

Te Whakaaetanga me te Uiuitanga | Programme Acceptability and Consultation

**Programme of Study:
New Zealand Diploma in Wellness and Relaxation
Massage (Level 5)
Leading to the award of:
2740 New Zealand Diploma in Wellness and Relaxation
(Level 5)**



Te Pūkenga

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1 The Unified New Zealand Diploma in Wellness and Relaxation Massage (Level 5)

1.1 Te Tūhono Kawenga Hōtaka | A Unified Portfolio of Programmes

Te Pūkenga aims to develop a unified, sustainable, public network of regionally accessible vocational education programmes that have our ākonga (students) at the centre. This application for programme approval and accreditation forms part of the development of a national network of provision requiring partnerships and cooperation with co-responsibilities for programme delivery. This is consistent with Te Pūkenga academic delivery innovation strategic direction, which is aimed at establishing a coherent portfolio of programmes that will support ākonga, employers and industry to make informed decisions about future study and employment and achieve a sustainable network of ongoing delivery.

In order to develop a coherent portfolio of programmes that supports the above strategic direction, a unification process has been established that is aimed at achieving a future state of (in the main) one programme per qualification that supports and allows for a range of delivery modes, namely blended, distance and work-based learning. Currently, Te Pūkenga needs to work within the parameters of Programmes of Industry Training reporting via the ITR and Programmes of Study reporting via the SDR (as integrated NZ Programmes / Skills Standards and an integrated TEC reporting system are not yet available). The unified programme of study presented here unifies on-campus, blended and distance approaches, reported through the current SDR.

The unification process has been designed to employ a collaborative approach to redevelopment that will ensure that programme design meets the criteria set by [Te Pūkenga Charter](#) and our commitments under [Te Pae Tawhiti](#), our Te Tiriti o Waitangi Excellence Framework, and [Te Rito](#), our Ākonga at the Centre research project and reports. This approach also fulfills the expectations of the emerging Whiria Te Pūkenga (Mātauranga Māori Framework) and Te Pūkenga Ako Framework (Learning and Teaching Framework).

One of Te Pūkenga educational priorities is a relentless focus on equity and ensuring participation. Therefore, equity is integrated and embedded into Te Pūkenga operating model blueprint and business case. Te Pūkenga is also committed to putting ākonga at the centre of all we do, and working towards equity and success for ākonga of all genders, ethnicities, cultures and abilities, as outlined in our [Equity and Ākonga Success Strategy](#).

In 2020, Te Pūkenga commissioned the Ākonga at the Centre research project to gain insights from ākonga (and those that supported them) on the barriers and enablers to their success across the current learner journey. The project applied Te Tiriti o Waitangi inspired principles of excellence and used Critical Bicultural and Human Centred Design methodologies as a new and innovative approach for the public sector. The research led to three [Te Rito reports](#), focusing on Māori, Pacific and Disabled ākonga, respectively. [Te Rito](#) framework builds towards our Equity Outcomes framework, its purpose being to guide Te Pūkenga in its response to the unique needs of all ākonga, with a priority focus on Māori, Pacific and Disabled ākonga.

In accordance with Te Tiriti o Waitangi, Te Pūkenga is focused on ensuring our services work well and respond with excellence to the needs of Māori ākonga and their whānau, and to the aspirations of iwi and Māori communities throughout Aotearoa New Zealand. This objective comes from our Charter, our legislative mandate, and from the will of our Council, and is supported by the opportunities outlined in [Te Rito Report Part One](#). In working to achieve this objective, we know it is not Māori ākonga or communities that need to change to fit with us; rather it is our responsibility to ensure our services improve for the betterment of Māori.

In terms of the needs of Pacific ākonga, [Te Rito Report Part Two](#) indicated a range of opportunities to be taken up by Te Pūkenga. These range from targeted support for the wellbeing of Pacific learners to empowering and bringing effect to Pacific hopes and dreams for intergenerational development and prosperity. Te Pūkenga is committed to ensuring all Pacific ākonga and kaimahi feel that they belong, that their voices are heard, that the use of Pacific languages is normalised and that their cultures are valued.

In terms of the needs of Disabled ākonga, [Te Rito Report Part Three](#) indicated the need for Te Pūkenga to provide appropriate impairment-related learning support for Disabled ākonga to achieve their academic potential and to resolve barriers to learning. The research also indicated the need for mental wellbeing support, the reduction of financial barriers, a focus on the development of digital literacy skills and ensuring access to the physical learning environment. Te Pūkenga has developed a national strategic disability action plan, which incorporates the Enabling Good Lives principles. The National Strategic Disability Action Plan implements the Accessibility Charter across Aotearoa New Zealand and supports consistent data collection on Disabled ākonga, and training. The plan provides a unified national strategy across Te Pūkenga and was developed with ākonga and kaimahi (staff). The plan provides a comprehensive road map towards a vocational system that hears the voices of Disabled ākonga and what they need to succeed.

The unified programme presented here contributes to the ability of Te Pūkenga to offer a coherent portfolio of programmes that responds to the needs of ākonga, industries, iwi, hapū, hapori, Māori communities and Pacific communities. This also begins to take us towards addressing some of the inequities that exist for priority ākonga.

