



NZ Diploma in Wellness and Relaxation Massage

Level 5

Develop your skills to work in the field of wellness and relaxation massage with this level 5 qualification.

After graduating you will be able to work within the scope of practice defined by wellness and relaxation massage. You will communicate with and refer to remedial massage therapists, allied health, wellness and medical professionals for specialist services.

You could also further your career path by progressing on to the NZ Diploma in Remedial Massage (Level 6).

Location	Hawke's Bay
Start	February and July*
Length	One year full-time**
Contact	Sue Jackson Phone: 06 830 1521 Email: sjackson@eit.ac.nz

* Subject to sufficient enrolments.

** Part-time study available.

For NZ Citizens and Permanent Residents



TE AHO A MĀUI



Te Pūkenga

Put people's wellbeing in your hands

The NZ Diploma in Wellness and Relaxation Massage is a one year full-time or equivalent part-time programme, which offers you stimulating studies leading towards a qualification as a massage therapist.

This programme provides practical and theoretical knowledge and skills in massage and has close links with the Bachelor of Sport and Exercise Science. In this application pack, you will find information about the programme and descriptions for each of the subjects covered.

You are welcome to make an appointment to discuss your study options with our staff and to view our facilities.

Career and study opportunities

As a graduate of this diploma you can go on to study either the NZ Diploma in Remedial Massage (Level 6) or the Bachelor of Sport and Exercise Science.

You will be qualified to work as a wellness and relaxation massage therapist in a broad range of wellness and relaxation massage settings.

Possible job and career opportunities exist within:

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

Timetable

Your study time will be made up of contact time (class times, tutorials, industry-based learning) and non-contact time (your own individual study time, online learning).

Contact time

Those who study full-time will spend approximately 35.5 hours studying, including classroom and individual study time, on average per week.

Access to a computer and the internet is required to complete this programme.



NZ Diploma in Wellness and Relaxation Massage

Level 5, 120 credits

 Hawke's Bay

Full-time:
1 year



Part-time:
equivalent

Fee:



Visit fees.eit.ac.nz to see the fees for this programme

Additional costs

- \$250 approximately for textbooks
- \$40 approximately for polo shirt
- \$600 approximately for massage table and linen

Entry requirements

Academic requirements

- NCEA Level 2 or equivalent; or
- An NZQA recognized qualification in Massage Therapy, level 4 or above; or
- An applicant who is over 20 can provide evidence of their ability to succeed.

Health and professional requirements

All applicants are required to:

- Complete a NZ Police Vetting Service Request and Consent form.
- Sign a declaration that they are in good health (having no medical, physical or psychological conditions that would preclude working with vulnerable clients).

If the declaration identifies any issue that may impact on the applicant's ability to complete the programme, the applicant can discuss this with the Programme Coordinator at an information session. EIT | Te Pūkenga reserves the right to decline entry to the programme should an applicant's police record or health difficulties be such that they would be considered unsuitable for the type of work undertaken whilst on this programme or by graduates of this programme. The guidelines on which this decision will be based are the relevant professional association or industry requirements.

English language entry requirements

All applicants must demonstrate an acceptable level of English language fluency prior to acceptance in the programme. Ways in which English language fluency may be demonstrated include the following:

- Successful study of a programme in which English was the language of instruction
- Completion of a New Zealand Certificate in English Language (Level 4 with any endorsement)

2024 Key dates

Intake one Starts: Monday, 19 February
Year ends: Friday, 29 November

Intake two Starts: Monday, 22 July
Subject to sufficient enrolments Year ends: Friday, 27 June 2025

Semester breaks

Intake one:
15-26 April
1-19 July

30 September-11 October

Intake two:
30 September-11 October
29 November-17 February 2025

- IELTS Academic score of 5.5, with no band score lower than 5.0, achieved in a single test within the two years preceding enrolment
- Completion of accepted international equivalents
- Completion of an EIT | Te Pūkenga assessment

Entry with credit

You may already have some knowledge or skills that can be recognised as part of your intended study. This may take a number of different forms, including study at a private training establishment, workplace training, other tertiary study, life experiences or voluntary work. If you think you may qualify, you may want to apply for Cross Credit (CC) or Recognition of Prior Learning (RPL).

