



**AG922 (A)**

**Unit 922 - Origins, Principles and Theories of Massage  
Assignment Guidance Form**

A) Plan, devise and create a presentation of a chart, spider diagram or other pictorial evidence on the physiological effects and benefits of the massage techniques

To include:

- Circulation of the blood and lymph
- Skin texture
- Muscle tension
- Nerve endings

B) Identify psychological effects of massage

C) Research and identify how factors and process(es) may influence massage treatment

To include:

- Sensitivity of the skin and scalp
- Adverse skin, hair and scalp conditions
- Degree of subcutaneous tissue
- Age
- Muscle tone
- Muscle tension
- Skin type and condition
- Desired outcome of the massage

*Each heading should include a minimum of 60 words per heading*

**Show evidence of your research e.g. magazines, books, ICT, Internet, written word, oral presentation and mood board**