1.2 Te Huanui Whakawhanake i te Hōtaka | Development Approach

The New Zealand Diploma in Wellness and Relaxation Massage (Level 5) qualification was updated, with Version 2 published in April 2022. This qualification replaces the existing New Zealand Diploma in Wellness and Relaxation Massage (Level 5). The last date for assessments to take place for Version 1 of this qualification is 30 April 2024. Therefore, rather than each network partner dedicating time and resource to develop programmes of study for the new version individually, one programme of study was developed / selected and revised to become the unified programme of study.

The programme of study presented here is based on a collaborative design process across the following Te Pūkenga network partners below (with input from the Eastern Institute of Technology):

- Otago Polytechnic Ltd (Otago),
- Southern Institute of Technology Ltd (SIT),
- Ara Institute of Canterbury Ltd (Ara),
- Toi Ohomai Institute of Technology Ltd (ToiO), and
- Waikato Institute of Technology Ltd (Wintec).

The collaborative design process was supported by two groups: (i) a Steering Group with representation from every relevant network partner, i.e., every network partner delivering programmes of study in the broad discipline area of Hair, Beauty and Massage; and (ii) a Working Group tasked specifically with the unification of this programme of study. The Workforce Development Council was included in the Steering Group membership and has thus been engaged in the unification process. The functions of the Steering Group were defined in a mutually agreed Terms of Reference, and included the following:

- oversight of the development of a single unified programme for each qualification Te Pūkenga delivers in the discipline area
- leading engagement with regional internal and external partners (including (i) relevant regional industry, including Māori and Pacific employers; (ii) communities at a local level, including hapū and iwi, and Pacific communities; (iii) Te Pūkenga kaimahi; and (iv) ākonga)

- steering programme unification work and providing advice and support to Working Groups

The Working Group of members from the collaborating Te Pūkenga network partners listed above developed a programme of study by combining selected aspects of the existing programmes of SIT, EIT, Wintec, Toi Ohomai, and Otago for the programme unification process. The programme selection criteria included the following:

- The programme was updated within the past three years.
- Minor updates to the programme will allow it to align with Te Pūkenga Charter.
- The programme enables multiple modes of delivery.
- Te Tiriti o Waitangi is evident across the programme.
- The programme is ākonga-centred and allows a focus on under-served ākonga (Māori, Pacific, Disabled) and adult and second-chance ākonga).
- The programme was developed in close partnership with industry, hapū, iwi and Pacific communities.
- Minor updates to the programme will enable it to align with industry and community needs and allow regional flexibility.
- The programme addresses identified future needs of ākonga, industry and community.

1.3 Te Whakawhitinga ki te Tūhono Kawenga Hōtaka | Transition to the Unified Programme

As is clear from the above, the unification of this programme of study was achieved by means of **transition** to a single unified programme, developed on the basis of existing approved programme offerings that were informed by regional/local needs. Thus, programme content and delivery are contextualised, and provide relevant pathways to meet the needs of those local communities.

It should be acknowledged that the selection of a current approved programme as the basis for the unified programme means that aspects of the selected programme will be adopted across the network, such as programme structure, course details, and the ways in which Mātauranga Māori is embedded throughout the programme. A Mātauranga Māori snapshot tool will be applied to this unified programme to identify how contextualised Mātauranga Māori content is evident and what next steps are required to enhance or develop this further.

The unified programme presented here contributes to the ability of Te Pūkenga to offer a coherent portfolio of programmes and takes us a step towards addressing some of the inequities that exist for priority ākonga. Transition arrangements may be required for ākonga who fail to successfully complete courses within the existing programme of any given network partner. To this end, each network partner currently delivering this programme will create its own transition plan based on equivalencies between existing and new courses. Transition pathways will be identified on a case-by-case basis, informed by these course equivalencies, logistics and individual ākonga knowledge gaps. All care will be taken to minimise any ākonga disadvantage by their transition to the new programme, while still maintaining the integrity of the new unified programme.

Appendix 1: Te Hono o te Kahurangi | Qualification Details

Details for the programme of study	NZQA Reference No.	Version No.	Credits	Level
New Zealand Diploma in Wellness and Relaxation Massage	XXXXX	1	120	5

which leads to the award of the following qualification

New Zealand Diploma in Wellness and Relaxation Massage	2740	2	120	5
NZSCED	061711 Health>Rehabilitation Therapies>Massage Therapy			
Qualification developer	Massage New Zealand Incorporated			
Next review	04/04/2027			
Next planned consistency review	2024			

Strategic purpose

The purpose of this qualification is to provide the health sector industry and massage therapy profession with people who can provide wellness and relaxation massage services.

Graduates will be able to work within the Massage New Zealand Scope of Practice Wellness and Relaxation Massage.

Graduates will communicate with and refer to remedial massage therapists, allied health professionals, wellness, and medical professionals for those specialist services.

Graduates will be capable of working independently.

Graduate profile

Graduates of this qualification will be able to:

1. Implement professional and ethical standards through effective client relationship skills to offer inclusive, culturally responsive, person-centred, safe practice.
2. Apply knowledge of anatomy and physiology (human functioning) relevant to wellness and relaxation massage to meet client needs.
3. Apply knowledge of wellness and relaxation massage and other methods within breadth of practice to develop and manage client specific session plans.
4. Perform wellness and relaxation massage and other methods within the breadth of practice to meet client specific session plans.
5. Apply a range of self-management and client service knowledge and skills to meet wellness and relaxation massage client and industry requirements.

