VFA Learning

› EDUCATIONAL PATHWAYS
› CAREER OUTCOMES
2016 Course Guide

EXPERIENCE DIFFERENT

GEELONG, ESSENDON FIELDS, NARRE WARREN + ONLINE

vfalearning.vic.edu.au
# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do you want your future to look like?</td>
<td>1</td>
</tr>
<tr>
<td>Start your journey with VFA Learning</td>
<td></td>
</tr>
<tr>
<td>Get on board with us</td>
<td>2</td>
</tr>
<tr>
<td>10 reasons why VFA Learning is the way to go</td>
<td></td>
</tr>
<tr>
<td>Follow your own pathway</td>
<td>4</td>
</tr>
<tr>
<td>Alternative routes to higher education</td>
<td></td>
</tr>
<tr>
<td>Five reasons why a fitness career has never looked better</td>
<td>6</td>
</tr>
<tr>
<td>Personal Trainer + Diploma of Sports Development</td>
<td>8</td>
</tr>
<tr>
<td>Combo Course</td>
<td></td>
</tr>
<tr>
<td>Fitness Courses – Certificate III + IV</td>
<td>10</td>
</tr>
<tr>
<td>Kick-start your personal training career</td>
<td></td>
</tr>
<tr>
<td>Fitness Courses – Diploma</td>
<td>12</td>
</tr>
<tr>
<td>Take the next step</td>
<td></td>
</tr>
<tr>
<td>Three reasons that the world depends on childcare professionals</td>
<td>14</td>
</tr>
<tr>
<td>Diploma of Early Childhood Education and Care</td>
<td>16</td>
</tr>
<tr>
<td>Massage’s magic touch</td>
<td>18</td>
</tr>
<tr>
<td>Diploma of Remedial Massage</td>
<td>20</td>
</tr>
<tr>
<td>Advanced Diploma of Myotherapy</td>
<td>22</td>
</tr>
<tr>
<td>Additional information online</td>
<td>23</td>
</tr>
<tr>
<td>2015 Open Days</td>
<td>24</td>
</tr>
</tbody>
</table>
What do you want your future to look like?

START YOUR JOURNEY WITH VFA LEARNING

Welcome to VFA Learning. We’re here to help you achieve your potential. Whether you’re at secondary school, have just finished Year 12 or are returning to study, VFA Learning offers an enjoyable learning experience that will help you to step into a rewarding career or higher education.

In this guide you’ll find information about our courses and the careers they can unlock, as well as our unique student support program and our ground-breaking teaching methods. You’ll also learn more about our university pathways with Deakin and Federation Universities.

VFA Learning is all about the journey. Experience it with us.

Message from the Director of Quality

At VFA Learning, we believe that the hallmarks of a great education are knowledge, preparation and experience. We have very high completion rates and the majority of our graduates achieve job or university placements. The VFA Learning difference? Our success is guided by four basic values:

SUPPORT
By emphasising support in and out of the classroom, we provide all the tools for an enjoyable study journey. Our unique Student Wellbeing Assistance Program (SWAP) is designed to help students achieve their potential with dedicated homeroom teachers, hands-on learning and student placement assistance.

CREDIBILITY
Our team of highly skilled and dedicated trainers is committed to seeing you gain the knowledge, practical skills and industry experience to confidently transition into the workforce or higher education. VFA Learning is highly respected in industry because our students are known for being well-prepared.

PROGRESSION
Over the last 18 years, VFA Learning has grown to three purpose-built education facilities in Geelong, Narre Warren and Essendon Fields. More than 6,000 students have graduated from our nationally-accredited courses, and many of our students are accepted into degree courses via our pathways to Deakin and Federation Universities.

Our focus on innovation extends to our teaching methods. In 2015 we successfully trialled a flexible-learning program called ‘Flipped Learning’ with our Certificate III and IV in Fitness students. The trial achieved greatly improved study results and very positive student feedback. As a result, from 2016 all of our courses will incorporate this new style of learning.

FUN
Lastly, VFA Learning was founded on fun, energy and positivity – values that we take seriously! You’ll find that our trainers like to mix things up by conducting classes outside the classroom, or having a childcare student group sing along to a nursery rhyme. Our trainers really focus on making each session as engaging as possible.

Education is one of the keys to a better life. We look forward to assisting you in your development through one of our education programs and onto a first class career.

