

SCHEME OF WORK APPLICATION FORM

For each ITEC qualification, the Lecturer/centre must complete Scheme of Work for each unit indicating how the Lecturer is planning to cover the ITEC syllabus throughout the course.

Set out the planned sessions in terms of *Learning Outcomes* to be achieved. These should match those stated within the ITEC syllabus for each unit. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the syllabus.

Unit Title: Unit 922 - Origins, Principles and Theories of Massage

Lecturer(s) responsible:

Total contact tuition hours proposed: 60

Learning Outcomes	Lecture Content	Suggested Resources	Approx Hours
Introductory session	College rules and regulations College mission statement ITEC rules and regulations Health & Safety Timetable Dates – holidays etc. Syllabus Recommended books Uniform	Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course	
1. Be able to prepare for a massage treatment			
<p>Prepare themselves, the client and work area for a massage treatment</p> <p>Use suitable consultation techniques to identify treatment objectives</p> <p>Advise the client on how to prepare for the treatment</p> <p>Identify influencing factors</p>	<p>• Preparation of working area • Equipment • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilising /sanitising tools and equipment • Client for treatment • Client care and modesty</p> <p>An example of a consultation form can be downloaded from www.itecworld.co.uk • Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contraindications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature</p> <p>• Explain the treatment to the client • Client preparation - remove clothing down to underwear and remove shoes • Use robes/towels to maintain client modesty</p> <p>• 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</p>	<p>OHP/Whiteboard Lecture Q&A Homework Test</p>	30

Provide clear recommendations to the client based on factors	<ul style="list-style-type: none"> • 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 		
Describe salon's requirement for client preparation, preparing themselves and the work area	<ul style="list-style-type: none"> • Any particular rights, restrictions and Acts applicable to body massage treatment • Code of practice/ethics • Insurance and professional association membership • Record keeping • Professional appearance 		
Identify different consultation techniques used to identify treatment objectives	<ul style="list-style-type: none"> • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication 		
Describe the factors that need to be considered when selecting techniques, products and equipment	<ul style="list-style-type: none"> • Selected areas: head, hands and arms, neck and shoulders • Select and record products being used to achieve the desired result • Provide aftercare advice • Individual's wishes prior to any form of treatment • Establish and maintain a record of the procedures and products used • Adaptation of massage techniques • Presence of any contra-actions 		
Describe the environmental conditions suitable for massage treatment	<ul style="list-style-type: none"> • Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas 		
Describe the safety considerations that must be taken into account when providing massage treatment	<ul style="list-style-type: none"> • Methods of sterilisation • Disposal of contaminated waste • Legislation • PPE • Relevant Health & Safety 		
Identify the range of equipment used for massage treatment	<ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • Waste disposal 		
Identify products used and their key ingredients	<ul style="list-style-type: none"> • Skin cleansing products • Creams • Lotions • Oils 		
Describe contraindications that prevent or restrict massage treatment	<p>♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its</p>		

	<p>effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist</p> <ul style="list-style-type: none"> • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Multiple Sclerosis, Parkinson's disease, Motor Neurone disease) • Bell's Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism • Chemotherapy • Radiotherapy ◆ Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissue (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Anaphylaxis • Body piercing 		
2. Be able to provide for a body massage treatment			
Communicate and behave in a professional manner	<ul style="list-style-type: none"> • Checking consultations and contraindications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch prior to and off the couch after the treatment • Positioning the client correctly • Sanitising client's hands/feet as appropriate • Sanitising own hands as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable • Using appropriate covered supports • Adapt the massage treatments to 	OHP/Whiteboard Lecture Q&A Handout Homework Test	30

	<p>suit the needs of the client • Ensuring client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment</p>		
Position themselves and the client correctly throughout the treatment	<ul style="list-style-type: none"> • Positioning of the client • Client comfort • Application of the treatments • Massage therapist self-care 		
Select and use products, equipment and techniques taking into account identified factors	<ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • Waste disposal • Mediums • Skin cleansing products • Creams • Lotions • Oils • Effleurage • Petrissage • Frictions • Tapotement • Vibrations • Areas to cover: Head, Arms and hands, Neck and shoulders 		
Follow safe and hygienic working practices	<ul style="list-style-type: none"> • Methods of sterilisation • Disposal of contaminated waste • Legislation • PPE • Relevant Health & Safety 		
Identify contra-actions and take appropriate action during treatment	<ul style="list-style-type: none"> • Explaining any possible side effects to the treatment • Feeling tired • Increased micturition • Increased defecation • Healing crisis • Headache • Thirst • Heightened emotions • Skin reactions • Increase in symptoms • Referral procedures 		
Provide suitable aftercare advice	<ul style="list-style-type: none"> • Recommendations for immediate aftercare • Suitable body care regime • Lifestyle • Use of SPF • Recommendation of further salon treatments 		
Complete the treatment to the satisfaction of the client	<ul style="list-style-type: none"> • Conclusion of treatment in appropriate manner to meet client's needs 		
Evaluate the results of the treatment with the client	<ul style="list-style-type: none"> • Reviewing and recording treatment outcomes • Treatment recommendations • Home care advice 		
Describe how to communicate and behave in a professional manner	<ul style="list-style-type: none"> • Consultation • Treatment explanation • Client care • Hygiene • Good communication skills 		
State the importance of positioning themselves and the client correctly throughout the treatment	<ul style="list-style-type: none"> • Ensuring the client is comfortable and correctly supported • Applying the treatment as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment 		

Describe safe and hygienic working practices	<ul style="list-style-type: none"> • Methods of sterilisation • Disposal of contaminated waste • Legislation • PPE • Relevant Health & Safety 		
Describe contra-actions which might occur during and following the treatment and how to respond	<ul style="list-style-type: none"> • Explaining any possible side effects to the treatment • Feeling tired • Increased micturition • Increased defecation • Healing crisis • Headache • Thirst • Heightened emotions • Skin reactions • Increase in symptoms • Referral procedures 		
Describe the aftercare advice that should be provided	<ul style="list-style-type: none"> • Recommendations for immediate aftercare • Suitable body care regime • Lifestyle • Use of SPF • Recommendation of further salon treatments 		
State the importance of completing the treatment to the satisfaction of the client	<ul style="list-style-type: none"> • Conclusion of treatment in appropriate manner to meet client's needs 		
State the methods of evaluating the effectiveness of the treatment	<ul style="list-style-type: none"> • Maintaining records for accurate future treatment • Aftercare • Home care • Product advice • Compliance with current legislation • Concluding the treatment in the correct manner to meet client's requirements • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout 		
Describe the physiological effects and benefits of massage	<ul style="list-style-type: none"> • Circulatory system • Lymphatic system • Skin • Muscular system • Nervous system 		
Describe the psychological effects of massage	<ul style="list-style-type: none"> • Relaxation • Sense of well-being 		