

Unit of Study Outline

Unit of Study Name	Massage Techniques 2
Unit of Study Code	MTC423
Qualification/s:	HLT52015 Diploma of Remedial Massage HLT42015 Certificate IV in Massage Therapy
This Unit of Competency contributes to the following Units of Study	<p>HLTMSG002 Assess client massage needs*</p> <p>HLTMSG004 Provide massage treatment*</p> <p>*These units of competency are also delivered in MTC413 Massage Techniques 1. Both units of study must be completed for these competencies to be awarded. Students must have completed MTC413 Massage Techniques 1 in order to progress to this unit.</p>
Units of Study Prerequisites	Nil
Delivery Methods and Contextualisation	<p>The competency units will be delivered online. This will be primarily through PowerPoint presentations, practical demonstrations, paired/group work tasks and individual research tasks.</p> <p>Delivery strategies will be contextualised to focus on the needs and specific requirements of students in the massage industry, applying all theoretical aspects to remedial massage delivery.</p>
Delivery / Learning & Assessment Hours	<p>On campus delivery – Full-time and Part-time students</p> <ul style="list-style-type: none"> • 9 hours face to face delivery in the form of clinic per week for 10 weeks • 5 hours self-study per week <p>Endeavour may deliver units of study in intensive format for smaller cohorts whilst still ensuring that all requirements as recommended by the Health Training Package are met.</p>
Department	Health
Unit of Study Coordinator	Anthony Turri
Unit of Study Overview	<p>This unit of study provides students with the knowledge and skill to deliver therapeutic massage to a range of clients in a safe and effective manner. Students will learn about the key work health and safety factors that need to be considered in the delivery of massage, including general risk assessment and management, as well as infection control within a massage practice. Students will also learn how to provide first aid in a range of situations where medical assistance is not immediately available.</p> <p>After these key principles have been established, students learn about the process of providing therapeutic massage to clients. This includes establishing the needs of the client through physical assessment and basic screening, preparing for the treatment, delivering of the massage treatment using a range</p>

	of client-appropriate techniques, and monitoring and evaluating the impact of the treatment.
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HLTMSG002 Assess client massage needs

Element	Performance Criteria	
1. Determine scope of client needs	1.1	Clarify client expectations
	1.2	Provide clear information about scope and limits of services to be provided
	1.3	Collect accurate, relevant and organised health record and document in a form which can be interpreted readily by other professionals
	1.4	Recognise needs that are beyond scope of own practice, and make referrals to other health care professionals as required
	1.5	Identify and respond to any barriers to information gathering and assessment
	1.6	Seek client information respectfully and sensitively, using purposeful, systematic and diplomatic questions
	1.7	Manage information in a confidential and secure way
2. Make a physical assessment	2.1	Advise client about the physical assessment process and obtain client consent to proceed
	2.2	Follow clinical and practitioner hygiene protocols
	2.3	Respect client dignity and anticipate potential sensitivities
	2.4	Seek client feedback on comfort levels throughout assessment process
	2.5	Assess client through palpation, observation and range of motion (ROM) testing
	2.6	Identify and respond to contra-indications to massage treatment
	2.7	Accurately document assessment findings
3. Determine and communicate treatment approach	3.1	Determine treatment needs by integrating findings from physical assessment, observation and communication
	3.2	Discuss assessment and rationale for treatment with the client
	3.3	Respond to client enquiries using language the client understands
	3.4	Discuss referral and collaborative options with the client as required