Justin Healy
Director of Quality
Get on board with us

10 REASONS WHY VFA LEARNING IS THE WAY TO GO

1. We look out for our people with the VFA SWAP

VFA Learning has a unique pastoral care service called ‘SWAP’ (or Student Wellbeing Assistance Program). This program is designed to assist you through your qualification by supporting good study habits and attendance at classes.

SWAP incorporates the following services:
› Assigning a dedicated homeroom teacher to each class.
› Monitoring student progress via our purpose-built Online Learning Management System.
› Coordinating student practical work placements, ensuring we match each student with the most appropriate centre.
› Regular contact with students and employers during practical placements to ensure performance standards are being met.
› Providing students with access to professional counselling via our partnership with professional councillors.

2. Pathway To Higher Education

Missing out on a university place needn’t be a problem for our Diploma of Fitness, Sports, Massage and Childcare students. We have established pathways with Deakin University and Federation University, enabling you to transition into uni after completing a Diploma course. In addition, our Diploma courses will give you the skills to get a job in your field while you study at Uni.

3. Government Funding Available

Eligible students may be able to take advantage of government subsidies through the Victorian Training Guarantee.

4. VET Fee Help Available

VFA Learning students undertaking a Diploma level course or above have access to VET Fee Help which allows them to learn now and pay later.

5. Experienced Educators

We have spent 18 years in the education industry helping people like you to create exciting futures for themselves. Our teaching staff are experienced, dedicated and have achieved success in their chosen field.

6. Hands On, Flexible Learning

We favour a practical approach by turning theories into knowledge through doing – not just reading or listening. From 2016, all of our courses will offer the Flipped Learning Program, which focuses on practical classroom activities with a portion of theory taught in online modules. This program has been shown to improve student results as well as free up contact hours, offering students a new level of flexibility when it comes to study.

7. Our Students Complete

It is important to us that when you commence a course, we do everything we can to ensure you complete the qualification you were hoping for. It’s a team effort – we’re here to help.

8. Industry Links

Our strong industry partnerships lead to excellent career opportunities for graduates. For example, in 2014, 77% of our Children’s Services graduates found employment after completing their course.

9. State of the Art Facilities

Each of our three purpose-built campuses in Geelong, Narre Warren and Essendon Fields are equipped with a student gym, computer labs, student lounge, massage clinic and more.

10. Nationally Accredited Training

VFA Learning is a registered training organisation (TOID 22360) and all courses are nationally accredited.
One of my roles is to go out into the industry and liaise with childcare centres and kindergartens in relation to placements for students. We try and place students in centres that are particularly suited to them.

Karla Gumina, Head of Childcare

SWAP Results

Our completion rates and student satisfaction scores have been significantly improved by our hands-on learning approach and regularity of face-to-face discussions between homeroom teachers and students. (Just for the record they were pretty good to start with...)
Follow your own pathway

ALTERNATIVE ROUTES TO HIGHER EDUCATION

Looking for another way to get into uni? We’re proud of our strong partnerships with both Deakin and Federation Universities, which give many of our students the opportunity to transition straight into higher education. In 2014, around a quarter of our Diploma of Sports Development students went on to university. We’re pleased that 100% of those who applied were accepted into their preferred course.

Deakin University

Deakin is in the top 3% of the world’s universities, as ranked by all three of the major international university ranking systems. It has campuses in Melbourne, Geelong and Warrnambool as well as offering courses online via Deakin cloud learning. You can also study close to home in a supported tertiary environment at a Deakin Learning Centre using leading-edge technology. Learning centres provide access to higher education at sites in Craigieburn, Dandenong, Mornington Peninsula, Bass Coast, Portland, Swan Hill and Werribee.

deakin.edu.au

Federation University Australia

FedUni (previously University of Ballarat) has been rated with 5 stars for teaching quality six years in a row*, and has the highest graduate employment rating** of any Victorian-based public university.

federation.edu.au


VFA Learning helped me to finish with a really good qualification, which enabled me to get a job in the industry straight away, and really pursue my passion of working with children. I’m now studying a Bachelor of Primary Education at Deakin University to further my education.