Qualification education pathway

This qualification leads to the New Zealand Diploma in Remedial Massage (Level 6) [Ref: 2741]

Employment/cultural/community pathway

Graduates of this qualification will be able to work as wellness and relaxation massage therapists in a broad range of wellness and relaxation massage settings, including:

- Home-based massage therapy or mobile clinics
- Community-based massage therapy clinics
- Multi-disciplinary clinics
- Sports settings (non-injury work)
- Spa-based massage therapy clinics

Professional recognition/accreditation

n/a

Other requirements of the qualification (including regulatory body or legislative requirements)

All training and supervised clinical practice are carried out in accordance with relevant legislation (Local Government Body requirements) including:

- Health and Safety at Work Act 2015,
- Privacy Act 2020,
- Consumer Guarantees Act 1993,
- Medicines Act 1981,
- Health & Disability Commissioner Act 1994,
- Human Rights Act 1993.

General conditions for programme

Programmes must honour Te Tiriti O Waitangi in the application of Wellness and Relaxation Massage in Aotearoa New Zealand.

Programmes must embrace cultural responsiveness and safety in wellness and relaxation massage.

Programmes must reflect knowledge of multicultural practice.

Programmes must include a minimum of 50 hours of supervised clinical practice and progress to independent practice in non-classroom settings, carried out in accordance with the Massage New Zealand (MNZ) [Code of Ethics](#), MNZ [Standards of Practice](#) and MNZ [Scope of Practice](#).

Programmes must include current research evidence for Wellness and Relaxation Massage and other relevant methods chosen from Breadth of Practice.

Programmes must include client specific self-help strategies including stress management.

Programmes must include: [Code of Health & Disability Services Consumers Rights](#) such as (but not limited to) informed consent.

Breadth of Practice (within MNZ Scope of Practice) must include:

- Specialised client groups from at least two of the following: relaxation and wellness massage for pregnancy, infants, elderly, chronic & terminal illness, sports massage (pre-event, post-event, maintenance) & disability (mobility, cognitive, audial, visual).
- Wellness and Relaxation methods from at least two of the following: chair massage, hot-stone, reflexology, eastern therapies, Thai massage, shiatsu, holistic pulsing, polarity, reflexology, movement integration, aromatherapy, positional release, nutrition for general health and wellness.

It is recommended that providers consult with Massage New Zealand (MNZ) Education Committee (<mailto:education@massagenewzealand.org.nz>) for an up-to-date list of industry recommendations, including current Level 5 Scope of Practice.

Qualification version transition information

Version 2 of this qualification was published in April 2022. Please refer to Qualifications and Assessment Standards Approvals for further information.

The last date of assessment for version 1 of this qualification is 30 April 2024.

It is recommended that candidates enrolled in programmes leading to version 1 of this qualification complete their programme by that date or transfer their existing achievement to this version of the qualification.

It is anticipated that no existing candidates will be disadvantaged by these transition arrangements.

However, anyone who feels that they have been disadvantaged may appeal to Massage New Zealand at the address below. Appeals will be considered on a case-by-case basis.

Massage New Zealand

Phone: 0800 367 669

Email: admin@massagenewzealand.org.nz

Appendix 2: Waeture ā-Hōtaka | Programme Regulations

In the regulations presented here, unless the context otherwise requires, 'delegated authority' refers to an individual or role holder, or in some cases a committee, who has been delegated the authority to make a decision within a specific circumstance. A schedule of the various relevant delegations is maintained by the Programme Committee responsible for the programme. Te Pūkenga aims to enable broad access for ākonga and is committed to providing barrier-free access and participation for Māori, Pacific, Disabled and other equity groups.

Whakatapoko | Admission

General admission	To be admitted to this programme, applicants must hold one of the following: <ul style="list-style-type: none">i. NCEA Level 2 with 10 literacy and 10 numeracy credits ORii. a recognised equivalent
Special admission	Any ākonga who is 20 years of age or older and has not reached the general admission requirements for their intended programme is eligible for Special Admission. Te Pūkenga works with the ākonga to ensure they are prepared for their intended programme.
Discretionary admission	Any ākonga who is not yet 20 years of age and has not reached the general admission requirements for their intended programme may be eligible for Discretionary Admission. In assessing whether to grant Discretionary Admission, the delegated authority focuses on the applicant's level of preparedness for their intended programme.
Additional requirements	<p>In order to ensure that an applicant is able to fully participate in the programme, including the clinical learning experience, the additional requirements specified below must be met in addition to academic admission requirements.</p> <p>Applicants must provide:</p> <ul style="list-style-type: none">• A declaration indicating a level of health and abilities commensurate with achieving practice competencies in the programme; further reports may be requested with the consent of the applicant.• A declaration of all existing or pending criminal convictions• Consent to undergo a Police Vet Check <p>Note: A prior conviction may not necessarily exclude an applicant from admission. In the case of a prior conviction, a discussion will be held with the applicant regarding implications for programme enrolment and completion and subsequent employment as a massage therapist. Information gathered regarding offences may be shared with a host organisation for the purposes of a practicum placement. Any gaps in the information provided by the applicant for any of the above may be followed up with a formal interview and/or further referee checks. Any unsatisfactory result arising from any of the above may result in the applicant being precluded/declined entry to the programme of study.</p>
English language requirements	All applicants (international and domestic) for whom English or te reo Māori is not a first language need to provide evidence that they have the necessary English language proficiency required for the programme.

