



Unit of Study Outline

Unit of Study Name	Massage Techniques 1
Unit of Study Code	MTC413
Qualification/s:	HLT52015 Diploma of Remedial Massage HLT42015 Certificate IV in Massage Therapy
The following Unit/s of Competency contribute to this Units of Study	<p>HLTMSG002 Assess client massage needs*</p> <p>HLTMSG004 Provide massage treatment*</p> <p>HLTAID003 Provide first aid</p> <p>HLTWHS004 Manage work health and safety</p> <p>HLTINF004 Manage the prevention and control of infection</p> <p>*These units of competency are also delivered in MTC423 Massage Techniques 2. Both units of study must be completed for these competencies to be awarded.</p>
Units of Study Prerequisites	Nil
Delivery Methods and Contextualisation	<p>The competency units will be delivered on campus in an appropriate manner. Examples may include: PowerPoint presentations, demonstration, practical exercises, project work, class participation, group exercises, and delivery of declarative knowledge. Video and DVD presentations may also be utilised.</p> <p>Delivery strategies will be contextualised to focus on the needs and specific requirements of students in the massage industry.</p>
Delivery / Learning & Assessment Hours	<p>On campus delivery – Full-time and Part-time students</p> <ul style="list-style-type: none"> • 12 hours face to face delivery per week for 6 weeks (weeks 1 – 6) • 9 hours face to face delivery per week for 4 weeks (weeks 7 – 10) • 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</p>

	the needs of the client through physical assessment and basic screening, preparing for the treatment, delivering of the massage treatment using a range 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

HLTAID003 Provide first aid

Element	Performance Criteria	
1. Respond to an emergency situation	1.1	Recognise an emergency situation
	1.2	Identify, assess and manage immediate hazards to health and safety of self and others
	1.3	Assess the casualty and recognise the need for first aid response
	1.4	Assess the situation and seek assistance from emergency response services
2. Apply appropriate first aid procedures	2.1	Perform cardiopulmonary resuscitation (CPR) in accordance with Australian Resuscitation Council (ARC) guidelines
	2.2	Provide first aid in accordance with established first aid principles
	2.3	Display respectful behaviour towards casualty
	2.4	Obtain consent from casualty where possible
	2.5	Use available resources and equipment to make the casualty as comfortable as possible
	2.6	Operate first aid equipment according to manufacturer’s instructions
	2.7	Monitor the casualty’s condition and respond in accordance with first aid principles
3. Communicate details of the incident	3.1	Accurately convey incident details to emergency response services
	3.2	Report details of incident to workplace supervisor as appropriate
	3.3	Maintain confidentiality of records and information in line with statutory and/or organisational policies
4. Evaluate the incident and own performance	4.1	Recognise the possible psychological impacts on self and other rescuers involved in critical incidents
	4.2	Participate in debriefing to address individual needs

HLTWHS004 Manage work health and safety

Element	Performance Criteria	
1. Establish work health and safety practices	1.1	Access and interpret legislation, regulations, code of conduct and workplace policies and procedures for WHS
	1.2	Develop procedures for ongoing hazard identification, and assessment and control of associated risks

	1.3	Ensure risk controls and hazard-specific procedures are consistent with the hierarchy of control and are monitored to support compliance with legislative and regulatory requirements
	1.4	Identify requirements for expert WHS advice, and request this advice as required
2. Facilitate consultation, cooperation and communication	2.1	Develop and provide consultative WHS activities to provide advice in relation to work health and safety issues
	2.2	Monitor processes for ensuring that workers have an opportunity to contribute feedback on health and safety issues
	2.3	Document outcomes of consultation and communicate to workers
	2.4	Develop and implement processes to ensure that responsibilities and duties are documented and accountability processes are in place
	2.5	Implement and monitor training programs to ensure identified WHS training requirements are addressed, including induction process
3. Monitor compliance with risk control processes	3.1	Develop WHS record-keeping policies and procedures and provide information to workers
	3.2	Monitor hazard, incident and injury reporting processes to meet legislative requirements and to inform future prevention strategies
	3.3	Evaluate WHS record-keeping policies and procedures for compliance with legislative requirements
4. Evaluate and maintain WHS	4.1	Determine WHS priorities in consultation with work group
	4.2	Develop a WHS action plan taking account of priorities and training needs
	4.3	Identify potential barriers to improvement
	4.4	Establish processes to monitor achievement against the plan and update plans as required

HLTINF004 Manage the prevention and control of infection

Element	Performance Criteria	
1. Establish framework for infection prevention and control	1.1	Access and interpret legislation, regulations and codes of practice for infection prevention and control
	1.2	Collate and evaluate information on workplace requirements for infection prevention and control
	1.3	Evaluate current policies, systems and procedures for compliance and quality

