

Te Whakaaetanga me te Uiuitanga | Programme Acceptability and Consultation

**New Zealand Diploma in Remedial Massage
(Level 6)**

Leading to the award of:

**2741 New Zealand Diploma in Remedial Massage
(Level 6)**



Te Pūkenga

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1 The Unified New Zealand Diploma in Remedial Massage (Level 6)

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 Remedial Massage (Level 6) qualification was updated, with Version 2 published in April 2022. 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 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 Te Pūkenga network partners listed 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)
- 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 above collaborating Te Pūkenga network partners selected the SIT programme of study as the basis for the programme unification process, making minor revisions and incorporating certain components from other programmes, such as sport-related content from ToiO and Otago. 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 already enables multiple modes of delivery.
- Te Tiriti o Waitangi is evident across the programme.
- The programme was developed in close partnership with industry, hapū, iwi and Pacific communities.
- The programme is ākonga-centred and allows a focus on under-served ākonga (Māori, Pacific, disabled) and adult and second-chance ākonga).
- 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 Remedial Massage	XXXXX	1	120	6

which leads to the award of the following qualification

2741 New Zealand Diploma in Remedial Massage	2741	2	120	6
NZSCED	061711 Health>Rehabilitation Therapies>Massage Therapy			
Qualification developer	Massage New Zealand Incorporated			
Quality assurance body	New Zealand Qualifications Authority			
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 remedial massage services.

- Graduates will be able to work within the Massage New Zealand Scope of Practice defined by Remedial Massage.
- Graduates will communicate with and refer to, 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. Provide inclusive, culturally responsive, person-centred, safe practice using client-centred therapeutic relationship skills and meeting professional and ethical standards.
2. Analyse and apply anatomy and physiology knowledge relevant to remedial massage to meet client specific needs.
3. Evaluate, select and apply remedial massage protocols within scope of practice to solve client specific issues.
4. Evaluate, select and apply a range of self-management and client service knowledge and skills to meet remedial massage client and industry requirements.

Qualification education pathway

This qualification builds on the New Zealand Diploma in Wellness and Relaxation Massage (Level 5) [Ref: 2740].

This qualification may lead to higher level qualifications in massage therapy.

Employment/cultural/community pathway

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

- Home-based massage therapy or mobile clinics
- Community based massage therapy clinics
- Multi-disciplinary clinics
- Sports settings
- 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 remedial massage in Aotearoa New Zealand.
- Programmes must embrace cultural responsiveness and safety in remedial massage.
- Programmes must reflect knowledge of multicultural practice.
- Programmes must include a minimum of 100 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 examples of Kaupapa Māori Research and Western-based Research models when exploring remedial massage that are used to inform a case-study.
- Programmes must include: [Code of Health & Disability Services Consumers Rights](#) such as (but not limited to) informed consent.
- It is recommended that massage 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 6 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. New Zealand Diploma in Wellness and Relaxation Massage (Level 5) 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 score of 6 (general or academic) with no individual band lower than 5.5 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 of Remedial Massage (Level 6) , 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
	6	120	Nil	120
	Table 2: Schedule of Courses			
	Course code	Course title	Credits	Pre-requisites
	REHB6601	Functional Assessment and Clinical Reasoning	15	Nil
	REHB6602	Advanced Techniques 1	15	REHB6601
	REHB6603	Pathology for Massage Therapy	15	Nil
	REHB6604	Massage for Physical Performance	15	Nil
	REHB6605	Clinical Practice 1	15	REHB6601, REHB6602
	REHB6606	Advanced Techniques 2	15	REHB6602
	REHB6607	Clinical Practice 2	15	REHB6605
	REHB6608	Research for Massage Practitioners	15	Nil
	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 6 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	<p>Requirements and processes for</p> <ul style="list-style-type: none"> assessment submission,

additional opportunities	<ul style="list-style-type: none"> • resit and/or resubmission opportunities for failed assessments, • reassessment opportunities for failed courses, • 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

