

ISLAND HEALTH COLLEGE - 60036

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TIMETABLE 2018

The College makes every endeavor to ensure timetabled dates are correct at time of version. Unfortunately changes may occur and students will be informed of changes.

(The College reserves the right to alter the dates, times and prices in the Timetable)

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|---|---|
| <p>TERM DATES 2018</p> <p>TERM 1 7 Feb – 16 April</p> <p>Easter Break: 30 March – 8 April 18</p> <p>TERM 2 30 April – 8 July</p> <p>TERM 3 23 July – 30 September</p> <p>TERM 4 15 October – 15 December</p> | <p>NOTE: Please refer to the training codes beside module/unit you have elected to study, to see how they are delivered and the dates of delivery.(e.g. Anatomy & Physiology 1– AP1)</p> <p>OFF CAMPUS STUDY OPTIONS</p> <p>Please refer to the Course Guide for further information on module and off Campus options. Flexible training could include workbooks, and participation in practical week-end classes which are held at the College.</p> |
| <p>Qualifications: Certificate IV in Massage Therapy HLT42015. Diploma of Remedial Massage HLT52015. Diploma of Reflexology HLT52515</p> | |
| <p>CLINICAL PRACTICE RELEVANT TO QUALIFICATIONS: Clinical practice sessions are held at the College on the proposed days of Wednesday, Thursday afternoons, Saturday all day, some Sundays all day.</p> <p>The Clinic Practice Information session programmed in the timetable will allow students to select their date preferences.</p> <p>Certificate IV in Massage Therapy HLT42015 (CP1 – 80 hours) - Commences late March/ April 2018 and may run until mid-October 2018. (This depends on the number of students.)</p> <p>Diploma of Remedial Massage HLT52015 (CP1 & CP2 – 200 hours) – Commences late January 2019 and may run until end April 2019. This depends on the number of students).</p> <p>Diploma of Reflexology HLT52515 (RefCL – 120 hours) - Commences late October 2018 until late January 2019.</p> <p>Students must have submitted all assessments that are due before the commencement of clinic plus a current first aid certificate to be eligible to participate in student clinical practice in their chosen qualification.</p> | |
| <p>Text books are included in the fees for Certificate IV in Massage Therapy, Diploma of Remedial Massage, and the Diploma of Reflexology</p> | |
| <p>The following pages list:</p> <ul style="list-style-type: none"> • The units of competency that make up each qualification • The training modules into which Island Health College packages these units. <p>Some modules contain a number of units 'bundled' together.</p> <p>Training codes: W = Workbook = (Module content, Completion of Assessment Workbook).</p> <p><i>(Classes are weekdays OR week-ends, you are not required to attend both.)</i></p> <p>C = Classroom based day training OR</p> <p>CWE = classroom based week-end training.</p> <p><i>Modules are subject to student numbers for commencement.</i></p> | |

CERTIFICATE IV in MASSAGE THERAPY HLT42015

Training codes: Off campus options are: **W** = Workbook

On campus options are: (Classes are weekdays OR week-ends, you are **not** required to attend both.)

C = Classroom based day training **OR**

CWE = classroom based week-end training.

Modules are subject to student numbers for commencement.

| Module name | Training Codes | Units of Competency | Module hours & training codes | \$ |
|---|----------------|---|-------------------------------|------------------|
| Anatomy & Physiology 1 | AP1 | HLTAAP002 – Confirm physical health status HLTMSG002 – Assess client massage needs | 30 C | 960.00 |
| Massage 1 (including referrals) | N1 | HLTMSG002 – Assess client massage needs HLTMSG004 – Provide massage treatments | 39 C or CWE | 1432.00 |
| Musculoskeletal | MM | HLTAAP002 – Confirm physical health status HLTMSG002 – Assess client massage needs HLTMSG004 – Provide massage treatments | 18 C or CWE | 615.00 |
| Workplace Health & Safety & Infection Control | WHS&IC | HLTWH004 – Manage work health and safety HLTINF004 – Manage the prevention & control of infection | 9 C | 410.00 |
| Reflexology 1 | RI | HLTREF002 – Provide reflexology for relaxation | 12 C | 450.00 |
| First Aid | | HLTAID003 – Provide first Aid. to be completed off site | Off site | |
| Business Administration 1 | BA1 | CHCPRP003 – Reflect and improve own professional practice CHCCOM006 – Establish and manage client relationships HLTMSG001 – Develop massage practice CHCLEG003 – Manage legal and ethical compliances CHCDIV001 – Work with diverse people BSBSMB404 – Undertake small business planning | 18 C or W | 706.00 |
| Clinical Practice | CP1 | | 80 | 424.00 |
| Total | | | | \$4997.00 |

