through the application process. The College also employs a professional counsellor. Students requiring a counselling session should speak to student services for an appointment and conditions.

Student handbook & policies

This brochure provides prospective students with an overview of our courses and how to apply to study with us. More details on the College and our policies and procedures are found in your student handbook available on our website - www.schoolofmassage.com.au/internationalstudents

We require all prospective students who intend to apply to the College to take the opportunity to review the handbook before enrolling.



Tuition fees

A current fee schedule is available on our website. If your initial application is successful, the Letter of Offer you receive from the College will also confirm the tuition and any additional fees you will need to pay and the terms of payment. Additional fees may include an enrolment fee, your Overseas Student Health Cover, and training materials. Please note that all fees are charged in Australian Dollars. The College subscribes to the Overseas Tuition Assurance Scheme (OSTAS) run by the Australian Council for Private Education and Training (ACPET) to ensure the protection of international student fees.

Course credits

The College may offer credit for subjects recently studied in formal education, recognition of prior learning for previous formal training or experience, and mutual recognition for competencies achieved at other Registered Training Organisations.

how to apply as an international student

- Apply to the College
- Accept your placement
- Apply for your visa

If you are interested in studying in Australia and applying for a student visa, you must first apply for admission to the NSW School of Massage.

Once your application has been successful with the College you will receive a Letter of Offer outlining your study fees and a Student Agreement. You then need to return your signed Letter of Offer and Student Agreement to the NSW School of Massage with payment for your tuition fees, so that the College can prepare your Confirmation of Enrolment (CoE).

This Confirmation of Enrolment (CoE) must then be used when you apply and submit your visa application.

NSW SCHOOL OF MASSAGE **Enrolment Form**
INTERNATIONAL STUDENTS

Students can undertake any of the following courses for general interest or to further their skills in massage. Please note some courses may have prerequisites.

Step 1 ► SELECT YOUR COURSE
► Select the general interest course and indicate your term and timetable preferences

Swedish Massage
Beginner level massage

Term ► Term : _____
Day/date/time ► 1st Choice : _____
2nd Choice : _____

Remedial Massage
 Sports Massage
 Reflexology Massage
 Pregnancy Massage
 Aromatherapy Massage
 Tu Na Massage
 Other: _____

Term ► Term : _____
Day/date/time ► 1st Choice : _____
2nd Choice : _____

Classes are limited in size, so early registration is recommended

Step 2 ► PERSONAL DETAILS

First Name: _____ Family Name: _____ Date Of Birth : _____
Address : _____
Suburb : _____ Postcode: _____
Telephone: H _____ W _____ M _____
Email: _____
Occupation: _____ Sex: _____

My details have changed since my previous enrolment. Please update my records.

Where did you hear about us? : _____
Why did you choose our school? : _____

Office USE Only Date Initial Receipt Number

Head Office Level 1, 225 Clarence Street, Sydney Phone: 9262 2654 Fax: 9262 2879
Australian Learning Group Pty. trading as NSW School of Massage

Your steps to apply

| Steps | Procedure |
|--------|---|
| Step 1 | <ul style="list-style-type: none"> • Complete your application • Send it to the College with your application fee • If successful, you will receive a Letter of Offer and Student Agreement to study at the College • Add a copy of your passport and proof of English proficiency if English is not your first language. |
| Step 2 | <ul style="list-style-type: none"> • Follow the instructions on your Letter of Offer and Student Agreement to accept your enrolment (study spaces are subject to availability in times that the College is booked to capacity) • You need to accept this offer by the expiry date. |
| Step 3 | <ul style="list-style-type: none"> • You will then be issued a Confirmation of Enrolment (CoE) from the College • You will use this CoE to arrange your student visa. |
| Step 4 | <ul style="list-style-type: none"> • Submit your visa application either with your migration agent, Australian embassy or DIAC office with your Confirmation of Enrolment (CoE). |