	International applicants are required to have an IELTS Academic score of 5.5 with no individual band score lower than 5 from one test taken in the preceding two years, or an equivalent described in NZQA Rules.
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Tūtukitanga Whakamihi | Credit Recognition

The provisions and procedures for credit recognition through cross credit, credit transfer and recognition of prior learning in this programme are set out in with [Te Kawa Maiorooro | Educational Regulatory Framework](#).

Tohu o te Hōtaka | Award of Qualification

Credit requirements	To be awarded the New Zealand Diploma in Wellness and Relaxation (Level 5) , ākonga must achieve a minimum of 120 credits in the pattern set out in Table 1 below from the courses set out in Table 2 below.			
	Table 1: Credit Requirements			
	Level	Compulsory credits	Elective credits	Total credits
	5	120	Nil	120
	Table 2: Schedule of Courses			
	Course code	Course title	Credits	Pre-/Co-requisites
	REHB5601	Massage Theory to Practice	15	Nil
	REHB5602	Sports Massage	15	REHB5601
	REHB5603	Wellness Dimensions and Client-Centred Care	15	REHB5601
	REHB5604	Human Anatomy and Physiology	15	Nil
REHB5605	Musculoskeletal Surface Anatomy	15	Nil	
REHB5606	Te Hīhiri	15	Nil	
REHB5607	The Professional Practitioner	15	Nil	
REHB5608	Relaxation and Wellness Massage Clinical Practice	15	REHB5601, REHB5607	
	TOTAL CREDITS		120	
Programme completion	The minimum time to complete this programme is one year (full-time study) or two years (part-time study). The maximum time to complete this programme is six years. The delegated authority may approve an alternative maximum completion time.			

Waeture Aromatawai | Assessment Regulations

Grading	<p>Assessment in this programme is achievement-based.</p> <p>Grading follows the guidelines in Te Kawa Maiorooro Educational Regulatory Framework.</p> <p>Specific assessment and/or course pass requirements are detailed in programme delivery documentation.</p>
Assessment submission and additional opportunities	<p>Requirements and processes for</p> <ul style="list-style-type: none"> assessment submission, resit and/or resubmission opportunities for failed assessments, reassessment opportunities for failed courses,

	<ul style="list-style-type: none"> • late submission of assessments, and • extension of assessment deadlines <p>are outlined in programme delivery documentation provided to ākonga at the start of their course.</p>
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Appendix 3: Ngā Hua o te Ako me te hāngai ki Ngā Putanga Ako a te Tauira | Learning Outcomes and Assessment Mapped to Graduate Profile Outcomes

						Implement professional and ethical standards through effective client relationship skills to offer inclusive, culturally responsive, person-centred, safe practice.	Apply knowledge of anatomy and physiology (human functioning) relevant to wellness and relaxation massage to meet client needs.	Apply knowledge of wellness and relaxation massage and other methods within breadth of practice to develop and manage client specific session plans.	Perform wellness and relaxation massage and other methods within the breadth of practice to meet client specific session plans.	Apply a range of self-management and client service knowledge and skills to meet wellness and relaxation massage client and industry requirements.	
Course Code & Title		Course Aim & Outcomes			Assessment	GPO 1	GPO 2	GPO 3	GPO 4	GPO 5	
REHB5601	Massage Theory to Practice	Aim	The aim of this course is to develop the knowledge, skills, and attributes to demonstrate and evaluate wellness and relaxation massage.								
		LO1	Describe the principles and practices of wellness and relaxation massage.			All LOs: Assessment portfolio (100%)			√		
		LO2	Apply the principles of wellness and relaxation massage in a simulated massage therapy context.							√	
		LO3	Evaluate the effectiveness of techniques used in wellness and relaxation massage.							√	
REHB5602	Sports Massage	Aim	The aim of this course is to develop the knowledge, skills, and attributes to demonstrate and evaluate sports massage.								
		LO1	Discuss the principles of sports massage in relation to sports maintenance and performance.			All LOs: Assessment portfolio (100%)			√		
		LO2	Apply sports massage techniques within the pre-event, post-event, and maintenance sports massage contexts.							√	
		LO3	Evaluate the effectiveness of interventions in sports massage.							√	
REHB5603	Wellness Dimensions and Client-Centred Care	Aim	The aim of this course is to develop the knowledge, skills, and attributes to understand and apply the concepts of wellbeing and wellness and relaxation massage.								
		LO1	Explain dimensions of wellbeing relevant to diverse populations.			All LOs: Assessment portfolio (100%)			√		
		LO2	Examine the fundamental principles of stress, exercise, and nutrition in relation to wellness and relaxation massage.						√	√	
		LO3	Apply wellness and relaxation massage for specialised client groups.						√	√	
REHB5604	Human Anatomy & Physiology	Aim	The aim of this course is to develop the knowledge, skills, and attributes to understand human anatomy and physiology in relation to massage therapy.								
		LO1	Describe the chemistry, cell structure, and tissues of the human body and its relevance to massage therapy practice.			All LOs: Assessment portfolio (100%)		√			
		LO2	Describe the normal structure and functions of body systems relevant to massage therapy.					√			
		LO3	Describe the fascial system and its relevance to massage therapy practice.					√			
REHB5605	Musculoskeletal Surface Anatomy	Aim	The aim of this course is to develop the knowledge, skills, and attributes to understand and apply the concepts of musculoskeletal surface anatomy in relation to massage therapy.								
		LO1	Describe the structure, function, and movement of joints of the body relevant to massage therapy.			All LOs: Assessment portfolio (100%)		√			
		LO2	Describe the origin, insertion, nerve supply and actions of muscles relevant to massage therapy.					√			
		LO3	Demonstrate palpation of bony landmarks and muscles relevant to massage therapy.					√			
REHB5606	Te Hīrii	Aim	The aim of this course is to develop the knowledge, skills, and attributes to apply culturally responsive massage therapy practice in Aotearoa New Zealand.								
		LO1	Discuss the significance of Te Tiriti o Waitangi and The Treaty of Waitangi for massage therapy in Aotearoa/ New Zealand.			All LOs: Assessment portfolio (100%)	√				
		LO2	Describe the values of te ao Māori and their application to hauora.				√			√	
		LO3	Demonstrate culturally responsive practice in the bicultural context of Aotearoa New Zealand.				√			√	√
REHB5607	The Professional Practitioner	Aim	The aim of this course is to develop the knowledge, skills, and attributes to prepare for professional practice in the massage therapy context.								
		LO1	Discuss the development of contemporary massage practice within Aotearoa New Zealand.		All LOs: Assessment portfolio (100%)	√				√	
		LO2	Examine the responsibilities of the professional massage therapist within Aotearoa New Zealand.			√		√	√		
		LO3	Develop a business plan for the wellness and relaxation massage industry.			√				√	