Estimated Distribution of Student Workload:

The estimated student workload is 600 hours for this qualification

- ~ Class theory , 75
- ~ Practical 51
- ~ Assessment Workbooks for WH&S&IC and Referrals – up to 90 hours
 - ~ Clinical practice 80 hours
 - ~ - first aid – off site.
- ~ Practice, research, assignments , 304

These hours are guidelines only and do not apply to reading, reflection or time taken in organization and travel etc.

DIPLOMA OF REMEDIAL MASSAGE HLT52015

3

Training codes: Off campus options are: **W** = Workbook = (Module Content and Assessment Workbook)

On campus options are: **C** = Classroom based day training **and** **CWE** = classroom based week-end training.

Modules are subject to student numbers for commencement

| Module name | Training code | year | Units of competency | Hours & training codes | \$ |
|---|---------------|------|---|------------------------|-------------------|
| Anatomy & Physiology 1 | AP1 | 1 | HLTAAP003 – Analyse and respond to client health information HLTMSG002 – Assess client massage needs | 30 C | 960.00 |
| Anatomy & Physiology 2 | AP2 | 1 | HLTAAP003 – Analyse and respond to client health information | 15 C | 675.00 |
| Massage 1 (including referrals) | M1 | 1 | HLTMSG002 – Assess client massage needs HLTMSG004 – Provide massage treatments | 39 C or CWE | 1432.00 |
| Musculoskeletal | MM | 1 | HLTAAP003 – Analyse and respond to client health information HLTMSG002 – Assess client massage needs HLTMSG004 – Provide massage treatments | 18 C or CWE | 615.00 |
| Remedial Techniques 1 DT (includes Myofascial), Trigger Point, & MET | RT 1 | 1 | HLTMSG003 – Perform remedial massage musculoskeletal assessments HLTMSG005 - Provide remedial massage treatments HLTMSG008 – Monitor and evaluate remedial massage treatments | 33 CWE | 1377.00 |
| Remedial Techniques 2 Sport, Lymphatic Drainage | RT 2 | 1 | HLTMSG005 – Provide remedial massage treatments HLTMSG006 – Adapt remedial massage practice to meet specific needs HLTMSG007 – Adapt remedial massage practice for athletes | 24 CWE | 900.00 |
| Treatment Management 1 | TM 1 | 1 | HLTMSG003 – Perform remedial massage musculoskeletal assessments HLTMSG005 - Provide remedial massage treatments HLTMSG008 – Monitor and evaluate remedial massage treatments HLTMSG006 – Adapt remedial massage practice to meet specific needs HLTMSG007 – Adapt remedial massage practice for athletes | 30 CWE | 900.00 |
| Treatment Management 2 | TM 2 | 1 | As above | 54 CWE | 1770.00 |
| Workplace Health & Safety & Infection Control | WHS&IC | 1 | HLTINF004 – Manage the prevention & control of infection HLTWHS004 – Manage work health and safety | 9 C | 410.00 |
| First Aid | | 1 | HLTAID003 – Provide first Aid. to be completed off site. | offsite | |
| Reflexology I | RI | 1 | HLTREF002 – Provide reflexology for relaxation | 12 C | 450.00 |
| Business Administration 1 | BA1 | 1 | CHCPRP003 – Reflect and improve own professional practice CHCCOM006 – Establish and manage client relationships HLTMSG001 – Develop massage practice CHCLEG003 – Manage legal and ethical compliances CHCDIV001 – Work with diverse people BSBSMB404 – Undertake small business planning | 18 C or W | 706.00 |
| Business Administration 2 | BA2 | 1 | BSBSMB403 – Market the small business CHCPRP005 – Engage with health professionals and health system CHCPRP002 – Collaborate in professional practice BSBSMB406 – Manage small business finances | 18 C | 830.00 |
| Clinic practice 1 | CP1 | 1 | | 80 | 424.00 |
| Clinic practice 2 | CP2 | 2 | | 120 | 550.00 |
| Total | | | | | \$11999.00 |