- CC is based on the equivalency of courses or qualifications. You would apply for CC if you have passed a very similar course at the same level.
- RPL is based on the assessment of your current knowledge and skills. You would apply for RPL if you had gained the relevant knowledge and skills through life experiences and informal learning situations.

You will be asked to provide details of anything that you would like considered as credit toward your intended programme of study, as part of your application.

You must be accepted in this programme **before** applying for CC and/or RPL. If you think you may be awarded CC and/or RPL for a course or courses in this programme, **please indicate this before you enrol in the programme**, as CC and RPL cannot be awarded for a course you are already enrolled in.

For further information and enquiries about CC and RPL please contact the Programme Administrator, Sue Jackson, on 06 830 1521.

Assessments

Assessments include essays, written reports, assignments, presentations and written and practical examinations.

Facilities

Massage clinics are located in the Pettigrew Green Arena across the road from the EIT | Te Pūkenga campus in Taradale.

EIT is now part of Te Pūkenga

Te Pūkenga brings together New Zealand's Institutes of Technology, Polytechnics, and Industry Training Organisations to build a network of on job, on-campus and online learning.

The services we offer not only remain, they are strengthened by being part of the extensive Te Pūkenga network around the country. Your enrolment for study in 2024 will see you enrolling with Te Pūkenga and becoming part of the extensive Te Pūkenga network around the country.

Experienced lecturers

At EIT | Te Pūkenga, you can be confident in the quality of our teaching and your learning experience.

EIT | Te Pūkenga is highly regarded in New Zealand for research excellence due to the quality of our community centred research, our publications and our external grant income provided by funding institutions who have confidence in our research capability. You can be confident your lecturers use the latest knowledge and research in their field of expertise to inform their teaching, and many are at the forefront of knowledge creation within their discipline area.

Our lecturers have advanced academic and practice qualifications. We value our partnership with learners, and aim to provide quality education in a supportive environment, encouraging personal growth and professional development.

Name	Qualification
Sheryl-Lee Judd <i>Programme Coordinator and Lecturer</i>	DipHSc (Applied Massage Therapies) ACAT, PGCertHSc (Health Promotion)
Gail Maxey <i>Lecturer</i>	BSc, DipPhEd

Programme information

The NZ Diploma in Wellness and Relaxation Massage (Level 5) is a 120-credit programme consisting of eight, 15 credit compulsory courses.

Course descriptions

Course no.	Brief description	NZQA level	No. of credits	Semester offered
DWRM5.01	Anatomy and Physiology This course assists learners to develop an understanding of human anatomy and physiology to provide a theoretical foundation for both massage and beauty therapy.	5	15	1
DWRM5.02	Relaxation Massage This course focuses on the history of massage and the basic tools of a massage therapist: the ability to prepare a massage environment, assessment, conducting a massage session, reviewing and recording findings.	5	15	1
DWRM5.03	Massage Practice This course applies massage therapy treatment in response to health, wellness and stressors. Practitioner well-being, self-care practices and professional reflection will underpin the application of massage therapy.	5	15	1
BSES5.001	Health, Activity and Nutrition The aim of this course is to equip learners with knowledge and skills relating to health, nutrition and activity.	5	15	1
DWRM5.04	Massage Therapeutics This course introduces learners to massage across the human lifespan.	5	15	2
DWRM5.05	Clinical Practice This course applies massage therapy treatment across a wide breadth of the population. Application of theoretical knowledge will underpin massage therapy techniques.	5	15	2
DWRM5.06	Professional Studies This course provides learners with knowledge and understanding of professional massage practice/s.	5	15	2
DWRM5.07	Sports Massage This course provides learners with the skills required to prepare for, assess, conduct, record and review sports massage therapy.	5	15	2

The experience you need & the support to succeed

When you study at EIT | Te Pūkenga you'll get the kind of experiences that will help you gain the knowledge and skills to get ahead.

