

**ITEC LEVEL 3 NVQ UNIT 746
MONITOR CLIENTS AND THE OPERATION OF SAUNA, STEAM AND
HYDROTHERAPY TREATMENTS
TEST SPECIFICATION 2010**

External Assessment Method:	Multiple Choice Question Paper which can be taken on demand	
Duration of External Assessment:	34 Minutes	
Pass Mark:	100%	
Grading:	Pass or refer	
Frequency of External Assessment:	On demand (once ALL hours for the units have been completed)	
Assessment criteria to be Assessed:	All assessment criteria will be assessed	
Format of Questions:	Stem, 1 key and 3 distracters	
No. of Questions	29 Questions	
Distribution of questions: Each question will be allocated one mark.	<u>Unit</u> Monitor Clients and the Operation of Sauna, Steam and Hydrotherapy Treatments	<u>No. of Questions per Unit</u> 29
The breakdown of questions listed can be found in the assessment criteria in the ITEC syllabus for unit 746 as follows:	<p style="text-align: center;"><u>Breakdown of Questions</u></p> <p>Unit 746 Monitor Clients and the Operation of Sauna, Steam and Hydrotherapy Treatments</p> <ul style="list-style-type: none"> • how to complete and maintain accurate records of water testing for hydrotherapy treatment areas (1Q) • your responsibilities under current Control of Substances Hazardous to Health (COSHH) Regulations for the correct use and storage of chemicals required for spa treatments (1Q) 	<p style="text-align: center;"><u>Related to ITEC Assessment Criteria for each Unit as listed below:</u></p> <p>5.11</p> <p>5.12</p>

	<ul style="list-style-type: none"> • what is contact dermatitis and how to avoid developing it when carrying out the maintenance of spa treatment areas (2Q) 	6.3
	<ul style="list-style-type: none"> • the necessary environmental conditions for spa treatment areas and why these are important (2Q) 	6.4
	<ul style="list-style-type: none"> • why it is important to check the client's wellbeing at regular intervals (1Q) 	6.8
	<ul style="list-style-type: none"> • the importance of regular water intake during spa treatments for both staff and clients (1Q) 	6.9
	<ul style="list-style-type: none"> • the recommended operating temperatures and humidity levels for sauna, steam and hydrotherapy equipment (3Q) 	7.3
	<ul style="list-style-type: none"> • the possible dangers of chemical and equipment misuse (2Q) 	7.4
	<ul style="list-style-type: none"> • the recommended treatment times and the potential risks of exceeding them (1Q) 	7.6
	<ul style="list-style-type: none"> • the main types of air and waterborne infections that can affect spa environments and clients (2Q) 	7.8
	<ul style="list-style-type: none"> • those contra-indications that will prevent sauna, steam and/or hydrotherapy treatments and why (2Q) 	8.5
	<ul style="list-style-type: none"> • those contra-indications that will restrict sauna, steam and/or hydrotherapy treatments and why (2Q) 	8.6
	<ul style="list-style-type: none"> • the possible contra-actions which can occur during water, temperature and spa treatment sessions and how to deal with them (2Q) 	8.9
	<ul style="list-style-type: none"> • the contra-actions that could occur after sauna, steam and hydrotherapy treatments and what advice to give to clients (2Q) 	10.2

	<ul style="list-style-type: none"> • the physiological and psychological effects of sauna treatments (1Q) • the physiological and psychological effects of steam treatments (1Q) • the physiological and psychological effects of hydrotherapy treatments (1Q) • the different physiological and psychological effects of hot and cold spa treatments on the skin and body (2Q) 	<p>9.1</p> <p>9.5</p> <p>9.6</p> <p>9.7</p>
Administration of External Assessment:	For security required of centres and for the administration of examination papers, please refer to the <i>ITEC Regulations and Procedures for Operating Theory Examinations</i> document.	