					Implement professional and ethical standards through effective client relationship skills to offer inclusive, culturally responsive, person-centred, safe practice.	Apply knowledge of anatomy and physiology (human functioning) relevant to wellness and relaxation massage to meet client needs.	Apply knowledge of wellness and relaxation massage and other methods within breadth of practice to develop and manage client specific session plans.	Perform wellness and relaxation massage and other methods within the breadth of practice to meet client specific session plans.	Apply a range of self-management and client service knowledge and skills to meet wellness and relaxation massage client and industry requirements.	
Course Code & Title		Course Aim & Outcomes			Assessment	GPO 1	GPO 2	GPO 3	GPO 4	GPO 5
REHB5608	Relaxation & Wellness Massage Clinical Practice	Aim	The aim of this course is to develop the knowledge, skills, and attributes to operate in a professional manner within a wellness and relaxation massage therapy context.							
		LO1	Manage clinical processes within a wellness and relaxation massage context.		All LOs: Assessment portfolio (100%)				✓	✓
		LO2	Demonstrate professional practice within a wellness and relaxation massage clinical setting.						✓	✓
		LO3	Apply wellness and relaxation massage in a supervised massage setting.						✓	✓

Appendix 4: Akoranga | Courses

The following Course Descriptors provide an overview of the content and structure of each course in the programme. Learning and teaching, and assessment activities will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.

MESSAGE THEORY TO PRACTICE					
Course code	REHB5601	Level	5	Credits	15
Pre-requisites	Nil	Co-requisites			
Main programme	NZD Wellness and Relaxation Massage L5	Other programmes		Nil	
Delivery modes	Provider-based	Total learning hours (See course delivery document for detailed breakdown.)			150

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

The aim of this course is to develop the knowledge, skills, and attributes to demonstrate and evaluate wellness and relaxation massage.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Describe the principles and practices of wellness and relaxation massage.	3
LO2	Apply the principles of wellness and relaxation massage in a simulated massage therapy context.	4
LO3	Evaluate the effectiveness of techniques used in wellness and relaxation massage.	4

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Boundaries, scope of practice, ethical, cultural and communication considerations Client assessment and home care Massage principles: quality touch and safety considerations Techniques: effleurage, petrissage, friction, lifting, tapotement, vibration, stretches, traction
LO2	<ul style="list-style-type: none"> Application of touch and massage techniques Client assessment to determine wellness and relaxation needs
LO3	<ul style="list-style-type: none"> Effectiveness and modification to meet client goals <ul style="list-style-type: none"> Tissue change Body response Subjective assessment Health and safety

Ngā Mahi Ako me te Whakaako | Learning & Teaching Activities

Learning and teaching activities will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.

Aromatawai | Assessment

Assessment in this course is achievement-based. Ākonga will be advised of all matters relating to summative assessment at the start of the course.

Assessment activity	Weighting	Learning outcomes
Assessment portfolio Will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.	100%	All

Ākonga are required to provide sufficient evidence against all learning outcomes in order to pass the course.

Ngā Rauemi Ako | Learning Resources

All required and recommended resources are advised to ākonga via course outlines.