					Provide inclusive, culturally responsive, person-centred safe practice using client-centred therapeutic relationship skills and meeting professional and ethical standards.	Analyse and apply anatomy and physiology knowledge relevant to remedial massage to meet specific client needs.	Evaluate, select and apply remedial massage protocols within scope of practice to solve specific issues.	Evaluate, select and apply a range of self-management and client service knowledge skills to meet remedial massage clinic and industry requirements.	
Course Code & Title		Course Aim & Outcomes			Assessment	GPO 1	GPO 2	GPO 3	GPO 4
REHB6601	Functional Assessment and Clinical Reasoning	Aim	The aim of this course is to develop the knowledge, skills, and attributes to conduct massage therapy assessment and treatment planning.						
		LO1	Describe the principles and processes of assessment in massage therapy.		All LOs:			✓	
		LO2	Apply clinical assessment processes relevant to massage therapy.		Assessment portfolio			✓	
		LO3	Analyse assessment findings to inform treatment planning and evaluation of massage therapy.		(100%)	✓		✓	✓
REHB6602	Advanced Techniques 1	Aim	The aim of this course is to develop the knowledge, skills, and attributes to assess postural issues and apply relevant remedial massage therapy.						
		LO1	Discuss a range of advanced techniques and theory relevant to massage therapy.		All LOs:			✓	
		LO2	Assess postural and soft tissue dysfunctions of the upper body to inform massage therapy treatment.		Assessment portfolio			✓	
		LO3	Apply advanced massage therapy techniques to address common postural issues of the upper body.		(100%)			✓	
REHB6603	Pathology for Massage Therapy	Aim	The aim of this course is to develop the knowledge, skills, and attributes to examine the implications of pathology and medication on massage therapy.						
		LO1	Explain the inflammatory response to injury within a massage therapy practice context.		All LOs:		✓		
		LO2	Describe common diseases and disorders of the body systems and their significance to massage therapy.		Assessment portfolio		✓		
		LO3	Examine the neuroanatomy, neurophysiology, current theories, and treatment options for pain.		(100%)		✓		
		LO4	Assess the implications of common medications on massage therapy treatment.				✓		
REHB6604	Massage for Physical Performance	Aim	The aim of this course is to develop the knowledge, skills, and attributes to understand the psychology of injury and rehabilitation to inform massage therapy.						
		LO1	Describe the principles and processes relevant to sports injuries, injury prevention and rehabilitation strategies in massage therapy.		All LOs:		✓	✓	
		LO2	Discuss the psychology of injury and rehabilitation in relation to massage therapy.		Assessment portfolio		✓		
		LO3	Apply rehabilitation techniques to a range of sporting injuries.		(100%)	✓		✓	
REHB6605	Clinical Practice 1	Aim	The aim of this course is to develop the knowledge, skills, and attributes to plan, deliver and evaluate professional massage therapy in a practice context.						
		LO1	Plan massage therapy treatment in response to a client’s health status within a massage therapy practice context.		All LOs:		✓		✓
		LO2	Apply massage therapy treatment in response to a client’s health status within a massage therapy practice context.		Assessment portfolio	✓		✓	✓
		LO3	Reflect on the clinical processes and professional practices within a massage therapy practice context.		(100%)	✓			✓
REHB6606	Advanced Techniques 2	Aim	The aim of this course is to develop the knowledge, skills, and attributes to perform remedial massage in response to lower body postural issues.						
		LO1	Examine the relationship between postural changes, joint dysfunction and whole-body rehabilitation for structural and functional integrity of the body.		All LOs:		✓		
		LO2	Assess postural and soft tissue dysfunction of the lower body to inform massage therapy treatment.		Assessment portfolio			✓	
		LO3	Apply advanced massage techniques to address common postural issues of the lower body.		(100%)			✓	
REHB6607	Clinical Practice 2	Aim	The aim of this course is to develop the knowledge, skills, and attributes to demonstrate professional practice in massage therapy contexts.						
		LO1	Demonstrate safe and ethical professional practice in massage therapy contexts.		All LOs:	✓		✓	✓
		LO2	Apply critical thinking as a reflective practitioner in the massage industry.		Assessment portfolio	✓		✓	✓
REHB6608	Research for Massage Practitioners	Aim	The aim of this course is to develop the knowledge, skills, and attributes to utilise rangahau and research to inform massage therapy practice.						
		LO1	Discuss the principles of rangahau and research in relation to massage therapy.		All LOs:	✓			✓
		LO2	Investigate approaches to data collection and use in massage therapy.		Assessment portfolio	✓			✓
		LO3	Demonstrate evidence informed practice as a massage therapist.		(100%)	✓		✓	✓

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.