	1.4	Consult with relevant colleagues on infection prevention and control issues and requirements
	1.5	Develop and document infection prevention and control systems and procedures, including record keeping and reporting systems
	1.6	Define and allocate infection prevention and control responsibilities
2. Establish procedures for hazard identification and risk control	2.1	Establish hazard identification and risk assessment tools
	2.2	Develop workplace processes for risk control
	2.3	Ensure risk controls and hazard specific procedures are consistent with the hierarchy of control
	2.4	Put in place incident reporting and investigation procedures
	2.5	Document hazard identification and risk assessment systems and procedures
3. Implement and monitor infection prevention and control practices	3.1	Communicate infection prevention and control systems, procedures and responsibilities to relevant colleagues
	3.2	Support implementation by facilitating resources and training
	3.3	Monitor day to day effectiveness of infection prevention and control procedures and address issues of concern
4. Evaluate infection prevention and control performance	4.1	Assess infection prevention and control systems against compliance requirements
	4.2	Review incidents as key sources of information
	4.3	Seek feedback on systems and procedures from relevant colleagues
	4.4	Identify and action improvements to systems and procedures

Content

Week	Content	Core Learning Activities	Supportive Learning Activities
1	1: Introduction & Overview 2: Introduction to Client Assessment – History 3: Equipment, Basic Palpation & Effleurage 4: Client Assessment – Observation	PowerPoint Presentation	Postural Assessment Massage Therapy Research (eBook)
2	5: Client Assessment - Palpation 6: Cautions, Precautions & Petrissage	PowerPoint Presentation	Visible Body – Muscle Premium

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	7: Frictions 8: Energy & Tapotement		Practical Massage Videos
3	9: Workplace Health & Safety 10: Clinical Assessment Process 11: Massaging the Anterior Lower Limb 12: Ergonomics & Manual Handling	PowerPoint Presentation Practical – Treatment delivery	Visible Body – Muscle Premium Practical Massage Videos
4	13: Massaging the Chest & Abdomen 14: Massaging the Arm 15: Ethics, Consent, Scope of Practice & Duty of Care 16: Turning the Client & Massaging the Posterior Lower & Upper Legs	PowerPoint Presentation Practical – Treatment delivery	Visible Body – Muscle Premium Practical Massage Videos
5	17: Massaging the Back and Shoulders 18: Hazards, Emergencies & Risk Control 19: Massaging the Neck and Finishing Off Techniques 20: Client Assessment – Range of Motion	PowerPoint Presentation Practical – Treatment delivery	Visible Body – Muscle Premium Practical Massage Videos
6	21: Massaging the Client with Special Needs 22: Plan and Perform the Massage 23: Perform Full Body Therapeutic Massage – Revision 24: WHS Accidents, Investigation, Reporting & Monitoring	PowerPoint Presentation Practical – Treatment delivery	
7	25: Full Body Therapeutic Massage Practical Assessment 26: WHS Revision 27: Infection Control Principles & Processes	PowerPoint Presentation Practical – Treatment delivery	Practical Massage Videos
8	28: Managing Hazards in a Clinic 29: Infection Control & Policies & Procedures 30: Advanced Massage Techniques Part 1	PowerPoint Presentation Practical – Treatment delivery	Practical Massage Videos
9	31: WHS Risk Assessment Practical Assessment??	PowerPoint Presentation	Practical Massage Videos

	32: Complete Emergency Management Policies & Procedures 33: Complete Infection Control Policies & Procedures HLTAID003 Provide First Aid	Practical – Treatment delivery	
10	34: Infection Control Practical Assessment 35: Advanced Techniques – Part 2 36: Clinic induction	PowerPoint Presentation Practical – Treatment delivery	Practical Massage Videos

Primary Learning Resources*

1	PowerPoint Presentation
2	Visible Body – Muscle Premium
3	Kinesiology of the Musculoskeletal System (eBook)
4	Massage Therapy Research (eBook)
5	First Aid Manikins
6	Defibrillator
7	Bandages

* 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	Safe Work Documentation
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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	<i>HLTMSG002 Assessment Short Answer Assessment</i>	<i>Week 2</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG004 Practical Observation (Peer Treatment)</i>	<i>Week 3</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG002 Anatomy Short Answer 1</i>	<i>Week 4</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG002 Anatomy Quiz 1</i>	<i>Week 5</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG002 Anatomy Quiz 2</i>	<i>Week 5</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG004 Treatment Short Answer Assessment</i>	<i>Week 5</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTWHS004 Risk Assessment Case Study</i>	<i>Week 6</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTMSG002 Practical Observation (Peer Assessment)</i>	<i>Week 7</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTWHS004 Risk Assessment Short Answer</i>	<i>Week 7</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTINF004 Infection Control Case Study</i>	<i>Week 8</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTWHS004 WHS Monitoring and Evaluation</i>	<i>Week 8</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTINF004 Infection Control Short Answer Assessment</i>	<i>Week 8</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTWHS004 Risk Assessment</i>	<i>Week 9</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTWHS004 WHS Presentation</i>	<i>Week 9</i>	<i>Satisfactory/Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTWHS004 Emergency Situation</i>	<i>Week 9</i>	<i>Satisfactory/Not Yet Satisfactory</i>

Assessment Task	Required Skills & Knowledge	Assessment Schedule	Conditions
Directed Learning Activities	<i>HLTINF004 Infection Control Practical Observation</i>	<i>Week 10</i>	<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 .