

CERTIFICATE IV IN MASSAGE THERAPY PRACTICE – HLT40307

THIS IS A PART-TIME ONLY COURSE AND NOT AVAILABLE FOR INTERNATIONAL STUDENTS

AIHM unit of study	Brief Unit description	Unit fee Domestic Students
ANP101 - Anatomy & Physiology	This is a core unit for all the courses offered and the areas covered include an introduction to the human body and it's various systems. Other areas covered in more depth include; cells, the skeletal system, joints, muscle systems and muscle tissues	\$546.50
SWE109 - Swedish Massage	This unit provides the knowledge required to perform a full body massage (soft tissue) using the correct strokes. Topics covered include; history, physiological and emotional effects, indications and contraindications, appropriate behaviour for greeting clients, suitable properties of various massage media, basic stokes of massage. A logbook is required to be maintained by students	\$546.50
CLI129 - Clinical Procedures & First Aid	Areas covered in this unit include; clinical procedures, client history taking, general examination, instrument handling, use of computer software associated with natural medicine, laboratory tests relating to natural therapies and results, consultation demonstrations and treatment protocols & OH&S. It also provides a training program to achieve the standard required for the nationally recognised Senior First Aid Certificate. Areas covered include; cardio-pulmonary resuscitation, management of an unconscious casualty, internal and external bleeding, fractures, burns, poisons, bites, stings, eye and ear injuries	\$546.50
SAB409 – Surface Anatomy & Biomechanics	In order to administer effective massage treatments on conditions related to soft tissue disorders, it is essential to have a comprehensive knowledge of Muscles, Joints and Biomechanics. In this unit of study students will learn to understand the relation of Anatomical Terms to Bones; describe all Biomechanical Terms and apply these to each Joint; identify the Landmarks on Bones for Muscle Attachments; understand the functions of Origins and Insertions in Muscle Attachments; understand the roles of Tendons, Aponeuroses and Ligaments in relation to Muscles and Joints; palpate for identification of all Muscles/Muscle Groups and initiate their Biomechanical Actions; identify the direction of the Muscle Fibres on each Muscle/Muscle Group; identify some of the common causes of soft-tissue disorders in every muscle covered in this unit of study	\$546.50
DTM209 – Deep Tissue Massage	By the completion of this unit the student will recognise muscle tension, perform active and passive stretching techniques and deep tissue massage. A logbook will be maintained to demonstrate a minimum of 30 hours of practical experience. In addition students will also complete a minimum of 50 hours of supervised massage in the clinic	\$546.50
REF122 – Reflexology	Reflexology is a specific bodywork technique where stroking or applying pressure on one part of the body causes a relaxing effect on another part of the body therefore stimulating the natural healing process. Practitioners consult a map of the body on the sole of the feet and on the palms of the hands and massage these areas to stimulate reflexes and automatic nervous impulses connected to specific areas of the body. Areas covered include; history, philosophy, location of reflex points and performance of Reflexology massage on clients.	\$546.50
PAT104 – Pathology	To provide the participants with the knowledge and skills to understand and describe the pathological mechanisms of common disorders. Disease processes; Aetiological factors in disease, Aging, Cellular adaptation, injury and death, Definitions and terminology, Immunity, immunopathology, Inflammation, healing, pathological investigations, neoplasia & pain Systematic Pathology: Disorders of the skin & musculoskeletal system	\$546.50
POS309 – Postural Massage	Areas covered in this unit include; identifying an ideal posture and problems associated with posture, use of appropriate massage strokes, for various postural conditions and stretching techniques	\$546.50
BHS106 - Behavioural Science	This unit is an introduction to understanding human behaviour and the relationship between basic behavioural influences and ill health, both physiologically and psychologically. Nature, Nurture and Need Factor	\$546.50

	Influences are studied through a combination of theory and practical applications	
MAN120 – Practice Management and Ethics	This unit is designed to develop the knowledge of Act of Parliament and Regulations in relation to the practice of Natural Medicine, professional indemnity and liability insurance, accounting and taxation requirements, advertising and promotion, business planning and other issues related to the establishment of your own practice. Students will be required to complete their own business plan by the completion of this unit	\$546.50

****These fees may be subject to alteration and should be confirmed upon application to the AIHM.**

**Students are required to complete 2 electives from those offered by the Institute during the completion of this course.

Electives are generally 30 hours.

^^Students are required to complete a ***minimum of 100 clinical training hours*** as a component of this course.