

## SCHEME OF WORK APPLICATION FORM

For each ITEC qualification, the lecturer/centre must complete a Scheme of Work 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.

**Qualification Title:**      **Swedish Massage**                      **Lecturer(s) responsible:**

**Total contact tuition hours proposed:**    **60**

Learning Objective	Lecture Content	Suggested Resources	Approximate Hours
<b>Contraindications</b>			
Understand and recognise those contraindications to massage requiring medical referral or the client to indemnify their condition in writing prior to the treatment and those contraindications that restrict treatment	<p>♦ <b>With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment</b></p> <ul style="list-style-type: none"> <li>• Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)</li> <li>• Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema</li> <li>• 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) • Bells Palsy</li> <li>• Trapped/Pinched nerve (e.g. sciatica)</li> <li>• Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc</li> <li>• Undiagnosed pain • When taking prescribed medication • Acute rheumatism</li> </ul> <p>♦ <b>Contraindications that restrict treatment</b></p> <ul style="list-style-type: none"> <li>• Fever • Contagious or infectious diseases</li> <li>• Under the influence of recreational drugs or alcohol • Skin diseases • Undiagnosed lumps and bumps • Localised swelling</li> <li>• Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions</li> <li>• Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn</li> <li>• 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</li> </ul>	OHP/Whiteboard Lecture Q&A Handout: Contraindications Homework Test	4

<b>Client Care</b>			
Understand, explain and demonstrate appropriate client care	<ul style="list-style-type: none"> <li>• Ensure all surfaces are lined with couch roll</li> <li>• Wipe couch and trolley with surgical spirit or similar at the end of each day</li> <li>• Checking consultation and contraindications</li> <li>• Explaining the treatment to the client</li> <li>• Helping the client onto the couch, protecting the client's modesty at all times</li> <li>• Ensure that all parts of the client are covered except the area being massaged</li> <li>• Cleanse the feet with a sanitiser</li> <li>• Wash own hands</li> <li>• Keep ensuring that the client is comfortable</li> <li>• Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head</li> <li>• Adapt the massage techniques to suit the needs of the client as part of a weight loss programme</li> <li>• Remove the massage medium at the end of the treatment</li> <li>• Help the client off the couch, protecting their modesty at all times</li> <li>• Ensure client does not stand on floor with bare feet</li> </ul>	Lecture Q&A Handout: Client care Practical	3
<b>Swedish Massage</b>			
Understand and explain the history of the development of Swedish (classical) massage	<ul style="list-style-type: none"> <li>• China 300BC</li> <li>• Japanese Shiatsu</li> <li>• Indian Ayurvedic medicine</li> <li>• The Greeks</li> <li>• The Romans</li> <li>• Per Henrik Ling</li> <li>• Physiotherapy</li> <li>• Present day</li> </ul>	OHP/Whiteboard Lecture Q&A Practical Handout: 1. Classical massage movements 2. Massage routine Test	50
Understand, explain and demonstrate the appropriate medium for the treatment and client's skin type	<ul style="list-style-type: none"> <li>• Mediums available should be oil (not mineral oil), cream, powder (unperfumed)</li> <li>• The effects and benefits of each should be known</li> <li>• Ensuring the massage medium is removed at the end of the treatment (if appropriate)</li> </ul>		
Understand, explain and demonstrate the classical massage movements and their physiological and psychological effects	<ul style="list-style-type: none"> <li>• Effleurage</li> <li>• Petrissage – kneading and frictions</li> <li>• Tapotement, including hacking, cupping, beating, pounding</li> <li>• Vibrations</li> <li>• Movements should be performed correctly and on areas appropriate for the movement</li> <li>• Movements should be adapted to produce a massage suitable for the client's needs</li> </ul>		
Understand, explain and demonstrate areas to be massaged	<ul style="list-style-type: none"> <li>• Front and back of leg</li> <li>• Abdomen</li> <li>• Arms</li> <li>• Shoulders and décolleté</li> <li>• Back</li> </ul>		
Understand and explain actions and contra-actions to treatment	<ul style="list-style-type: none"> <li>• Feeling tired</li> <li>• Micturition</li> </ul>		
Understand and explain the structures they are working over and their function	<ul style="list-style-type: none"> <li>• To include all the body systems in the anatomy and physiology unit</li> </ul>		
Evaluate and review the massage treatment / programme	<ul style="list-style-type: none"> <li>• At the end of each treatment any reactions should be recorded</li> </ul>		
<b>Home Care</b>			
Understand and explain the importance of giving appropriate home care advice	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Fluid/water intake</li> <li>• Exercise</li> <li>• Smoking habits</li> <li>• Sleep patterns</li> <li>• Hobbies</li> <li>• Interests</li> <li>• Rest</li> <li>• Relaxation</li> </ul>	OHP/Whiteboard Lecture Q&A	3

after treatment	<ul style="list-style-type: none"> <li>• Stress levels</li> <li>• General care and lifestyle advice and the beneficial effects thereof</li> <li>• Helping clients and families to identify options to improve their health and wellbeing</li> <li>• Helping clients and their families to put their choices into action</li> </ul>	Practical	
<b>Case Studies</b> 3 clients must be treated for a Swedish massage, three times each	<ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical History</li> <li>• Treatment Plan</li> <li>• Treatment details</li> <li>• Client's reaction during and after treatment</li> <li>• Client feedback</li> <li>• Conclusion of the whole case study</li> <li>• Home care advice to include healthy eating and exercise</li> <li>• Reflective practice after each treatment</li> </ul>		
<b>Mock Practical</b>  <b>Mock Theory</b>	To include a full body massage  To include all theory taught	Mock theory paper	