You'll also be supported by lecturers and tutors who are here for you, within a learning environment where you are treated as an individual, not just a number.

They'll know your name and you'll receive one-on-one attention to make sure you get the support to succeed.

How to enrol

There is an easy 3-step process to follow when enrolling at EIT | Te Pūkenga.

Step 1

Check out eit.ac.nz to see the programmes available for you to study. A copy of the course information for each programme is available on our website.

Step 2

You can now use your RealMe verified identity to apply for study at EIT | Te Pūkenga. If you use your RealMe verified identity you will no longer be sent a copy of your application form to sign. You also will not need to provide us with a copy of your primary ID.

If you apply online without using RealMe then you will be sent a summary of your enrolment to check and sign. It will also include course selection forms which you need to complete and return. Your enrolment cannot progress until you have sent the summary and forms back to us.

You can also apply using a paper enrolment form. Please call us on 0800 22 55 348 and we will send you one out.

You will receive an acceptance letter from your Faculty with programme information. This will include the start date of your study and any special information regarding your programme. Depending on your chosen programme of study, you may be invited to attend an interview before you are accepted.

Step 3

Arrangement for full payment of enrolment fees must be made before the start of your programme. You will receive an invoice with payment details.

Fees-free government scheme: Tertiary education is fees-free for eligible domestic tertiary students. To check if you are eligible, go to FeesFree.govt.nz and enter your National Student Number (NSN). If you are not eligible you will be responsible for paying your fees.

Scholarships and grants: Scholarships and grants make life easier by helping to cover your fees, other costs and living expenses while you study. You don't always need to be an academic high-flyer to qualify. You can find out more about scholarships and other options for paying your fees at eit.ac.nz.

StudyLink: If you need to pay for your own study you can choose to apply for your Student Loan and Student Allowance with StudyLink. You should do this early, even if you haven't yet been accepted on your programme. You can change your details later if anything changes. Visit studylink.govt.nz to find out more about StudyLink.

Student services levy

The student services levy is a compulsory non-tuition fee that is charged to students enrolled at EIT | Te Pūkenga. The levy is to contribute to the provision of quality student services that support learning. The funds received by EIT | Te Pūkenga from the levy are ring-fenced, meaning they can only be spent on student services.

Student loans and allowances

StudyLink is a service of the Ministry of Social Development. Apply well before your programme begins (even if you haven't been accepted yet) so you'll be ready to get your payments when you need them most.

Check out what you qualify for at studylink.govt.nz.



Disclaimer: The Eastern Institute of Technology Limited is a business division of Te Pūkenga - New Zealand Institute of Skills and Technology. All information in this publication pertains to New Zealand Citizens or Permanent Residents, and is correct at the time of printing but is subject to change. EIT | Te Pūkenga reserves the right to amend/withdraw programmes or courses. From 2023 programmes may be subject to review as part of the Reform of Vocational Education and Training. As the review is ongoing, this document is correct at the time of publishing but the courses outlined may change over time. For full programme entry requirements visit eit.ac.nz.



NZ Diploma in Wellness and Relaxation Massage (Level 5)

Documentation/Forms

Please Note

The following documents are to be returned with your completed enrolment form.

Without these we are unable to process your application.

Please complete and return the following:

- Enrolment Form
- Brief Personal Statement (including brief CV/Work History)
- Health Declaration
- NZ Police Vetting Service Request and Consent Form
- Please provide **two** of the following as evidence of your identity:
 - NZ Full Birth Certificate
 - NZ Driver Licence
 - Community Services Card
 - 18+ Card



NZ Diploma in Wellness and Relaxation Massage (Level 5)

Brief Personal Statement

(Handwritten. Please also include a brief CV/work history)

Applicant name:

1. What do you believe are your personal strengths?

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2. How would you describe your attributes as a friend, a family member, or as a member of your community?