Sophie Desborough
# PLOT YOUR COURSE

<table>
<thead>
<tr>
<th>Sport + Fitness Diploma Combo Course</th>
<th>After 3 Months</th>
<th>After 6 Months</th>
<th>After 12 Months</th>
<th>After 18 Months</th>
<th>After 2 Years</th>
<th>After 3 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certificate III in Fitness</td>
<td></td>
<td></td>
<td>Certificate IV in Fitness</td>
<td>Diploma of Sport Development</td>
<td>Federation University:</td>
<td>Deakin University:</td>
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<td></td>
<td></td>
<td></td>
<td>Working as a Fitness Instructor</td>
<td></td>
<td>Bachelor of Sport Management or Bachelor of Health Science (Sport and Exercise Science)</td>
<td>Bachelor of Exercise and Sports Science</td>
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<tr>
<td>Certificate IV in Fitness</td>
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<td>Working as a PT</td>
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<tr>
<td>Diploma of Fitness (12 months)</td>
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<tr>
<td>Diploma of Sport Development (9 months)</td>
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<td>Diploma of Early Childhood Education and Care (12 months)</td>
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<td>Diplomas in Massage</td>
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<tr>
<td>Diploma of Remedial Massage</td>
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<tr>
<td>Advanced Diploma of Myotherapy (12 months P/T)</td>
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Guide only and course length and pathways may vary for most up to date pathway information refer vfalearning.vic.edu/vfa-difference/pathways
1. IT’S A GROWTH SECTOR

In the five years to 2013, jobs for Sports Coaches, Instructors and Officials grew by 43.5%, while all other jobs grew just 6%! This trend is predicted to continue, with up to 50,000 jobs available in the sports sector by 2018. Time to get on board!

Source: ABS LFS, Department of Employment trend data to November 2013

2. YOU CAN SHAPE A HEALTHIER NATION

Australia is facing an obesity epidemic, which is linked to poor nutrition and a lack of exercise. The fitness industry plays an increasingly important role in education, prevention and actively changing our nation’s waistlines. As a fitness professional, what you do on a day-to-day level will directly and positively impact the health of others.

3. IT TAKES JUST 3 MONTHS TO GET A FOOT IN THE DOOR

Your first qualification starts with a Certificate III in Fitness, which allows you to work in a gym as a Fitness Instructor after 3 months. From there, your can undertake more qualifications (often as you work) to reach your career goals.
4. CHOOSE YOUR OWN ADVENTURE

The fitness industry offers lots of ways to create your perfect working environment. You can work in gyms, fitness and wellness centres, outdoors, or with corporates, athletes and professional sports groups. You can be your own boss or work for others, and you can usually enjoy flexible working hours. Working in fitness gives you control of your career.

5. IT’S NEVER BORING!

The fitness industry constantly evolves with new research, trends and changing health needs. This year’s hot trends include Body Weight Training, High-Intensity Interval Training (HIIT), yoga, fitness for older people and group personal training. A career in fitness is never boring!

Source: American College of Sports Medicine, 2014.
Personal Trainer + Diploma of Sports Development

**COMBO COURSE**

If you’re looking for the most comprehensive fitness course available, then our elite sports development Diploma program is for you.

**Combine your passion for fitness with your love of sport**

The fitness and sports industries are growing rapidly and the demand for appropriately qualified staff has never been higher. This course has been created in consultation with industry to provide graduates with a diverse range of skills, ensuring that they are equipped for career success. The course has also been designed to provide pathway opportunities for those wanting to move into higher education.

**COURSE OVERVIEW**

<table>
<thead>
<tr>
<th>Duration:</th>
<th>1 year</th>
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<tbody>
<tr>
<td>Major Study Areas:</td>
<td>Personal Training, Fitness Business, Elite Training Principles, Professional Skill Development</td>
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<tr>
<td>Intake:*</td>
<td>2016: January, July</td>
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<tr>
<td>Entry Requirements:</td>
<td>Language, Literacy + Numeracy Test (LLN). No A.T.A.R score required. Must be 16 years of age or older</td>
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*Intake dates may vary by campus.

**MAJOR STUDY AREAS**

**CERTIFICATE III IN FITNESS CIII**

- Certificate III in Fitness (Gym Instructor)
- Exercise Assessment and Programming
- First Aid
- Body Structure and Function
- Communication and Leadership

**CERTIFICATE IV IN FITNESS CIV**

- Certificate IV in Fitness (Personal Trainer)
- Advanced Programming Techniques
- Fitness Assessment/Testing Methods
- Posture Training
- Marketing and Business
- Resistance Training

**DIPLOMA OF SPORTS DEVELOPMENT Dip**

- Sport Development and Management
- Developing Athletes Programs
- Athlete Strength and Conditioning
- Enhancing Athletic Performance
- Sports Psychology
- Talent Identification

Average full time weekly earnings before tax for sports, coaches, instructors and officials: $1,104. Average earnings for all occupations: $1,152. Source: www.myskills.gov.au
As a previous VFA student and someone who is looking to employ people in the fitness industry, I am always looking out for ‘VFA’ on resumes – I think VFA Learning does a great job and it has some of the leading Trainers in the industry.