Version Tracking

Ver No.	Approved by	Approval date	Effective from	Description of change

SPORTS MASSAGE					
Course code	REHB5602	Level	5	Credits	15
Pre-/Co-requisites		REHB5601			
Main programme	NZD Wellness and Relaxation Massage L5	Other programmes		Nil	
Delivery modes	Provider-based	Total learning hours (See course delivery document for detailed breakdown.)			150

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

The aim of this course is to develop the knowledge, skills, and attributes to demonstrate and evaluate sports massage.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Discuss the principles of sports massage in relation to sports maintenance and performance.	3
LO2	Apply sports massage techniques within the pre-event, post-event and maintenance sports massage contexts.	4
LO3	Evaluate the effectiveness of interventions in sports massage.	4

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Principles: relationship to periodization and training models, psychological and physiological effects; speed, depth, duration, technique choice Athlete assessment; athlete/practitioner relationship, roles, and scope of sports massage
LO2	<ul style="list-style-type: none"> Sports-specific massage techniques and interventions Cultural responsiveness Self-care for therapist and client
LO3	Treatment evaluation and reflection of treatment outcomes in relation to athletes goals and needs

Ngā Mahi Ako me te Whakaako | Learning & Teaching Activities

Learning and teaching activities will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.

Aromatawai | Assessment

Assessment in this course is achievement-based. Ākonga will be advised of all matters relating to summative assessment at the start of the course.

Assessment activity	Weighting	Learning outcomes
Assessment portfolio Will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.	100%	All

Ākonga are required to provide sufficient evidence against all learning outcomes in order to pass the course.

Ngā Rauemi Ako | Learning Resources

All required and recommended resources are advised to ākonga via course outlines.

Version Tracking

Ver No.	Approved by	Approval date	Effective from	Description of change

WELLNESS DIMENSIONS AND CLIENT-CENTRED CARE					
Course code	REHB5603	Level	5	Credits	15
Pre-/Co- requisites		REHB5601			
Main programme	NZD Wellness and Relaxation Massage L5	Other programmes		Nil	
Delivery modes	Provider-based	Total learning hours (See course delivery document for detailed breakdown.)			150

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

The aim of this course is to develop the knowledge, skills, and attributes to understand and apply the concepts of wellbeing and wellness and relaxation massage.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Explain dimensions of wellbeing relevant to diverse populations.	3
LO2	Examine the fundamental principles of stress, exercise, and nutrition in relation to wellness and relaxation massage.	3, 4
LO3	Apply wellness and relaxation massage for specialised client groups.	3, 4

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Health Wellness Cultural wellness Wellness models Models for change and practical tools to assess and promote readiness for behavioural change
LO2	<ul style="list-style-type: none"> The role of physical activity as preventative medicine Basic nutrition guidelines for optimal health Relationship between stress and wellness
LO3	<ul style="list-style-type: none"> Stress and wellness assessment techniques; stress and wellness management intervention Specialised client groups from at least two of the following: relaxation and wellness massage for pregnancy, infants, elderly, chronic & terminal illness, sports massage (pre-event, post-event, maintenance) & disability (mobility, cognitive, audial, visual). Wellness and relaxation methods from at least two of the following: chair massage, hot-stone, reflexology, eastern therapies, Thai massage, shiatsu, holistic pulsing, polarity, reflexology, movement integration, aromatherapy, positional release, nutrition for general health and wellness.

Ngā Mahi Ako me te Whakaako | Learning & Teaching Activities

Learning and teaching activities will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.

Aromatawai | Assessment

Assessment in this course is achievement-based. Ākonga will be advised of all matters relating to summative assessment at the start of the course.

Assessment activity	Weighting	Learning outcomes
Assessment portfolio Will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.	100%	All

Ākonga are required to provide sufficient evidence against all learning outcomes in order to pass the course.

Ngā Rauemi Ako | Learning Resources

All required and recommended resources are advised to ākonga via course outlines.

Version Tracking

Ver No.	Approved by	Approval date	Effective from	Description of change

HUMAN ANATOMY AND PHYSIOLOGY					
Course code	REHB5604	Level	5	Credits	15
Pre-requisites	Nil	Co-requisites			
Main programme	NZD Wellness and Relaxation Massage L5	Other programmes		Nil	
Delivery modes	Provider-based	Total learning hours (See course delivery document for detailed breakdown.)			150

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

The aim of this course is to develop the knowledge, skills, and attributes to understand human anatomy and physiology in relation to massage therapy.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Describe the chemistry, cell structure, and tissues of the human body and its relevance to massage therapy practice.	2
LO2	Describe the normal structure and functions of body systems relevant to massage therapy.	2
LO3	Describe the fascial system and its relevance to massage therapy practice.	2

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Levels of structural organization in the body Structural components and major functions of a generalised human cell Structure and functions and typical locations of the four principal types of tissue found in the human body
LO2	<ul style="list-style-type: none"> Normal anatomy physiological functioning of each of the human body systems including their relationship to homeostasis: integumentary, muscular, skeletal, nervous, endocrine, cardiovascular, respiratory, immune, metabolic, digestive, urinary, lymphatic, and reproductive systems Physiological basis - effects of massage therapy: structural/mechanical, connective tissue, neuroendocrine and physiologic /reflexive influences
LO3	<ul style="list-style-type: none"> Introduction to the structure and function of the fascial system <ul style="list-style-type: none"> Structure Function

Ngā Mahi Ako me te Whakaako | Learning & Teaching Activities

Learning and teaching activities will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.

