



Study Massage

Massage therapy is wide-ranging from relaxation massage to treatment work with an integrated range of physical and psychological approaches. Touch to heal is instinctive and essential for quality of life. Our high standards for clinical practice ensure graduates confidence in providing professional care for the diversity of clients that may walk through the door.



Wellpark College
of Natural Therapies

NZ Diploma in Wellness and Relaxation Massage

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| Level 5, 120 Credits |
| Full time for 1 Year |
| Part time for 3 years |

* This qualification has been submitted to NZQA for delivery from February 2019; approval pending
Learning is delivered through Blended Learning: face to face and online.

All practical elements are taught in the classroom setting.

All courses run subject to numbers

The Diploma will include the following elements:

Human Anatomy and Physiology - A comprehensive foundation in human anatomy and physiology as a basis for integrative health care (blended).

Neuromuscular Skeletal Anatomy- Knowledge of neuro-musculoskeletal anatomy to support the clinical practice of wellness and relaxation massage (face-to-face).

Foundations Massage Practice 1 - Theoretical and practical skills of relaxation massage in a professional clinical setting (face-to-face).

Communication in Clinical Practice - Communication skills and healthcare relationship; legal and professional clinical practice requirements for wellness and relaxation massage (blended).

Introduction to Wellness Theory and Practice: Wellness theory and practices for development of self-awareness; personal transformation: client education; ability to recognize and develop wellness interventions to meet clients' needs.

Integrative Anatomy and Physiology equips wellness and relaxation massage practitioners with theoretical and practical approaches to integrated human body structures, functions and systems (blended)

Foundations Massage Practice
A range of massage applications, including aromatherapy, hot stones, pregnancy, sports, and corporate chair massage to enhance wellness and relaxation for diverse populations (face-to-face).

Clinical Practice and Critical Thinking
Supervised massage practices in a range of settings: clinical, residential, sports/ public events and/or corporate; the application of critical thinking and literacy skills and basic research knowledge for problem-solving and to communicate in practice (Clinical face to face; Critical Thinking blended).

Candidates will be studying at tertiary level and need to be able to plan academic studies, study independently, structure ideas, complete assessment work on time and have good verbal and written communication skills. We recommend no more than 10 hours of outside work per week to enable students to meet their course requirements.

Relaxation Massage is a great start for a career in massage therapy and provides you with the ability to consolidate information with practical skills, expected of a 'ready to work' healthcare professional. You will be able to work with healthy people from diverse populations in a variety of workplaces:

- Independent clinics
- Community settings such as retirement villages or pre and post sports events
- Multidisciplinary clinics setup where you will work as part of a team
- Fitness centers, spas, cruise ships and resorts
- Mobile massage
- On-site corporate settings

Graduates work within the scope of practice defined by wellness and relaxation massage. As emerging practitioners, they learn to communicate with and refer to remedial massage therapists, allied health, wellness and medical professionals for those specialist services.

The New Zealand Diploma of Wellness and Relaxation Massage qualification is endorsed by Massage New Zealand. It provides a pathway to higher levels of learning for those whose interest is piqued (e.g. New Zealand Diploma in Remedial Massage, Level 6).



Entry Criteria

To be accepted on to the Wellpark College Diploma in Wellness and Relaxation Massage, you must meet the following entry criteria.

- Be 18 years of age prior to commencing your programme.
- Have passed NCEA Level 2 or the equivalent level. It is an advantage if you have a pass in biology and chemistry.
- Have no communicable diseases, physical or psychological impairments which may adversely affect your ability to undertake a programme of study or work with people in a clinical setting.
- Be able to communicate competently in English. International students or residents whose first language is neither English nor Māori shall provide IELTS results with a minimum band score of 6.0 overall or evidence of a comparable level of proficiency in written and spoken English.
- Students enrolling for a complete qualification must submit a short cover letter of no more than one A4 page with their application clearly stating their reasons for wanting to study in the programme and work in the profession. This is to be submitted no later than a week before start date.

English language requirements

All students must demonstrate competence in written and spoken English. The College has increased its requirement for English proficiency.

Students whose first language is neither English nor Māori shall provide IELTS results (academic) with a minimum band score of 6.0 overall and not less than 5 in each band or evidence of a comparable level of proficiency in written and spoken English.

International students please refer to the international students' page of our website or contact the Enrolment Advisor at enrolmentadvisor@wellpark.co.nz



Study Mode: This programme is delivered in a blended approach: [1] Face-to-Face (F2F) classroom sessions and [2] online components.

Blended Learning with Wellpark College may offer the following advantages:

- Increased **flexibility** of 'when, where and what' to learn for online components
- Increased **accessibility** of learning via distance- especially for students' based outside of Auckland
- **Weekly student-centered**, interactive and practice-based classroom learning
- Integration & practice of 21st century skills, i.e. **digital literacy**
- A variety of **support structures:** Tutors' attention to individual needs, regular tutorials and academic clinics, online resources, faculty & IT support .

Student Success

'I came to Wellpark college because I needed to do something that completely absorbed me. I'd already been trained in cultural intuitive massage by my father, who came from the Leeward Islands of Tahiti. At Wellpark it was wonderful to be amongst like minded people, from different backgrounds and cultures, and exchange knowledge ranging from the ridiculous to the profound. The greatest benefit to me was that treatments were holistic, considering the physical, emotional, mental and spiritual. I studied voraciously for one and a half years, and gained my qualifications. I treat internationally ranked tennis players at the Heineken Open, and am currently employed at Refugees As Survivors New Zealand and at Wellness at Work Clinic, as a body therapist. All cultures are familiar with body therapy and because I love what I do, it is powerful. At Wellpark I found that most people were there to fill an inner need, just like me.'

Danny Orani

Accreditation

Graduates are qualified to apply for membership of Massage New Zealand.

Programme Details

Full Time Programme

| NZ Diploma in Wellness and Relaxation Massage | | | |
|---|--|-------|------------|
| Year / Semester | Course Name | Level | Credits |
| Year 1 Semester 1 | Human Anatomy & Physiology for Natural Therapies | 5 | 20 |
| | Neuromuscular Skeletal Anatomy | 5 | 10 |
| | Foundations of Massage Practice 1 | 5 | 20 |
| | Communication in Clinical Practice | 5 | 10 |
| Year 1 Semester 2 | Introduction to Wellness Theory and Practice | 5 | 10 |
| | Integrative Anatomy & Physiology | 5 | 10 |
| | Foundations of Massage Practice 2 | 5 | 20 |
| | Clinical Practice & Critical Thinking 1 | 5 | 20 |
| Total Year 1 Credits | | | 120 |

Full-time fees apply to students enrolled in a full-time Diploma. Full-time students must be enrolled to a minimum of 0.8 EFTS. Domestic fees apply to New Zealand Citizens, New Zealand Permanent Residents and Australian Citizens or Permanent Residents, living in New Zealand. All other students are considered international.

Part-Time Programme

Part-time courses are run subject to College Management approval

Part-time fees apply to students enrolled in a Diploma qualification totaling less than 0.8 EFTS.

Please ask our Enrolment Advisor (enrolmentadvisor@wellpark.co.nz) for further details regarding fees for individual courses.