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3. Why are you interested in studying for a qualification in wellness and relaxation massage?

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4. If you have worked / volunteered within this industry, please describe your experience and the number of hours involved.

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5. Has your health ever affected your performance at work/school?

Yes No

If yes, please give details:

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6. Have you ever had a criminal conviction?

Yes No

As part of this programme, you may have practical experiences with agencies or organisations who require this and/or other personal information. A prior conviction may not necessarily exclude you from acceptance into the programme, but we may need to discuss it with you.

7. Do you have a First Aid Certificate that includes NZQA Unit Standards 6401, 6402 and 6400?

Yes (a copy of this will need to be provided with your enrolment form)

No

If you have any other First Aid Unit Standards, please list them here:

.....

.....

.....

Please note that a First Aid Certificate is valid for two years from date the of issue. If you do not hold a **current** First Aid Certificate you will have an opportunity to gain this as part of the programme.

Applicant signature:

Date:



NZ Diploma in Wellness and Relaxation Massage (Level 5)

Health Declaration

Applicant name:

Should you have any questions about the level of health required to complete this programme please contact the Programme Coordinator prior to completing this declaration.

I declare that I have no medical, physical or psychological conditions that would significantly impact on my ability to participate in the practical and theory components of this programme. Should my health status change dramatically during my study I confirm I will make the Programme Coordinator aware of this change.

Applicant signature:

Date:

Section 1: Agency to complete

For more information please see the [Guide to PVS Request & Consent Form](https://www.police.govt.nz/advice-services/businesses-and-organisations/nz-police-vetting-service/forms-and-guides)
(<https://www.police.govt.nz/advice-services/businesses-and-organisations/nz-police-vetting-service/forms-and-guides>)

1.1 Name of agency submitting vetting request

EIT/Te Pukenga

1.2 Name of the person being vetted

1.3 Description of the role of the person being vetted

This is a brief description of the role (not the job title). This is used by Police to help decide what type of vet is conducted if it is unclear from the following questions.

Student - Massage

1.4 Which groups will the person being vetted be working with (select all that apply):

Children/ Young People

Vulnerable Adults

1.5 Does the role involve caring for people in the home of the person being vetted?

This is about whether the person being vetted is providing services out of their own home (that is, are vulnerable children or adults visiting the home of the person being vetted for support).

Yes

No

1.6 Is the person being vetted:

A paid worker

A volunteer

Undertaking vocational or educational training

1.7 Is the person being vetted a Children's Worker according to the Children's Act 2014, section 23(1)?

If the person being vetted is not working with children/ young people (Q 1.4), tick 'No' then skip to question 1.11.

If the person being vetted IS working with children (Q 1.4) AND is a volunteer (Q 1.6), tick 'No' then skip to question 1.9.

Yes

No (skip to question 1.9)

1.8 Is the role of the person being vetted a core or non-core worker role according to the Children's Act 2014, section 23(1)?

Core worker

Non-core worker

1.9 Has the person being vetted previously been Police vetted by your agency?

Yes

No (skip to question 1.11)

1.10 Is the person being vetted still working in the role for which your agency last obtained a Police vet?

If this request is a renewal of the person's previous vet for this role, please select Yes. Otherwise, answer no.

Yes

No – the person being vetted is applying for a new role or position

1.11 What is the job title of the person being vetted?

Student

1.12 Evidence of identity (to be completed by agency representative or identity referee)

[See consent form guide for details on how to complete this section](#)

A primary ID has been sighted (mandatory)

A secondary ID has been sighted (mandatory)

One form if ID is photographic (mandatory)

Evidence of name change has been sighted (if applicable)

OR: *If your agency is able to accept a verified RealMe identity then:*

An assertion of a RealMe identity has been received (see [consent form guide](#) for further information)

In making this request, I confirm that:

- ✓ I have complied and will comply with the [Approved Agency Agreement](#).
- ✓ I am satisfied as to the identity of the person being vetted.
- ✓ I have obtained the authorisation of the person being vetted to submit this vetting request as set out in section 3 of this form.