Aromatawai | Assessment

Assessment in this course is achievement-based. Ākonga will be advised of all matters relating to summative assessment at the start of the course.

Assessment activity	Weighting	Learning outcomes
Assessment portfolio Will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.	100%	All

Ākonga are required to provide sufficient evidence against all learning outcomes in order to pass the course.

Ngā Rauemi Ako | Learning Resources

All required and recommended resources are advised to ākonga via course outlines.

Version Tracking

Ver No.	Approved by	Approval date	Effective from	Description of change

MUSCOSKELETAL SURFACE ANATOMY					
Course code	REHB5605	Level	5	Credits	15
Pre-requisites	Nil	Co-requisites			
Main programme	NZD Wellness and Relaxation Massage L5	Other programmes		Nil	
Delivery modes	Provider-based	Total learning hours (See course delivery document for detailed breakdown.)			150

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

The aim of this course is to develop the knowledge, skills, and attributes to understand and apply the concepts of musculoskeletal surface anatomy in relation to massage therapy.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Describe the structure, function, and movement of joints of the body relevant to massage therapy.	2
LO2	Describe the origin, insertion, nerve supply and actions of muscles relevant to massage therapy.	2
LO3	Demonstrate palpation of bony landmarks and muscles relevant to massage therapy.	2

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> The skeletal system: The axial and appendicular skeleton, including bony landmarks Joints: structure, function, and range of movement of the principal joints of the body: shoulder, elbow, wrist, hip, knee, ankle, intervertebral joint
LO2	<ul style="list-style-type: none"> Muscles covered: trapezius, rhomboid major, rhomboid minor, erector spinae, quadratus lumborum, latissimus dorsi, deltoid, infraspinatus, teres minor, supraspinatus, subscapularis, teres major, levator scapulae, coracobrachialis, subclavius, serratus anterior, sternocleidomastoid, scalenes, splenius cervicus/capitus, semispinalis capitus/cervicis/thoracis, pectoralis major, pectoralis minor, biceps brachii, brachioradialis, brachialis, anconeus, triceps brachii, pronator quadratus, pronator teres, supinator, flexor carpi radialis, flexor carpi ulnaris, palmaris longus, flexor digitorum superficialis, extensor carpi radialis longus, extensor carpi radialis brevis, extensor digitorum, extensor carpi ulnaris, frontalis, temporalis, platysma, masseter, external oblique, internal oblique, internal intercostals, external intercostals, diaphragm, rectus abdominus, transversus abdominus, gluteus maximus, gluteus medius, gluteus minimus, piriformis, deep rotators, biceps femoris, semimembranosus, semitendinosus, iliopsoas, adductor longus, adductor magnus, adductor brevis, pectineus, gracilis, sartorius, rectus femoris, vastus medialis, vastus lateralis, vastus intermedius, tensor fascia lata, soleus, gastrocnemius, tibialis posterior, flexor hallucis longus, flexor digitorum

	longus, popliteus, plantaris, tibialis anterior, extensor digitorum longus, peroneus brevis, extensor hallucis longus, peroneus longus, peroneus tertius. • Nerve supply of the upper and lower extremity muscles.
LO3	Palpation techniques <ul style="list-style-type: none"> ○ Bony landmarks for muscle origin and insertions and ligaments ○ Muscles

Ngā Mahi Ako me te Whakaako | Learning & Teaching Activities

Learning and teaching activities will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.

Aromatawai | Assessment

Assessment in this course is achievement-based. Ākonga will be advised of all matters relating to summative assessment at the start of the course.

Assessment activity	Weighting	Learning outcomes
Assessment portfolio Will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.	100%	All

Ākonga are required to provide sufficient evidence against all learning outcomes in order to pass the course.

Ngā Rauemi Ako | Learning Resources

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Version Tracking

Ver No.	Approved by	Approval date	Effective from	Description of change

TE HĪRIRI					
Course code	REHB5606	Level	5	Credits	15
Pre-requisites	Nil	Co-requisites	Nil		
Main programme	NZD Wellness and Relaxation Massage L5	Other programmes	Nil		
Delivery modes	Provider-based	Total learning hours (See course delivery document for detailed breakdown.)			150

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

The aim of this course is to develop the knowledge, skills, and attributes to apply culturally responsive massage therapy practice in Aotearoa New Zealand.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Discuss the significance of Te Tiriti o Waitangi and The Treaty of Waitangi for massage therapy in Aotearoa/ New Zealand.	1
LO2	Describe the values of te ao Māori and their application to hauora.	1, 4
LO3	Demonstrate culturally responsive practice in the bicultural context of Aotearoa New Zealand.	1, 4, 5

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Te Tiriti o Waitangi and Tino Rangatiratanga Colonization in Aotearoa, Historical Legislation that disadvantaged Māori. Health access and outcome inequities for Māori
LO2	<ul style="list-style-type: none"> Te ao Māori – Māori worldviews, values, creation narratives and traditional belief systems Cultural safety within healthcare in Aotearoa New Zealand
LO3	<ul style="list-style-type: none"> Te reo Māori and tikanga within a massage therapy context (parts of the body, clinical and health-related concepts) Māori health models and how they're applied in massage therapy Principles of Te Tiriti o Waitangi applied to Hauora: Tino rangatiratanga, Equity, Active protection, Options, Partnership

Ngā Mahi Ako me te Whakaako | Learning & Teaching Activities

Learning and teaching activities will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.