HLTMSG004 Provide massage treatment

Element	Performance Criteria	
1. Prepare client for treatment	1.1	Clearly outline how the treatment will be provided and managed based on assessment and agreed treatment approach
	1.2	Explain factors which may interfere with the effectiveness of the treatment
	1.3	Inform the client of possible physical or emotional reactions during and following a session, and the appropriate course of action to take
	1.4	Follow established protocols to physically prepare the client for treatment
	1.5	Confirm client consent for treatment
2. Use massage techniques and sequences	2.1	Determine treatment sequence, location and degree of pressure according to assessment indications and scope of practice
	2.2	Position client to optimise comfort and support while allowing for effective application of techniques
	2.3	Maintain client dignity through use of draping
	2.4	Maintain therapist postures that ensure a controlled distribution of body weight
	2.5	Maintain client-focused attention throughout session
	2.6	Adjust treatment techniques and pressure based on client feedback
3. Monitor treatment	3.1	Use the condition and response of the client during treatment as feedback to the initial assessment
	3.2	Use established massage assessment frameworks
	3.3	Recognise reactions to treatment and respond promptly if necessary
	3.4	Seek feedback during and after treatment, and evaluate need for ongoing or additional treatment, including referral to other health services
4. Provide advice and resources to the client	4.1	Provide client education in relation to self care
	4.2	Answer client queries with clarity, using appropriate language
	4.3	Provide accurate details of treatment plans, schedules and recommendations to the client
	4.4	Clearly document treatment details and recommendations made

Content

Week	Content	Core Learning Activities	Supportive Learning Activities
1	Introduction to Clinic Practice, Code of Conduct	PowerPoint Presentation	Clinic Handbook
2	Clinical Practice	Treatment of clients within Wellnation Clinic	Clinic Workbook
3	Clinical Practice	Treatment of clients within Wellnation Clinic	Clinic Workbook
4	Clinical Practice	Treatment of clients within Wellnation Clinic	Clinic Workbook
5	Clinical Practice	Treatment of clients within Wellnation Clinic	Clinic Workbook
6	Clinical Practice	Treatment of clients within Wellnation Clinic	Clinic Workbook
7	Clinical Practice	Treatment of clients within Wellnation Clinic	Clinic Workbook
8	Clinical Practice	Treatment of clients within Wellnation Clinic	Clinic Workbook
9	Clinical Practice	Treatment of clients within Wellnation Clinic	Clinic Workbook
10	Clinical Practice	Treatment of clients within Wellnation Clinic	Clinic Workbook

Primary Learning Resources*

1	Clinic Handbook
2	Clinic Workbook
3	Client screening forms and treatment plans

* Primary learning resources includes the practical texts from all pre-requisite units that students are expected to utilise in their clinical practicums.

Supplementary Learning Resources

1	Massage technique videos
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Assessment

Assessment for this unit of study is both formative and summative.

- *Formative* means that a student will receive feedback in a timely manner and apply this feedback in order to improve their learning throughout the duration of the study period.
- *Summative* means that the assessment item contributes to the overall assessment of required knowledge or / and skills or / and application of these in practice in order to demonstrate competency.

For this unit of study, please note the specific requirements for each assessment item and the required level of achievement expected in order to show satisfactory progress towards competency.

Vocational Education & Training (VET) students are required to pass all pieces of summative assessment. The Assessment Schedule (due dates) is to be followed and students are to adhere to these dates unless they have legitimate grounds for extension or deferral (see [Assessment Policy - VET](#)).

Students who fail a piece of assessment will be offered two reassessment opportunities and must complete this reassessment within the time frame given for that reassessment item.

Assessment Task	Required Skills & Knowledge	Assessment Schedule	Conditions
Directed Learning Activities	MTC423 Practical Observation (Clinic Assessment)	Week 6	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	MTC423 Practical Observation (Clinic Treatment)	Week 8	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	MTC423 Clinic Workbook	Week 10	<i>Satisfactory/Not Yet Satisfactory</i>

NOTE: On the satisfactory completion of all tasks listed above the learner will be deemed competent in each Unit of Competency. All assessments are underpinned by Endeavour’s quality client service philosophy which embraces client safety and safe work practices. Endeavour uses the following underpinning criteria for all assessments:

Attendance	Students must have 100% attendance for all practicum sessions.
Participation	Students must demonstrate a high level of participation in all clinic activities including reception / administration duties and assessing & treating clients.
Professionalism	Students are required to wear the mandated College uniform, prepare for classes and act in a professional manner.
Adherence to Code of Conduct	Students are expected to adhere to the College’s Student Code of Conduct - VET .