Diploma of Remedial Massage, estimated Distribution of Student Workload:

The estimated student workload is 1200 for this qualification

~ Theory in class 108

~ Practical hours 192 + clinical hours = 392

~ Practice, Homework, Assignments, reading 700

~ First aid – off site

These hours are guidelines only and do not apply to reflection or time taken in organization and travel etc.

DIPLOMA OF REFLEXOLOGY HLT52515

Training codes: Off campus options are: **W** = Workbook = (Module Content and Assessment Workbook)

On campus options are:

C = Classroom based day training **AND CWE** = classroom based week-end training.

Modules are subject to student numbers for commencement.

| Name of module | Training Code | year | Units of competency | Hours & training options codes | \$ |
|---|---------------|------|---|--------------------------------|------------------|
| Anatomy & Physiology 1 | AP 1 | 1 | HLTAAP003 – Analyse and respond to client health information HLTREF003 – Perform reflexology health assessment | 30 C | 960.00 |
| Anatomy & Physiology 2 | AP 2 | 1 | HLTAAP003 – Analyse and respond to client health information | 15 C & W | 675.00 |
| Business Administration 1 | BA1 | 1 | CHCPRP003 – Reflect and improve own professional practice CHCCOM006 – Establish and manage client relationships HLTMSG001 – Develop massage practice CHCLEG003 – Manage legal and ethical compliances CHCDIV001 – Work with diverse people BSBSMB404 – Undertake small business planning | 18 C <u>or</u> W | 706.00 |
| Business Administration 2 | BA2 | 2 | BSBSMB403 – Market the small business CHCPRP005 – Engage with health professionals and the health system CHCPRP002 – Collaborate in professional practice BSBSMB406 – Manage small business finances | 18 C | 830.00 |
| Workplace Health and Safety & Infection Control | WHS&IC | 1 | HLTWS004 – Manage work health and safety HLTINF004 – Manage the prevention & control of infection | 9 C & W | 410.00 |
| First Aid | | 1 | HLTAID003 – Provide first Aid. to be completed off site. | Off site | |
| Reflexology I | Ref I | 1 | HLTREF002 – Provide reflexology for relaxation | 12 C | 450.00 |
| Reflexology 2 | Ref 2 | 1 | HLTREF001 – Develop reflexology practice HLTREF003 – Perform reflexology health assessment HLTREF004 - Provide therapeutic reflexology treatments HLTREF005 – Adapt reflexology treatments to meet specific needs HLTREF006 – Monitor and evaluate reflexology treatments CHCCCS001 – Address the needs of people with chronic disease | 42 C | 1700.00 |
| Nutrition | Nut | 1 | HLTHPS010 - Interpret and use information about nutrition and diet E | 6 C | 400.00 |
| Reflexology clinical practice | RefCL | 2 | | 120 | 900.00 |
| Total | | | | | \$7031.00 |

Estimated Distribution of Student Workload:

The estimated student workload is 1200 for this qualification

- ~ Theory in class 96
- ~ Practical classroom hours 54 plus events, clinical practice. 174 hours
 - ~ Practice, Assignments, reading 930
 - ~ First aid – off site

These hours are guidelines only and do not apply to reflection or time taken in organization and travel etc.