Aromatawai | Assessment

Assessment in this course is achievement-based. Ākonga will be advised of all matters relating to summative assessment at the start of the course.

Assessment activity	Weighting	Learning outcomes
Assessment portfolio Will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.	100%	All

Ākonga are required to provide sufficient evidence against all learning outcomes in order to pass the course.

Ngā Rauemi Ako | Learning Resources

All required and recommended resources are advised to ākonga via course outlines.

Version Tracking

Ver No.	Approved by	Approval date	Effective from	Description of change

THE PROFESSIONAL PRACTITIONER					
Course code	REHB5607	Level	5	Credits	15
Pre-requisites	Nil	Co-requisites	Nil		
Main programme	NZD Wellness and Relaxation Massage L5	Other programmes	Nil		
Delivery modes	Provider-based	Total learning hours (See course delivery document for detailed breakdown.)			150

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

The aim of this course is to develop the knowledge, skills, and attributes to prepare for professional practice in the massage therapy context.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Discuss the development of contemporary massage practice within Aotearoa New Zealand.	1, 5
LO2	Examine the responsibilities of the professional massage therapist within Aotearoa New Zealand.	1, 4, 5
LO3	Develop a business plan for the wellness and relaxation massage industry.	1, 5

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> History of massage <ul style="list-style-type: none"> Professionalisation Legislation relevant to massage therapy practice (Local Government Body requirements, Health and Safety at Work Act 2015, Privacy Act 2020, Consumer Guarantees Act 1993, Medicines Act 1981, Health & Disability Commissioner Act 1994, Human Rights Act 1993).
LO2	<ul style="list-style-type: none"> Concepts of <i>professional</i> and <i>professionalism</i> Accountability, responsibility, codes of conduct, record keeping, quality control, legalities, ethical conduct, culturally responsive practice, reflective practice and knowledge of multicultural practices
LO3	<ul style="list-style-type: none"> Business planning Literacy development <ul style="list-style-type: none"> Writing and referencing skills Document literacy Digital literacy Numeracy development

Ngā Mahi Ako me te Whakaako | Learning & Teaching Activities

Learning and teaching activities will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.

Aromatawai | Assessment

Assessment in this course is achievement-based. Ākonga will be advised of all matters relating to summative assessment at the start of the course.

Assessment activity	Weighting	Learning outcomes
Assessment portfolio Will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.	100%	All

Ākonga are required to provide sufficient evidence against all learning outcomes in order to pass the course.

Ngā Rauemi Ako | Learning Resources

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Version Tracking

Ver No.	Approved by	Approval date	Effective from	Description of change

RELAXATION & WELLNESS MASSAGE CLINICAL PRACTICE					
Course code	REHB5608	Level	5	Credits	15
Pre-/Co-requisites	REHB5601, REHB5607				
Main programme	NZD Wellness and Relaxation Massage L5	Other programmes	Nil		
Delivery modes	Provider-based	Total learning hours (See course delivery document for detailed breakdown.)			150

Course Specific Requirements: Ākonga must complete a minimum of 50 hours of supervised clinical practice within a professional and ethical framework.

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

The aim of this course is to develop the knowledge, skills, and attributes to operate in a professional manner within a wellness and relaxation massage therapy context.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Manage clinical processes within a wellness and relaxation massage context.	4, 5
LO2	Demonstrate professional practice within a wellness and relaxation massage clinical setting.	4, 5
LO3	Apply wellness and relaxation massage in a supervised massage setting.	4, 5

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Before massage intervention <ul style="list-style-type: none"> Preparation Consultation Records During massage intervention <ul style="list-style-type: none"> Records Client assessment Application of treatment After massage intervention <ul style="list-style-type: none"> Records Evaluation of treatment Recommendations
LO2	<ul style="list-style-type: none"> Client-centric approach <ul style="list-style-type: none"> Interpersonal skills Therapeutic encounter Customer service Cultural responsiveness and safety

	<ul style="list-style-type: none"> • Ethical practice • Reflective practice • Self-care
LO3	<ul style="list-style-type: none"> • Clinical practice: clinic, classroom, community events, community placements. • Refinement of techniques • Feedback and modification • Observation • All training and supervised clinical practice are carried out in accordance with relevant legislation

Ngā Mahi Ako me te Whakaako | Learning & Teaching Activities

Learning and teaching activities will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.

Aromatawai | Assessment

Assessment in this course is achievement-based. Ākonga will be advised of all matters relating to summative assessment at the start of the course.

Assessment activity	Weighting	Learning outcomes
Assessment portfolio Will employ a range of elements drawn from approved methods to align with the context of the learning (delivery mode, regional specific requirement, etc.) and any particular needs of the group of ākonga.	100%	All

Ākonga are required to provide sufficient evidence against all learning outcomes in order to pass the course.

Ngā Rauemi Ako | Learning Resources

All required and recommended resources are advised to ākonga via course outlines.

Version Tracking

Ver No.	Approved by	Approval date	Effective from	Description of change