

Marking Criteria
ITEC Level 3
Unit 827 - Provide Indian Head Massage

APPEARANCE – 5 MARKS (0.5 marks each)

The candidate demonstrated:

1. Clean, ironed professional uniform
2. Clean, neat hair, tied back/up if long and off the collar and face
3. Short, clean, well manicured nails with no varnish and clean hands
4. Clean sensible flat shoes, socks should be worn
5. Tights which are an appropriate colour for the uniform if wearing a skirt
6. No jewellery with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
7. No body or breath odour
8. No chewing gum or sucking sweets
9. No visible underskirts/underwear
10. Skirts to the knee. Trousers cropped no higher than calf/trousers not trailing on floor

CLIENT CARE – 5 MARKS (1 mark each)

The candidate:

1. Greeted and introduced self to client
2. Assisted the client off the couch
3. Explained the treatment procedure to the client
4. Ensured the client's comfort/modesty throughout
5. Maintained a positive and professional approach to client/colleagues throughout

HYGIENE AND STERILISATION – 10 MARKS (2 marks each)

The candidate:

1. Cleaned and wiped over equipment with appropriate sanitiser before, during and after use
2. Cleaned and changed towels for each client
3. Sanitised hands before, during and after treatment when appropriate
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Stowed the client's footwear under the couch

TECHNIQUE & CONTINUITY OF MASSAGE – 3 MARKS (1 mark each)

The candidate:

1. Adequately massaged each area maintaining contact
2. Linked movements using effleurage
3. Demonstrated and performed classical Indian head massage movements in a logical sequence

HEAD MASSAGE – 25 MARKS (5 marks each)

The candidate:

1. Performed effleurage
2. Performed petrissage
3. Performed percussion including Champi
4. Performed Tabla and stroking
5. Performed hair pulling and plucking

FACE MASSAGE – 15 MARKS (3 marks each)

The candidate:

1. Performed effleurage
2. Performed petrissage
3. Performed pressure point movements
4. Performed tapotement
5. Positioned and supported client's head correctly

NECK AND SHOULDER MASSAGE – 25 MARKS (5 marks each)

The candidate:

1. Performed effleurage
2. Performed petrissage
3. Performed percussion including Champi
4. Performed friction movements
5. Performed vibration movements

POSTURE – 10 MARKS (2 marks each)

The candidate:

1. Is in the appropriate standing/sitting position for each area
2. Maintained correct position of shoulders and back
3. Maintained correct position of elbows
4. Maintained correct flexibility of knees
5. Maintained correct flexibility/position of back (stance)

ORAL QUESTIONS – 2 MARKS

1. What is the benefit of that movement?
2. When do we use that movement?
3. What are the general contraindications to massage?
4. What are the specific contraindications to that area?
5. What are the contraindications to that movement?
6. What muscles are you working over?
7. How can you detect a tense/tired muscle? What has caused this tension?
8. Why is a good knowledge of A&P relevant to massage?
9. What are the effects of massage?
10. Why is it necessary to do a thorough consultation before massage?
11. When doing a consultation, if you discovered a client was very nervous – what would you do?
12. Where is the problem area of this client's back?
13. What muscles are involved?
14. What movements would YOU do to alleviate this tension?
15. How would you approach a client with a lumbar back pain?
16. What you do if a client:
 - Fainted?
 - Had a nose bleed?
 - Felt sick?
 - Felt dizzy during a massage?