

# ISLAND HEALTH COLLEGE - 60036

300 Argyle Street, North Hobart 7000  
PH: 03 6236 9011 [admin@islandhealth.tas.edu.au](mailto:admin@islandhealth.tas.edu.au)

## TIMETABLE 2019

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)*

<p><b>TERM DATES 2019</b></p> <p>TERM 1 13 Feb – 12 April</p> <p>Easter Break: 19 April – 23 April</p> <p>TERM 2 29 April – 5 July</p> <p>TERM 3 22 July – 27 September</p> <p>TERM 4 14 October – 23 November</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 &amp; 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><b>Qualifications: Certificate IV in Massage Therapy HLT42015. Diploma of Remedial Massage HLT52015. Diploma of Reflexology HLT52515</b></p>	
<p><b>CLINICAL PRACTICE RELEVANT TO QUALIFICATIONS:</b> Clinical practice sessions are may be held at the College. We provide you with a roster.</p> <p>The Clinic Practice Information session programmed in the timetable will allow students to select their date preferences.</p> <p><b>Certificate IV in Massage Therapy HLT42015 (CP1 – 80 hours)</b> - Commences late March/ April 2019 and may run until mid-October 2018.</p> <p><b>Diploma of Remedial Massage HLT52015</b> (combinations of CP1 &amp; CP2 – <b>200 hours</b>) – CP1 refer above, CP2 commences late January 2020 and may run until end April 2020.</p> <p><b>Diploma of Reflexology HLT52515 (RefCL – 120 hours)</b> - Commences late June 2019 until March 2020.</p> <p>Students <b>must have submitted all assessments that are due before the commencement</b> of clinic <b>plus a <u>current first aid certificate</u></b> 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"> <li>• The units of competency that make up each qualification</li> <li>• The training modules into which Island Health College packages these units.</li> </ul> <p>Some modules contain a number of units 'bundled' together.</p> <p style="text-align: center;"><i>(Classes are weekdays OR week-ends, you are <b>not</b> required to attend both for the same module.)</i></p> <p style="text-align: center;"><b>C</b> = Classroom based day training <b>or DL</b> = Distance Learning</p> <p style="text-align: center;"><b>CWE</b> = classroom based week-end training.</p> <p style="text-align: center;"><i>Modules are subject to student numbers for commencement.</i></p>	

## CERTIFICATE IV in MASSAGE THERAPY HLT42015

**Training codes:**

Off campus options are: **DL** = Distance Learning (Module Assessment can be completed at home and submitted electronically)

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

**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 E = College selected Electives	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)	M1	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	18 C or CWE or DL	615.00
Workplace Health & Safety & Infection Control	WHS&IC	HLTWHS004 – Manage work health and safety HLTINF004 – Manage the prevention & control of infection	12 C or DL	410.00
Reflexology 1	RI	HLTREF002 – Provide reflexology for relaxation ( E )	15 C	567.00
First Aid		HLTAID003 – Provide first Aid. to be completed off site	<b>Off site</b>	
Business Administration 1	BA1	CHCPRP003 – Reflect and improve own professional practice ( E ) 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 ( E )	15 C or DL	589.00
Clinical Practice	CP1		80	424.00
<b>Total</b>				<b>\$4997.00</b>

**Estimated Distribution of Student Workload:**

The estimated student workload is 600 hours for this qualification

~ Class theory 75

~ Practical 54

~ Assessment Workbooks for WH&S&IC and Referrals – up to 90 hours

~ Clinical practice 80 hours

~ - first aid – off site.

~ Practice, research, assignments , 301

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: **DL** = Distance Learning (Module Assessment can be completed at home and submitted electronically)

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

Modules are subject to student numbers for commencement

Module name	Training code	year	Units of competency E = College selected Electives	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 or DL	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	18 C or CWE or DL	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 ( E)	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	12 C or DL	410.00
First Aid		1	HLTAID003 – Provide first Aid. to be completed off site.	offsite	
Reflexology I	RI	1	HLTREF002 – Provide reflexology for relaxation ( E )	15 C	567.00
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	15 C or DL	589.00
Business Administration 2	BA2	1	BSBSMB403 – Market the small business ( E) CHCPRP005 – Engage with health professionals and health system CHCPRP002 – Collaborate in professional practice ( E) BSBSMB406 – Manage small business finances ( E )	18 C	830.00
Clinic practice 1	CP1	1		80	424.00
Clinic practice 2	CP2	2		120	550.00
<b>Total</b>					<b>\$11999.00</b>

**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: **DL** = Distance Study (Module Assessment can be completed at home and submitted electronically)

On campus options are:

**C** = Classroom based day training, **CWE** = classroom based week-end training. **DS** = Distance Study (at home)

Modules are subject to student numbers for commencement.