FUNCTIONAL ASSESSMENT AND CLINICAL REASONING					
Course code	REHB6601	Level	6	Credits	15
Main programme	NZD Remedial Massage L6	Other programmes		Nil	
Pre-requisites	Nil	Co-requisites			
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 conduct massage therapy assessment and treatment planning.

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 processes of assessment in massage therapy.	3
LO2	Apply clinical assessment processes relevant to massage therapy.	3
LO3	Analyse assessment findings to inform treatment planning and evaluation of massage therapy.	1, 3, 4

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none">Principles of assessmentSubjective assessmentFunctional testingClinical reasoning
LO2	Selection, safety, sequencing, justification, and prioritisation of testing procedures
LO3	<ul style="list-style-type: none">Interpretation of findings in relation to normal structure and functionSummary of client problem and treatment planningEvaluation of assessment, treatment, treatment outcomes

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

ADVANCED TECHNIQUES 1					
Course code	REHB6602	Level	6	Credits	15
Main programme	NZD Remedial Massage L6	Other programmes		Nil	
Pre-requisites	REHB6601	Co-requisites		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 assess postural issues and apply relevant remedial 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	Discuss a range of advanced techniques and theory relevant to massage therapy.	3
LO2	Assess postural and soft tissue dysfunctions of the upper body to inform massage therapy treatment.	3
LO3	Apply advanced massage therapy techniques to address common postural issues of the upper body.	3

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> NMT: philosophy, environmental factors, laws Trigger points: characteristics, physiology, treatment theories Fascial structure and dysfunction: concepts, physiology, functional lines, treatment theories Muscle energy techniques
LO2	<ul style="list-style-type: none"> Causes of postural changes: biomechanical, biochemical, psychosocial Common postural dysfunctions of the upper body including upper cross syndrome Assessment of postural change: <ul style="list-style-type: none"> Postural analysis and charting Muscle tests: range, endurance, strength Gait analysis Trigger point patterns
LO3	A range of advanced techniques applied to the upper body <ul style="list-style-type: none"> NMT protocols Trigger point techniques Myofascial techniques: MFR, heat/cold

	<ul style="list-style-type: none"> • Muscle energy techniques • Soft tissue release
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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

PATHOLOGY FOR MASSAGE THERAPY					
Course code	REHB6603	Level	6	Credits	15
Main programme	NZD Remedial Massage L6	Other programmes		Nil	
Pre-requisites	Nil	Co-requisites		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 examine the implications of pathology and medication on 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	Explain the inflammatory response to injury within a massage therapy practice context.	2
LO2	Describe common diseases and disorders of the body systems and their significance to massage therapy.	2
LO3	Examine the neuroanatomy, neurophysiology, current theories, and treatment options for pain.	2
LO4	Assess the implications of common medications on massage therapy treatment.	2

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Acute and chronic inflammation, healing, and repair Relevance to specific remedial massage techniques
LO2	Body systems: skeletal, muscular (including sports injuries), cardiovascular, respiratory, digestive, urinary, lymphatic and immune, nervous, integumentary
LO3	<ul style="list-style-type: none"> General theories of pain, pain complexity, and pain pathways Introduction to pain management treatment options
LO4	Common medications seen in massage therapy clinical practice

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

MESSAGE FOR PHYSICAL PERFORMANCE					
Course code	REHB6604	Level	6	Credits	15
Main programme	NZD Remedial Massage L6	Other programmes	Nil		
Pre-requisites	Nil	Co-requisites	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 the psychology of injury and rehabilitation to inform 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 principles and processes relevant to sports injuries, injury prevention and rehabilitation strategies in massage therapy.	2, 3
LO2	Discuss the psychology of injury and rehabilitation in relation to massage therapy.	2
LO3	Apply rehabilitation techniques to a range of sporting injuries.	1, 3

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Principles of training and conditioning Biomechanical aspects of injury Preventing injury Principles of sports injury rehabilitation
LO2	<ul style="list-style-type: none"> Psychological, emotional, and whole person responses to injury Psychological, emotional, and whole person aspects of rehabilitation Models of behaviour change
LO3	<ul style="list-style-type: none"> Soft tissue therapy techniques Therapeutic exercise Client education Adjunctive therapies

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

CLINICAL PRACTICE 1					
Course code	REHB6605	Level	6	Credits	15
Main programme	NZD Remedial Massage L6	Other programmes	Nil		
Pre-requisites	REHB6601, REHB6605	Co-requisites	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, safe clinical practice.