Jamie Bissett, Owner of Strong Geelong Gym
Certificate III in Fitness

TAKE THE FIRST STEP INTO YOUR FITNESS CAREER

Become a Gym Instructor
Our Certificate III in Fitness course will give you the core skills needed to help train people in the gym. You’ll learn how to instruct using basic fitness equipment, develop general fitness programs and provide nutritional advice to clients.

COURSE OVERVIEW

<table>
<thead>
<tr>
<th>Duration:</th>
<th>3 Months FT</th>
</tr>
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<tr>
<td>Intake:*</td>
<td>FT 2016: January, April, July</td>
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<td></td>
<td>PT 2016: January, July</td>
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<tr>
<td>Entry Requirements:</td>
<td>Language, Literacy + Numeracy Test (LLN). No A.T.A.R score required Must be 16 years of age or older</td>
</tr>
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*Intake dates may vary by campus.

LEARNING PATHWAYS

› Certificate IV in Fitness (CIV)

CAREER OUTCOMES
Our Certificate III in Fitness course will teach you how to build the core skills required to help train people in the gym, giving you a great foundation before studying more advanced programs like the Certificate IV in Fitness, Diploma of Fitness or Diploma of Sports Development.

For up-to-date information, visit vfalearning.vic.edu.au/sport-fitness
Certificate IV in Fitness
AMPLIFY YOUR FITNESS SKILLS

CERTIFICATE IV IN FITNESS

Become a Personal Trainer

Build your confidence to take control of your programs and personal training clients. You’ll dig deeper into the Fitness Industry and develop business, marketing and communication skills to ensure your personal brand connects with people in any fitness environment.

COURSE OVERVIEW

<table>
<thead>
<tr>
<th>Duration:</th>
<th>3 Months FT</th>
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<tbody>
<tr>
<td>Intake:*</td>
<td>FT 2015: September; 2016: April, September</td>
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<tr>
<td></td>
<td>PT 2016: July</td>
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<tr>
<td>Entry Requirements:</td>
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<tr>
<td></td>
<td>No A.T.A.R score required</td>
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*Intake dates may vary by campus.

LEARNING PATHWAYS

› Diploma of Sports Development
› Diploma of Fitness

CAREER OUTCOMES

Become a Personal Trainer, helping people to become their best through health and fitness. Benefit from strong industry growth and run your own business or work in a gym or fitness centre – the options are limitless!

For up-to-date information, visit vfalearning.vic.edu.au/sport-fitness

My Personal Training course at VFA Learning was great fun, very hands on and gave me the confidence and skills to start my own sport and fitness businesses after my football career finished

Ben Dixon
Ex Hawthorn Football Player and current Director of Draft Star

(SIS40210)
Become a True Fitness Professional

Our Diploma of Fitness is designed for personal trainers who wish to provide exercise training to particular clients such as children, people with special needs or athletes. Graduating from this course will enable you to work with clients on a one-on-one or group basis.

**COURSE OVERVIEW**

- **Duration:** 12 Months PT
- **Major Study Areas:** Working with injured clients, Conditioning for sport, Training special populations, Training Children, Nutrition
- **Intake:** 2016: January
- **Entry Requirements:** Language, Literacy + Numeracy Test (LLN). Successful Completion of Certificate IV in Fitness Industry Experience

*Intake dates may vary by campus. ** Certificate III and IV required

**CAREER OUTCOMES**

- Advanced Personal Trainer**
- High Performance Manager
- Older Adults Trainer

For up-to-date information, visit vfalearning.vic.edu.au/sport-fitness
Our Elite Sports Development course

Our Diploma of Sports provides an alternate pathway to higher education whilst also broadening your skill set into the fields of Sports Management and High Performance.
Once you have become qualified you could find yourself working as a sport development officer for a national sporting body, a Competition Manager or a Talent Identification Manager.

COURSE OVERVIEW

<table>
<thead>
<tr>
<th>Duration:</th>
<th>9 Months FT</th>
</tr>
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<tbody>
<tr>
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<td>Entry Requirements:</td>
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*Intake dates may vary by campus.