Name of module	Training Code	year	Units of competency E = College selected Electives	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 or DL	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 ( E )	15 C or DL	589.00
Business Administration 2	BA2	2	BSBSMB403 – Market the small business ( E ) CHCPRP005 – Engage with health professionals and the health system CHCPRP002 – Collaborate in professional practice ( E ) BSBSMB406 – Manage small business finances ( E )	18 C	830.00
Workplace Health and Safety & Infection Control	WHS&IC	1	HLTWHS004 – Manage work health and safety HLTINF004 – Manage the prevention & control of infection	12 C or DL	410.00
First Aid		1	HLTAID003 – Provide first Aid. to be completed off site.	<b>Off site</b>	
Reflexology I	Ref I	1	HLTREF002 – Provide reflexology for relaxation	15 C	567.00
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 ( E )	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
<b>Total</b>					<b>\$7031.00</b>

**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 11 Feb 2019	Public holiday		<u>Orientation</u> 1.00pm – 2.00pm		MM 9.30am-12.30  M I 1.30pm-4.30pm	MM 9.30-12.30  M I 1.00pm-4.00pm	
Week commencing 18 Feb 2019		M I 1.30pm-4.30pm		AP 1 9.30-4.00pm	MM 9.30am-12.30  M I 1.30pm-4.30pm	MM 9.30am -12.30  M I 1.00pm-4.00pm	
Week commencing 25 Feb 2019		M I 1.30pm-4.30pm			MM 9.30am-12.30  M I 1.30pm-4.30pm	MM 9.30-12.30  M I 1.00pm-4.00pm	
Week commencing 4 March 19		M I 1.30pm-4.30pm		AP 1 9.30-4.00pm	MM 9.30am-12.30  M I 1.30pm-4.30pm	MM 9.30am -12.30  M I 1.00pm-4.30pm	M I 9.30am-4.30pm
Week commencing 11 March 2019	Public holiday	M I 1.30pm-4.30pm	WHS&IC 9.30am-12.30pm		MM 9.30am-12.30  M I 1.30pm-4.30pm	M I 9.30am-4.00pm	

Week commencing 18 March 2019		<b>MI</b> 1.30pm-4.30pm	<b>WHS&amp;IC</b> 9.30am-12.30pm	<b>AP 1</b> 9.30-4.00pm	<b>MM</b> 9.30am-12.30  <b>MI</b> 1.30pm-4.30pm	<b>MM</b> 9.30am -12.30  <b>MI</b> 1.00 pm-4.00pm	<b>MI</b> 9.30am-4.30pm
Week commencing 25 March 2019		<b>MI</b> 1.30pm-4.30pm	<b>WHS&amp;IC</b> 9.30am-12.30pm		<b>MI</b> 1.30pm-4.30pm	<b>MM</b> 9.30am -12.30  <b>MI</b> 1.00pm-4.00pm	<b>MI</b> 9.30am-12.30pm
Week commencing 1 April 2019			<b>WHS&amp;IC</b> 9.30am-12.30pm	<b>AP 1</b> 9.30-4.00pm			
Week commencing 8 April 19		<b>Clinic Information (CP1)</b> 9.30am – 12.30pm					
Week commencing 15 April 2019		<b>R 1</b> 1.00 - 4.00pm		<b>AP 1</b> 9.30-4.00pm	<b>GOOD FRIDAY</b>		
Week commencing 22 April 19	<b>College Easter Break – From Friday 19<sup>th</sup> April until Sunday 28 April 2019</b>						
Week commencing 29 April 2019		<b>R 1</b> 1.00 - 4.00pm					
Week commencing 6 May 2019		<b>R 1</b> 1.00 - 4.00pm				<b>RT 1 (Trigger Point)</b> 9.30am – 4.30pm	
Week commencing 13 May 2019		<b>R 1</b> 1.00 - 4.00pm				<b>RT 1 (Deep Tissue, Myofascial)</b> 9.30am-4.30pm	<b>RT 1 (Deep Tissue)</b> 9.30am-4.30pm
Week commencing 20 May 2019		<b>R 1</b> 1.00 - 4.00pm			<b>AP 2</b> 9.30am-12.30		

