

ALLIED HEALTH

DIPLOMA IN WELLNESS & RELAXATION MASSAGE



Level 5, 120 Credits

Full time for 1 year

Part time for 3 years



Accreditation

The NZ Diploma in Wellness and Relaxation Massage is a great start for a career as a healthcare practitioner in massage therapy. Graduates work within a scope of practice defined by wellness and relaxation massage. As emerging practitioners, you are being prepared to work autonomously (predominantly as a self-employed massage therapist) and collaboratively with other health professionals, providing client centered wellness and relaxation massage in a variety of career opportunities.

Career opportunities may include:

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

This qualification is NZQA Accredited and is endorsed by Massage New Zealand. It also provides a pathway to higher levels of learning for those interested, (e.g. New Zealand Diploma in Remedial Massage, Level 6).

Student Success

'I chose to study at Wellpark College because of its reputation.

The wealth of knowledge that tutors have is amazing, they really are inspirational and excite us about the Massage industry and our potential in it.

We are taught to have a holistic vision of health. I think that I can be a point of difference because I'm using my knowledge to change people's life's.

The clinical component of my course was wonderful, we really do feel like Therapists while working and studying in the Clinic.

If Natural Therapies is your passion then Wellpark College is your College.

- Bel Sweetman



Entry Criteria

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

- Be 18 years of age prior to commencing your programme.
- NCEA Level 2 or the equivalent level. (Health Science is advantageous).
- Have no communicable diseases, physical or psychological impairments which may adversely affect your ability to undertake a programme of study or work with people in a clinical setting.
- Ability to communicate competently in English. Students where English is a secondary language will be required to provide IELTS certification for language proficiency. Contact our international enrolment advisor for more information enrolmentadvisor@wellpark.co.nz
- Provide a short cover letter stating reasons for wanting to study in the programme and work in the profession.
- Complete an interview with the programme leader and gain approval.



The Diploma will include the following elements:

- Skills to provide wellness and relaxation massage
- Variety of applications e.g. *Swedish; hot stones; aromatherapy; pregnancy; sports pre & post event; seated chair*
- Client centred, safe, ethical & professional practice
- Human body structure; form and function
- Use of reflective practice and critical thinking

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

Study Mode

This programme is delivered in a blended approach: [1] on-campus classroom sessions and [2] online components.

- Optimised time on campus
- Increased accessibility and autonomy of learning via online platforms
- Student-centered, interactive and practice-based classroom learning
- A variety of support structures: Tutors' attention to individual needs, regular tutorials and academic clinics, online resources, faculty & IT support.



Programme Details

Full Time Programme

NZ Diploma in Wellness and Relaxation Massage

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

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

Part-Time Programme

Part-time courses are run subject to College Management approval. Part-time fees apply to students enrolled in a Diploma qualification totalling less than 0.8 EFTS.

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



14 Mills Lane, Albany, Auckland 0632
 For further information visit our website
 on www.wellpark.co.nz, or phone +64 (9) 360 0560