CAREER OUTCOMES

› High Performance Manager
› Talent Scout/Athlete Development
› Sporting and/or Facility Manager
› Strength and Conditioning Coach

For up-to-date information, visit vfalearning.vic.edu.au/sport-fitness

* Deakin course application process applies.
Three reasons that the world depends on childcare professionals

1. THEY SHAPE OUR NEXT GENERATION
The first years of a child’s life are critical to their future education and development. Being part of that is a big responsibility! By becoming a childcare professional, you will make a positive impact on our next generation.

2. THEY LOVE KIDS
People become childcare educators primarily because they love being with kids! They spend quite a lot of time with other people’s children, so it’s important to for parents to know that their children are safe and happy in the hands of qualified people who genuinely care about them.

3. THERE AREN’T ENOUGH OF THEM
Demand for good quality childcare educators has never been greater. It is one of Australia’s fastest growing employment sectors, with more than 50,000 expected jobs available in 2018.
Source: myskills.gov.au

77% OF VFA GRADUATES ARE EMPLOYED AFTER 6 MONTHS
Three reasons that the world depends on childcare professionals

I would highly recommend VFA Learning because not only are they very professional, they have high expectations for their students, providing them with wonderful support.

Lisa Walters
Centre Director
Town and Country Children’s Centre
Diploma of Early Childhood Education and Care

**Make a positive impact on our next generation**

If you have a passion for education and children, then becoming an Early Childhood Educator is for you. Sing, dance, learn and create with children from 6 weeks to 5 years of age.

The Diploma of Early Childhood Education and Care will equip you with the skills to be responsible for planning, implementing and managing programs in early childhood services. In most states it is the highest level for children’s services centre-based care, and you’ll graduate with the skills required to work as a Childcare Assistant or Centre Manager.

This course is delivered as a blended learning model designed to allow you more flexibility with your learning so you can still work whilst you obtain your diploma. We also assist with organising practical placements where required and on-the-job training is supported by regular visits to the workplace by a qualified Early Childhood Assessor.

**COURSE OVERVIEW**

<table>
<thead>
<tr>
<th>Duration:</th>
<th>12 Months FT</th>
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<tr>
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<td>2016: January</td>
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<td>2016: April</td>
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<td>2016: July</td>
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<tr>
<td>Entry Requirements:</td>
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<tr>
<td></td>
<td>No A.T.A.R score required</td>
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<td></td>
<td>18 years of age</td>
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</tbody>
</table>

*Intake dates may vary by campus.

**GOVERNMENT FUNDING AVAILABLE**

**CREDIT TRANSFER ARRANGEMENT**

Job openings over the next 5 years are expected to be greater than 50,000.

The average Australian early childhood employee salary is $52,000

Source: Mycareer Salary Centre 2015
This course was designed after a thorough consultation process with the childcare industry. The curriculum allows for the practical skills development essential for success in the childcare workplace. You can be assured that when you leave the course and enter a childcare career, you will have the skills necessary to make an instant impact.

Karla Gumina, Head of Childcare
WANT TO DEDICATE YOUR CAREER TO MAKING PEOPLE FEEL BETTER?

Consider massage therapy – a true ‘giving’ vocation

Often thought of as miracle workers, Massage Therapists can:

› Reduce muscle tension
› Improve circulation
› Stimulate the lymphatic system
› Reduce stress hormones
› Increase joint mobility and flexibility
› Improve skin tone
› Promote speedier healing of soft tissue injuries
› Heighten mental alertness

Source: www.betterhealth.vic.gov.au

Often, Massage Therapists become experts in several modalities which require specific skills and techniques. VFA Learning provides two comprehensive courses – the Diploma of Remedial Massage and Advanced Diploma of Myotherapy which provides the skills to widen the scope of a traditional Remedial Massage Therapist.
I’d recommend studying at VFA Learning to anyone who wants flexibility in their hours, who want to start their own business or be their own boss, and for someone who likes the practical side of learning.

Ashleigh Cox
Advanced Diploma of Remedial Massage and Myotherapy graduate and massage clinic owner
Diploma of Remedial Massage

Get hands on with your career

Our Diploma of Remedial Massage will provide you with a high level of understanding of anatomy and physiology. In addition it will equip you to physically assess, treat and manage clients as well as interact with other health care practitioners. Upon graduating, you can use your skills to offer advanced manual treatment for those suffering from sports or work-related injuries.

COURSE OVERVIEW

| Duration: | 12 months FT |
| Intake:* | FT 2016: January, August  
PT 2016: January, July |
| Entry Requirements: | Language, Literacy + Numeracy Test (LLN).  
Successful completion of Certificate IV in Massage |

* Intake dates may vary by campus.