Agency Representative:

Name:	Sue Jackson	Date:	
Signature:		Electronic signature	<input type="checkbox"/>

Section 2: Person being vetted to complete and return to agency

** Denotes a mandatory field*

2.1 Personal Information

Note the name you are most commonly known by is your primary name

* Family name (Primary)	
* First/Middle name(s)	
* Gender	
* Date of birth	
Place of birth (Town/ City/ State)	
* Country of birth	
NZ Driver Licence number	

2.2 Previous names if applicable

Please include other alias or alternate names; married name if not your primary name; previous/ maiden/ name changed by deed poll or statutory declaration. Please include ALL names (first, middle and last) for each alias/previous name.

Family name	First name	Middle names

2.3 Permanent residential address

* Flat/ Number/ Street			
* Suburb		Post Code	
* Town/ City			

Section 3: Person being vetted to complete and return to agency

3.1 Consent to release information

1. The New Zealand Police may release **any** information they hold if relevant to the purpose of this vetting request. This includes:
 - a. Conviction histories and infringement/demerit reports.
 - b. Active investigations, charges and warrants to arrest.
 - c. Charges that did not result in a conviction including those that were acquitted (not guilty), discharged without conviction or withdrawn.
 - d. **Any** interaction I have had with New Zealand Police relevant to the role being vetted, including investigations that did not result in prosecution or were resolved by an alternative resolution programme.
 - e. Information regarding family violence where I was the victim, offender or witness to an incident or offence. This is particularly relevant where the role being vetted for takes place in a home environment where exposure to physical or verbal violence could place vulnerable persons at emotional or physical risk.
 - f. Information subject to name suppression where that information is necessary for the purpose of the vet.
2. If I am eligible under the Criminal Records (Clean Slate) Act 2004, my conviction history will not be released **unless**:
 - a. Section 19(3) of the Clean Slate Act applies to this request (exceptions to the clean slate regime).
 - b. Section 31(3) of the Children’s Act 2014 applies to this request (safety checks of core children’s workers).
 - c. The vetting request is made for the purpose of an overseas visa/work permit and authorises the vetting report to be provided directly to the relevant embassy, high commission, or consulate.

Please see the [vetting website](#) for more information regarding the Clean Slate legislation and what may be released.

3. The Police Vetting Service may disclose newly obtained relevant information to the requesting agency after the completion of the Police vet in the following circumstances:
 - a. The disclosure of the newly obtained information is justified under the Privacy Act 2020 (if it had existed or been available at the time of the Police vet, it would have been disclosed); and
 - b. The Police Vetting Service has taken steps to confirm that the purpose for the Police vet still exists – e.g., that I am employed or engaged in a role that required a Police vet.

The Police Vetting Service will take reasonable steps to notify you prior to the disclosure.

4. Information provided in this consent form may be used to update New Zealand Police records.
5. I am entitled to a copy of the vetting report released to the agency (to be provided by the agency) and can request a correction of any personal information by contacting the Police Vetting Service.
6. Please notify the agency or the Police Vetting Service if you wish to withdraw your consent.

For further information about the vetting process, please see the [vetting website](#).

Authorisation of person being vetted:

- ✓ I confirm that the information I have provided in this form relates to me and is correct.
- ✓ I have read and understood the information above.
- ✓ I authorise New Zealand Police to disclose any personal information relevant to my application (as described above) to the agency making this request for the purpose of assessing my suitability.

Name:		Date:	
Signature:		Electronic signature	<input type="checkbox"/>