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

The aim of this course is to develop the knowledge, skills, and attributes to plan, deliver and evaluate professional massage therapy in a practice context.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Plan massage therapy treatment in response to a client's health status within a massage therapy practice context.	2, 4
LO2	Apply massage therapy treatment in response to a client's health status within a massage therapy practice context.	1, 3, 4
LO3	Reflect on the clinical processes and professional practices within a massage therapy practice context.	1, 4

Ngā Tūtohu o te Kiko | Indicative Content

LO1	Assessment and clinical reasoning skills are applied in a remedial massage clinical context in a supervised clinical setting
LO2	Remedial and sports massage techniques are applied in a remedial massage clinical context in a supervised clinical setting
LO3	<ul style="list-style-type: none"> Safe clinical practice within a professional, ethical, legal, culturally responsive, person-centred framework Maintain accurate records and evaluate outcomes and modify future treatment plans in response to clinical reasoning process and reflection on practice

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

ADVANCED TECHNIQUES 2					
Course code	REHB6606	Level	6	Credits	15
Main programme	NZD Remedial Massage L6	Other programmes		Nil	
Pre-requisites	REHB6602	Co-requisites		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 perform remedial massage in response to lower body postural issues.

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Examine the relationship between postural changes, joint dysfunction, and whole-body rehabilitation for structural and functional integrity of the body.	2
LO2	Assess postural and soft tissue dysfunction of the lower body to inform massage therapy treatment.	3
LO3	Apply advanced massage techniques to address common postural issues of the lower body.	3

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> • Joints: All joints of the body • Relationship: connectedness, whole body integration, postural integrity, interplay of structure and function
LO2	<ul style="list-style-type: none"> • Common postural dysfunctions of the lower body including lower cross syndrome • Assessment of postural change: <ul style="list-style-type: none"> ○ Postural analysis and charting ○ Muscle tests: range, endurance, strength ○ Gait analysis ○ Trigger point patterns
LO3	A range of advanced techniques applied to the lower body <ul style="list-style-type: none"> ○ NMT protocols ○ Trigger point techniques ○ Myofascial techniques: MFR, heat/cold ○ Muscle energy techniques ○ Soft tissue release

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

CLINICAL PRACTICE 2					
Course code	REHB6607	Level	6	Credits	15
Main programme	NZD Remedial Massage L6	Other programmes	Nil		
Pre-requisites	REHB6605	Co-requisites	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, safe clinical practice.

Whāinga/He Tauākī Akoranga | Aim/Outcome Statement

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

Ngā Hua o te Ako | Learning Outcomes

Upon the successful completion of this course, ākonga will be able to...		Graduate outcome alignment
LO1	Demonstrate safe and ethical professional practice in massage therapy contexts.	1, 3, 4
LO2	Apply critical thinking as a reflective practitioner in the massage industry.	1, 3, 4

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Professional, legal, and ethical standards Effective and efficient remedial and advanced massage treatment, incorporating outcome measurement tools and well-developed documentation skills Culturally responsive, client centred therapeutic relationship Client service Accountability Independent practice
LO2	<ul style="list-style-type: none"> Critical thinking skills Evidence-informed practice in massage therapy Self-management Reflect on and evaluate performance

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

RESEARCH FOR MASSAGE PRACTITIONERS					
Course code	REHB6608	Level	6	Credits	15
Main programme	NZD Remedial Massage L6	Other programmes		Nil	
Pre-requisites	Nil	Co-requisites		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 utilise rangahau and research to inform massage therapy practice.

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 rangahau and research in relation to massage therapy.	1, 4
LO2	Investigate approaches to data collection and use in massage therapy.	1, 4
LO3	Demonstrate evidence informed practice as a massage therapist.	1, 3, 4

Ngā Tūtohu o te Kiko | Indicative Content

LO1	<ul style="list-style-type: none"> Principles and processes of research practice Kaupapa Māori Research
LO2	<ul style="list-style-type: none"> Research agenda in massage therapy Common methods in massage therapy research
LO3	<ul style="list-style-type: none"> Research sources CARE guidelines for case reports; critique strategies; relevance of findings to clinical practice

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	100%	All

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.		
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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.

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