How to best use the timetable:

Note the Training 'code' relevant to unit of study you have selected to participate in from the above qualification. This training code will be found in the timetable below, reflecting date and times. This applies for both classroom based weekday training and classroom based week-end training.

On campus options are:

On campus options are: C = Classroom based day training and CWE = classroom based week-end training. May be a combination but you are not required to attend both weekday and weekend classes for the same module.

We recommend **color coding** the **classes** in your selected qualification.

|  ISLAND HEALTH COLLEGE | | | | | | | |
|--|--------|---------------------|---------------------------------------|---------------------|---|--|---------------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Saturday | Sunday |
| Week commencing 5 Feb 2018 | | | <u>Orientation</u> 1.00pm – 2.00pm | | MM 9.30am-12.30 MI 1.30pm-4.30pm | MM 9.30am -12.30 MI 1.00pm-4.00pm | |
| Week commencing 12 Feb 2018 | | MI 1.30pm-4.30pm | | AP 1 9.30-4.00pm | MM 9.30am-12.30 MI 1.30pm-4.30pm | MM 9.30-12.30 MI 1.00pm-4.00pm | |
| Week commencing 19 Feb 2018 | | MI 1.30pm-4.30pm | | . | MM 9.30am-12.30 MI 1.30pm-4.30pm | MM 9.30am -12.30 MI 1.00pm-4.00pm | |
| Week commencing 26 Feb 2018 | | MI 1.30pm-4.30pm | | AP 1 9.30-4.00pm | MM 9.30am-12.30 MI 1.30pm-4.30pm | MM 9.30-12.30 MI 1.00pm-4.00pm | MI 9.30am-4.30pm |
| Week Commencing 5 March 18 | | MI 1.30pm-4.30pm | WHS&IC 9.30am-12.30pm | . | MM 9.30am-12.30 MI 1.30pm-4.30pm | MI 9.30am-4.30pm | |

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| Week commencing 12 March 2018 | Public holiday | Clinic Information (CP1) 9.30am – 12.30pm MI 1.30pm-4.30pm | | AP 1 9.30-4.00pm | MM 9.30am-12.30 MI 1.30pm-4.30pm | MM 9.30am -12.30 MI 1.00am-4.00pm | MI 9.30am-4.30pm | |
| Week commencing 19 March 2018 | | MI 1.30pm-4.30pm | WHS&IC 9.30am-12.30pm | | MI 1.30pm-4.30pm | MM 9.30am -12.30 MI 1.00 pm-4.00pm | MI 9.30am-12.30pm | |
| Week commencing 26 March 2018 | | | | AP 1 9.30-4.00pm | GOOD FRIDAY | | | |
| Week commencing 2 April 2018 | EASTER MONDAY | SCHOOL EASTER BREAK Friday 30 March until Sunday 8 April 2018 inclusive | | | | | | |
| Week commencing 9 April 18 | | WHS&IC 9.30am-12.30pm | | AP 1 9.30-4.00pm | | | | |
| Week commencing 16 April 18 | School holidays From 16 April until Sunday 29 April 2018 inclusive | | | | | | | |
| Week commencing 30 April 18 | | R 1 1.00 - 4.00pm | BA1 9.30am – 12.30pm | | | | | |
| Week commencing 7 May 18 | | R 1 9.30am - 4.30pm | BA1 9.30am – 12.30pm | | | RT 1 (Trigger Point) 9.30am – 4.30pm. | | |
| Week commencing 14 May 18 | | | BA1 9.30am – 12.30pm | | | RT 1 (Deep Tissue, Myofascial) 9.30am-4.30pm | RT 1 (Deep Tissue) 9.30am-4.30pm | |