MAJOR STUDY AREAS

› Advanced Anatomy, Physiology and Palpation  
› Remedial Massage – Assessment Framework  
› Remedial Massage – Functional Assessments  
› Pathology  
› Remedial Massage Techniques  
› Sport Injury Management

GOVERNMENT FUNDING AVAILABLE

BACHELOR OF HEALTH SCIENCE

GUARANTEED DIRECT PATHWAY
CLINICAL EXPERIENCE
Students can undertake clinical hours at VFA Learning Teaching Clinic located at each academy. These hours are completed under the direct supervision of our qualified practitioners providing students with the opportunity to develop clinical skills in patient assessment and management.

CAREER OUTCOMES
› Elite Sporting Clubs
› Multidisciplinary Health Practice
› Small Business Owner (massage business)
› Beauty Salons
› Health Retreats/Resorts and Cruise Ship Employment

For up-to-date information, visit vfalearning.vic.edu.au/massage-therapy

The most rewarding part of my job is seeing students that we’ve taught at VFA working in multi-disciplinary clinics or in sporting teams, and having the ability to choose when and how they want to work.

Hayley Biffin
Teacher of Diploma of Remedial Massage and Advanced Diploma of Myotherapy
Advanced Diploma of Myotherapy

Healing with your hands

Myotherapists assess and physically treat myofascial pain, injury and dysfunction affecting movement and mobility.

Our Advanced Diploma of Myotherapy is focused on allowing you to enhance your technical and theoretical skills gained working as a Remedial Massage Therapist. Further exploring injury, muscular dysfunction and pain, the course allows you to enhance your current scope of practice. A distinguishing feature of Myotherapy is the clinical reasoning used, in which standard methods of evaluation are used, such as orthopaedic tests, postural assessment and muscle function and evaluation.

COURSE OVERVIEW

Duration: 12 months PT
Intake:* PT 2016: February
Entry Requirements: Language, Literacy + Numeracy Test (LLN). Successful completion of Diploma in Remedial Therapy

* Intake dates may vary by campus.

MAJOR STUDY AREAS

› Corrective exercise
› Nutrition
› Dry needling, Cupping
› TENS
› Myofascial treatment methods
› Pathologies and treatment strategies
› Business management skills – so you can manage staff as you run your own Myotherapy practice
› Function and Movement Assessment methods

CLINICAL EXPERIENCE

Students can undertake clinical hours at VFA Learning Teaching Clinic located at each academy. These hours are completed under the direct supervision of our qualified practitioners providing students with the opportunity to develop clinical skills in patient assessment and management.

CAREER OUTCOMES

› Elite Sporting Clubs
› Multidisciplinary Health Practice
› Small Business Owner (massage business)
› Health Retreats/Resorts and Cruise Ship Employment

For up-to-date information, visit vfalearning.vic.edu.au/massage-therapy
School-Based Apprenticeships or Traineeships Program

vfalearning.vic.edu.au/school-based-apprenticeships

Victorian Certificate of Applied Learning (VCAL) with 7 hours a week of paid part-time work in their chosen industry. Work placement times are scheduled around school timetables and industry requirements.

Students are also released from their school timetable one afternoon each week to attend a Registered Training Organisation (RTO) where they complete their formal training. VFA Learning offers training out of each campus (Narre Warren, Geelong and Essendon Fields). Successful completion of the traineeship also results in the student receiving credits toward either VCE or VCAL.

As well as gaining a nationally-recognised qualification, students also gain valuable experience as they receive part-time employment in their chosen industry for 7 hours a week for the duration of the program.

Audit Reports

vfalearning.vic.edu.au/vrqqa-audit

VET Fee Help

vfalearning.vic.edu.au/vfa-diffrence/vet-fee-help

VET Fee Help is an Australian Government Loan scheme that helps eligible students pay their tuition fees for Diploma and above VET courses undertaken at an approved provider (such as VFA Learning)

*Terms and Conditions apply. This training is delivered with Victorian and Commonwealth Government Funding. Service fee applies. TOID 22360. People with Disabilities are encouraged to apply.
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JULY 5 & OCTOBER 11

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EMAIL: ryan@vfalearning.vic.edu.au

Geelong
CAMPUS: 78 Yarra Street, Geelong, VIC 3220
PHONE: (03) 5223 6800
EMAIL: stuart@vfalearning.vic.edu.au

Essendon Fields
CAMPUS: 181 Hammond Ave, Essendon Fields, VIC 3041
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