

Sports & Remedial Massage

Establish and manage a private practice in therapeutic massage and remedial techniques



THE REMEDIAL THERAPY COURSE

Remedial Therapies are the most popular and fastest growing areas of health care in the world today.

Remedial Therapists work by stimulating the body's own healing mechanisms through the 'touch' therapies and complementary techniques. Remedial Therapists work using techniques of massage, trigger point therapy, acupressure/shiatsu and aromatherapy to provide pain relief and restoration of mobility and relaxation.

The Remedial Therapy program at the Australian College of Sports Therapy is the most comprehensive program of its type and covers a broad range of therapeutic methods with emphasis on 'hands on' practical application throughout the course.

DIPLOMA OF REMEDIAL MASSAGE

The Diploma of Remedial Massage provides graduates with advanced skills and knowledge required to establish and manage a private practice in therapeutic massage and remedial techniques for treatment of pain and injury to muscles and joints, and restoration of mobility.

EMPLOYMENT OPPORTUNITIES

On completion of the Diploma of Remedial Massage, you can enter private practice or work in multi disciplinary clinics, or work with sporting organisations and clubs.

COURSE DURATION

Diploma - 1 year full time
Certificate - 6 months full time

PRE-REQUISITES

- » Pass in VCE or equivalent
- » Mature entry

ARTICULATION

Graduates of the Diploma of Remedial Massage have the option of continuing their studies in the Advanced Diploma of Remedial Massage (Myotherapy) or Advanced Diploma of Sports Therapy at ACST.

For more information please visit www.sportstherapy.edu.au or email enquiries to courses@sportstherapy.edu.au

Fitness / Personal Training

Fitness continues to grow as an emerging industry which is gaining in popularity



This is a fun career and a great way to achieve and maintain your own optimal level of health and fitness. Best of all, it's a great way to earn an income doing what you enjoy while helping others.

At the Australian College of Sports Therapy you have the opportunity to enhance your qualifications with a Certificate III or IV in Fitness/Personal Training, or join our student body as a future fitness professional.

These stand-alone certificates enable you to work with clients as a personal trainer and fitness consultant or be

www.sportstherapy.edu.au

employed in fitness centres, gyms and develop and lead corporate health programs.

Sports therapy, myotherapy and remedial massage students can complete these qualifications at an accelerated rate since your previous learning activities are recognised (RPL). Graduates from colleges and universities are welcome and are eligible for exemption for equivalent studies.



AUSTRALIAN COLLEGE
OF SPORTS THERAPY

AN EXCITING CAREER CHOICE



READY! SET! GO!

LAUNCH INTO A REWARDING CAREER

- ▶ SPORTS THERAPY
- ▶ FITNESS / PERSONAL TRAINING
- ▶ MYOTHERAPY
- ▶ SPORTS & REMEDIAL MASSAGE

2010 OPEN DAYS

Sunday 8th August
12 - 3 pm

Wednesday 11th August
7 - 9 pm

Sunday 12th September
12 - 3 pm

Wednesday 15th September
7 - 9 pm

www.sportstherapy.edu.au

Phone: 1300 ACST 00 or (03) 96703735



Apply through VTAC

Sports Therapy

A rewarding profession working in the fields of sport, complementary medicine, health and fitness.



Myotherapy

A professional program developing knowledge and skills in evaluation of injuries and delivering effective treatment.



ADVANCED DIPLOMA OF SPORTS THERAPY

Sports Therapists assess, treat and prevent disorders in human movement caused by injury. They also assist the athlete to perform at their peak.

Sports therapists are professional health care practitioners who provide treatment and rehabilitation, improvement of performance, increase mobility and fitness as well as injury prevention. Our Nationally Accredited three-year program in Sports Therapy will give you all the skills you need to become a qualified Sports Therapist.

It's all about: Prevention, Treatment and Rehabilitation of Sports Related Injuries and Optimising Athletic Performance.

Sports Therapists perform a wide range of tasks including:

- » Assessing clients to analyse problems and plan appropriate treatment
- » Using techniques to strengthen and stabilise muscles and joints
- » Performing peripheral joint mobilisation to improve mobility
- » Applying therapeutic modalities to ease pain, reduce swelling, improve range of movement and prevent further injury
- » Educating patients, their families and the community to prevent injury, achieve peak performance and lead healthy lifestyles

PROGRAM OF TRAINING

To become a Sports Therapist, you must complete the three year program of training at The Australian College of Sports Therapy.

The course has four components: foundation sciences, practical skills, clinical application and client practice management.

EMPLOYMENT OPPORTUNITIES

On successful completion of the Advanced Diploma of Sports Therapy you are fully qualified to set up and operate your own clinic, work in existing sports medicine centres, multidisciplinary clinics or as industry consultants.

COURSE DURATION

3 years full time

PREREQUISITES

- » Year 12 pass or equivalent including a pass in English, and one of the following: Biology, Chemistry, Physics, Physical Education, Health and Human Development
- » Mature entry

ACST also offers

GRADUATE CERTIFICATE OF SPORTS THERAPY

For assistance or information on enrolment and courses email enquiries to courses@sportstherapy.edu.au

Sports therapists help elite and recreational athletes achieve peak performance and be part of 'the action'.

THE MYOTHERAPY COURSE [Musculo Skeletal Therapy]

Musculo-Skeletal Therapy training at the Australian College of Sports Therapy is presented in a progressive structure that provides you with the knowledge and skills to run a successful health practice.

This course covers a wide range of knowledge, techniques and practical skills leading to a professional qualification in Myotherapy. Myotherapy is a rapidly growing health profession that specialises in the treatment and rehabilitation of muscle and joint disorders

Training is based upon the foundations of anatomy and physiology, biomechanics, exercise science and manual therapies. Myotherapy practice includes injury prevention, treatment of injury and rehabilitation. A range of therapeutic modalities, including myofascial and deep tissue techniques and corrective exercises are employed in the treatment of sport, work and motor vehicle injuries.

ARTICULATION

The College has established articulation arrangements with several universities which allow graduates of Advanced Diplomas to complete Bachelor and Masters Degrees in related fields.



PRE-REQUISITES

- » Pass in year 12 or equivalent, including English and at least one of: Biology, Physical Education or Health and Human Development
- » Mature entry

EMPLOYMENT OPPORTUNITIES

Myotherapists are trained in health science and practical application of therapeutic modalities leading to competence in Soft Tissue Musculo-Skeletal Assessment and Treatment. Myotherapists work in private practice, with medical specialists, physiotherapists and other health professionals in multidisciplinary clinics.

COURSE DURATION

2.5 years full time

THE COLLEGE

Join an institution with a long tradition of delivering high-quality health care education in a friendly and supportive environment.

Sports Therapy is the fastest growing and one of the most rewarding professions in the fields of health and fitness. The Australian College of Sports Therapy is proud to offer the Advanced Diploma of Sports Therapy. We are Australia's leading private educational institution offering professional training in Sports Therapy, Myotherapy, and Remedial Therapy. All courses are Government Accredited and Nationally Recognised and are the most comprehensive courses in Sports Therapy and Musculo-Skeletal Assessment and Treatment in Australia.



CRICOS Provider Code: 02141D
Provider Number: 4650

AUSTRALIAN COLLEGE OF SPORTS THERAPY

341 Queen Street, Melbourne VIC 3000
Phone: 1300 ACST 00 | (03) 96703735
Email: courses@sportstherapy.edu.au
www.sportstherapy.edu.au