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| Week commencing 21 May 18 | | R 1 1.00 - 4.00pm | BA1 9.30am – 12.30pm | | | | |
| Week commencing 28 May 18 | | | BA1 9.30am – 12.30pm | | AP 2 9.30am-12.30 | | |
| Week commencing 4 June 18 | | | BA1 9.30am – 12.30pm | | AP 2 9.30am-12.30 | | |
| Week commencing 11 June 18 | | Ref 2 9.30 – 12.30 | | | AP 2 9.30am-12.30 | RT 1 (MET/PNF) 9.30am-4.30pm | RT 1 (MET/PNF) 9.30am-4.30pm |
| Week commencing 18 June 18 | | Ref 2 9.30 – 12.30 | | | AP 2 9.30am-12.30 | | |
| Week commencing 25 June 18 | | Ref 2 9.30 – 12.30 | | | AP 2 9.30am-12.30 | RT 1 (MET/PNF) 9.30am-12.30pm | |
| Week commencing 2 July 18 | | Ref 2 9.30 – 12.30 | | | | RT 2 (Sports) 9.30am-4.30pm | RT 2 (Sports) 9.30am-4.30pm |
| Week commencing 9 July 2018 | College Holiday From Monday 9 July to Sunday 22 July 2018 inclusive | | | | | | |
| Week commencing 23 July 18 | Public holiday | Ref 2 9.30 – 12.30 | | | | RT 2 (Lymphatic Drainage) 9.30am-4.30pm | RT 2 (Lymphatic Drainage) 9.30am-4.30pm |
| Week commencing 30 July 18 | | Ref 2 9.30 – 12.30 | | | | | |
| Week commencing 6 Aug 18 | | Ref 2 9.30 – 12.30 | | | | TM 1 9.30am-4.30pm | TM 1 9.30am-4.30pm |
| Week commencing 13 Aug 18 | | Ref 2 9.30 – 12.30 | | | | TM 1 9.30am-4.30pm | TM 1 9.30am-4.30pm |

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| Week commencing 20 Aug 18 | | Ref 2 9.30 – 12.30 | | | | | |
| Week commencing 27 Aug 18 | | Ref 2 9.30 – 12.30 | | | | TM 1 9.30am-4.30pm | |
| Week commencing 3 Sept 18 | | Ref 2 9.30 – 12.30 | | | | | |
| Week commencing 10 Sept 2018 | | Ref 2 9.30 – 12.30 | | | | TM2 9.30-4.30pm | TM2 9.30-4.30pm |
| Week commencing 17 Sept 18 | | Ref 2 9.30 – 12.30 | BA2 9.30am-12.30pm | | | | |
| Week commencing 24 Sept 18 | | Ref 2 9.30 – 12.30 | BA2 9.30am-12.30pm | | | TM2 9.30-4.30pm | TM2 9.30-4.30pm |
| Week commencing 1 Oct 18 | School Holiday From 1 October until Sunday 14 October 2018 | | | | | | |
| week commencing 15 Oct 18 | | Nut 9.30am-12.30 | BA2 9.30am-12.30pm | | | | |
| Week commencing 22 Oct 18 | | Nut 9.30am-12.30 | BA2 9.30am-12.30pm | | | TM2 9.30-4.30pm | TM2 9.30-4.30pm |
| Week commencing 29 Oct 18 | | | BA2 9.30am-12.30pm | | | | |
| Week commencing 5 Nov 18 | | | BA2 9.30am-12.30pm | | | TM2 9.30-4.30pm | TM2 9.30-4.30pm |
| Week commencing 12 Nov 18 | | | | | | | |
| Week commencing 19 Nov 18 | | | | | | TM2 9.30-4.30pm | |
| Week commencing 26 Nov 18 | | | 5.30, 6.45pm | | | | |

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|---------------------------|--|--|--|--|--|--|--|
| Week commencing 3 Dec 18 | | | | | | | |
| Week commencing 10 Dec 18 | | | | | | | |
| Week commencing 17 Dec 18 | | | | | | | |
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MERRY XMAS 2018

For those students who are training in the Diploma of Remedial Massage your clinical practice will commence in 2019. Dates to be advised.

For those students who are training in the Diploma of Reflexology your clinical practice will continue in 2019.

Island Health College 2017