

Australian School of Remedial Therapies

Sub-Division of Chi-Chinese Healing College Pty Ltd.
Registered Training Organization under VETAB (NSW) - Australia
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2012 Bridging Course into Diploma of Remedial Massage HLT50307

About the Course:

A special program for experienced massage therapists to gain the nationally endorsed Health Training Package qualification and recognition of private health funds.

The 2012 Bridging course streamlines all the essential competencies of the current Diploma of Remedial massage HLT50307 requirements with comprehensive and traditional face to face hands on learning approach to allow you to demonstrate your competency in meeting current standards while updating your knowledge with our experienced facilitator and by sharing skills with fellow class massage therapists.

Prerequisites:

Completion of a Diploma of Remedial Massage prior to 2002 or equivalent.

(For those who cannot provide sufficient evidence may wish to apply for an interview to present additional relevant studies or professional work experiences prior the course commencing date)

Application Process:

Submission of certified copies of qualifications, academic transcripts and Registration Form before the course commences.

Course location:

Bethany Holistic Health Centre
18A Margaret St. Strathfield

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Training Time:

One evening lecture per week for 20 weeks and 3 selected weekends

Course Commencing Date: Mid July 2012 (Exact date to be confirmed)

Course Requirements: Participants shall complete a minimum of 90% attendance; undertake ongoing class assessments and tasks.

Course Completion/ Qualification issue Date: 16th Dec. 2012.

Investment :

Registration Fee: \$200.00

Tuition Fee: 4 x instalments of \$600.00 each,
Payable Jul, Aug. Sep. Nov. 2012.

2012 Bridging Course Dip. Remedial Massage HLT50307 Training Curriculum Highlight

Lecture Workshop	Training Highlights	HLT07 Competency Units
1. Lecture	Welcome, course overview, outcomes and assessments. Consultation and taking client history. Structure and function of muscles. Body Mechanics. Understanding Fascia. Tools for soft tissue manipulation. Review and apply essential Remedial Massage Techniques	HLTREM503B – Plan remedial massage treatment strategy HLTREM503B – Plan remedial massage treatment strategy
2. Lecture	Contraindications to massage and endangerment sites. Gather and interpret information through the tactile senses. Contraindications and endangerment sites. Clients with special needs and reactions to treatment. Essential skills and techniques. Review and apply soft tissue manipulation techniques.	HLTREM503B – Plan remedial massage treatment strategy HLTREM504B – Apply remedial massage assessment framework
3. Lecture	Advanced massage terminology Muscular system, types, groups and names. Body Cavities. Anatomical planes, regional terms and directional terms. Essential skills and techniques. Review and apply advanced Remedial Techniques.	HLTREM503B – Plan remedial massage treatment strategy HLTREM504B – Apply remedial massage assessment framework
Weekend Workshop	Pathology	HLTAP501A – Analyse health information
4. Lecture	Essential trigger points therapy and practice Essential Acupoints therapy and practice Acu-therapy (1)	HLTREM503B – Plan remedial massage treatment strategy HLTREM504B – Apply remedial massage assessment framework HLTREM510A – Provide specialised remedial massage treatments
5. Lecture	Functional anatomy of the head, face, and neck. Kinetic terminology and anatomical movements. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening.	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment
6. Lecture	Functional anatomy of the shoulder. Kinetic terminology and anatomical movements. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening.	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment
7. Lecture	Functional anatomy of the anterior shoulder, chest and up back. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening.	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment
8. Lecture	Functional anatomy of the chest and upper back. Muscles of ribs and respiration. Myofascial releases of the chest. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening.	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment HLTREM513A- Provide remedial massage treatment to athletes
Weekend Workshop	Symptomatology	HLTAP501A – Analyse health information
9. Lecture	Functional anatomy of the vertebral column. Kinetic terminology and anatomical movements. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening.	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment

10. Lecture	Functional anatomy of the lower back and abdomen. Kinetic terminology and anatomical movements. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening.	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment HLTREM513A- Provide remedial massage treatment to athletes
11. Lecture	Clinical OH&S and Effective work environment. Safe Practices. OH&S processes HLT0HS300A Compliance with infection control policies and procedures HLTIN301A Integration of Remedial Practice	HLTOHS300A – Contribute to OHS processes HLTHIR501A – Maintain an effective health work environment
12. Lecture	Functional anatomy of the arm and hand. Kinetic terminology and anatomical movements. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening.	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment HLTREM513A- Provide remedial massage treatment to athletes
13. Lecture	Seated Massage within a corporate setting Seated massage practical Essential Acupoints therapy and practice Head and shoulder sequence - Acu-therapy (2)	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM512A- Provide remedial massage treatments within a corporate setting
Weekend Workshop	Compliance with legal and ethical requirements. Professional development. Practitioner Health Management	HLTHIR506B – Implement and monitor compliance with legal and ethical requirements CHCORG28A – Reflect and improve upon professional practice
14. Lecture	Seated Massage within a corporate setting review Essential Acupoints therapy and practice Head and shoulder sequence review Arm and hand sequence - Acu-therapy (2) Remedial Mobilization techniques	HLTREM503B – Plan remedial massage treatment strategy HLTREM504B – Apply remedial massage assessment framework HLTREM510A – Provide specialised remedial massage treatments
15. Lecture	Functional anatomy of the pelvis. Kinetic terminology and anatomical movements. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening.	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment
Clinical Practice	Clinical Practicum	HLTREM502B – Provide remedial massage treatment
16. Lecture	Functional anatomy of the thigh. Kinetic terminology and anatomical movements. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening.	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment HLTREM505B – Perform remedial massage health assessment HLTREM513A- Provide remedial massage treatment to athletes
17. Lecture	Functional anatomy of the lower leg, ankle and foot. Kinetic terminology and anatomical movements. Essential trigger points. Practical integration. Muscle palpation, clinical discussion, trigger point referral, testing, stretches and strengthening. Introduction to Chinese Acu-Foot Reflexology	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment HLTREM513A- Provide remedial massage treatment to athletes
18. Lecture	Remedial therapy for common chronic conditions Special Needs Massage Diabetes Asthma Pregnancy People with disabilities Integration of Remedial Practice	HLTREM510A – Provide specialized remedial massage treatment HLTCOM510A – Provide service to clients with chronic diseases or conditions
19. Lecture	Practical Integration (II) Preparation of practical presentation and assessment	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM513A- Provide remedial massage treatment to athletes
20. Assessment	Practical Presentation and Assessment	HLTREM504B – Apply remedial massage assessment framework HLTREM502B – Provide remedial massage treatment HLTREM505B – Perform remedial massage health assessment