Week commencing 27 May 2019					<b>AP 2</b> 9.30am-12.30		
Week commencing 3 June 2019		<b>Ref 2</b> 9.30 – 12.30			<b>AP 2</b> 9.30am-12.30	<b>RT 1</b> (MET/PNF) 9.30am-4.30pm	<b>RT 1</b> (MET/PNF) 9.30am-4.30pm
Week commencing 10 June 2019	<b>Public Holiday</b>	<b>Ref 2</b> 9.30 – 12.30	<b>BA1</b> <b>9.30am – 12.30pm</b>		<b>AP 2</b> 9.30am-12.30		
Week commencing 17 June 2019		<b>Ref 2</b> 9.30 – 12.30	<b>BA1</b> <b>9.30am – 12.30pm</b>		<b>AP 2</b> 9.30am-12.30		<b>RT 1</b> (MET/PNF) 9.30am-12.30pm
Week commencing 24 June 2019		<b>Ref 2</b> 9.30 – 12.30	<b>BA1</b> <b>9.30am – 12.30pm</b>				
Week commencing 1 July 2019		<b>Ref 2</b> 9.30 – 12.30	<b>BA1</b> <b>9.30am – 12.30pm</b>			<b>RT 2</b> (Lymphatic Drainage) 9.30am-4.30pm	<b>RT 2</b> (Lymphatic Drainage) 9.30am-4.30pm
Week commencing 8 July 2019	<b>College holidays</b> <b>From Monday 8<sup>th</sup> July to Sunday 21 July 2019</b>						
Week commencing 22 July 2019		<b>Ref 2</b> 9.30 – 12.30	<b>BA1</b> <b>9.30am – 12.30pm</b>			<b>RT 2</b> (Sports) 9.30am-4.30pm	<b>RT 2</b> (Sports) 9.30am-4.30pm
Week commencing 29 July 2019		<b>Ref 2</b> 9.30 – 12.30					
Week commencing 5 Aug 2019		<b>Ref 2</b> 9.30 – 12.30				<b>TM 1</b> 9.30am-4.30pm	<b>TM 1</b> 9.30am-4.30pm
Week commencing 12 Aug 2019		<b>Ref 2</b> 9.30 – 12.30				<b>TM 1</b> 9.30am-4.30pm	<b>TM 1</b> 9.30am-4.30pm
Week commencing 19 Aug 2019		<b>Ref 2</b> 9.30 – 12.30					
Week commencing 26 Aug 2019		<b>Ref 2</b> 9.30 – 12.30				<b>TM 1</b> 9.30am-4.30pm	
Week commencing 2 Sept 2019		<b>Ref 2</b> 9.30 – 12.30					

Week commencing 9 Sept 2019		<b>Ref 2</b> 9.30 – 12.30					
Week commencing 16 Sept 2019		<b>Ref 2</b> 9.30 – 12.30				<b>TM2</b> 9.30-4.30pm	<b>TM2</b> 9.30-4.30pm
Week commencing 23 Sept 2019							
week commencing 30 Sept 2019	<b>College holidays</b> <b>From Monday 30<sup>th</sup> September until Monday 14 October 2019</b>						
Week commencing 14 Oct 2019		<b>Nut</b> <b>9.30am-12.30</b>				<b>TM2</b> 9.30-4.30pm	<b>TM2</b> 9.30-4.30pm
Week commencing 21 Oct 2019		<b>Nut</b> <b>9.30am-12.30</b>		<b>Public Holiday</b>			
Week commencing 28 Oct 2019			<b>BA2</b> <b>9.30am-12.30pm</b>			<b>TM2</b> 9.30-4.30pm	<b>TM2</b> 9.30-4.30pm
Week commencing 4 Nov 2019			<b>BA2</b> <b>9.30am-12.30pm</b>				
Week commencing 11 Nov 2019			<b>BA2</b> <b>9.30am-12.30pm</b>			<b>TM2</b> 9.30-4.30pm	<b>TM2</b> 9.30-4.30pm
Week commencing 18 Nov 2019			<b>BA2</b> <b>9.30am-12.30pm</b>			<b>TM2</b> 9.30-4.30pm	
Week commencing 25 Nov 2019			<b>BA2</b> <b>9.30am-12.30pm</b>				
Week commencing 2 Dec 2019			<b>BA2</b> <b>9.30am-12.30pm</b>				
Week commencing 9 Dec 2019							
Week commencing 16 Dec 2019							

## MERRY XMAS 2019

**For those students who are training in the Diploma of Remedial Massage your clinical practice will commence in 2020. Dates to be advised.**

**For those students who are training in the Diploma of Reflexology your clinical practice will continue in 2020.**