

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUBT348 – Swedish massage

Total contact tuition hours proposed: 60

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> • College rules and regulations • College mission statement • VTCT (ITEC) rules and regulations • Health & safety • Timetable • Dates – holidays etc. • Syllabus • Recommended books • Uniform 	<ul style="list-style-type: none"> • Lecture • Q&A • Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
1. Know the history and development of Swedish (classical) massage			
Explain the history of the development of Swedish (classical) massage	<ul style="list-style-type: none"> • China 3000BC • Japanese shiatsu • Indian Ayurvedic medicine • The Greeks • The Romans • Per Henrik Ling • Physiotherapy • Present day 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Test 	

2. Be able to carry out a consultation and recognise common ailments and contra-indications to treatment			
<p>Explain and demonstrate the importance of communicating with the client tactfully and accurately</p>	<ul style="list-style-type: none"> • Taking into account the following: <ul style="list-style-type: none"> - Private comfortable area - Positive body language - Positioning of the client (no barriers between themselves and client) - Good communication skills - Use of open and/or closed questions where appropriate - Trust - Professionalism, confidence and enthusiasm - Confidentiality - Informed consent - Any contra-indications to treatment - Client lifestyle - Client profile - Importance of planning a treatment programme taking into account the client's cultural, religious, moral and social beliefs, age, disability and gender - Compliance with current data protection regulations 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Test • A sample consultation form can be downloaded from www.itecworld.co.uk 	
<p>Explain and recognise common ailments and contra-indications to massage with reasons</p>	<ul style="list-style-type: none"> • 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 effects have been fully explained to them and confirm that they are willing to proceed without permission from their GP or specialist <ul style="list-style-type: none"> - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another 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 - Conditions causing muscular spasticity (e.g. cerebral palsy) 		

	<ul style="list-style-type: none"> - Kidney infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment <ul style="list-style-type: none"> - 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 		
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3. Be able to carry out a Swedish massage treatment			
Explain and demonstrate appropriate client care	<ul style="list-style-type: none"> • Ensure all surfaces are lined with couch roll • Wipe couch and trolley with sanitiser at the end of each day • Checking consultation and contra-indications • Explaining the treatment to the client • Helping the client onto the couch and protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being massaged • Cleanse client's feet with sanitiser 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Test 	

	<ul style="list-style-type: none"> • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports, i.e. under the ankles, chest and forehead, knees and head • Adapt the massage techniques to suit the needs of the client • Remove the massage medium at the end of the treatment • Help the client off the couch, protecting their modesty at all times • Ensure client does not stand on floor with bare feet 		
Explain, select and demonstrate the appropriate medium for the treatment and the client's skin type	<ul style="list-style-type: none"> • Mediums available should be oil (not mineral oil), cream, powder (unperfumed) • The effects and benefits of each should be known • Ensuring the massage medium is removed at the end of the treatment (if appropriate) 		
Demonstrate the classical massage movement and explain the physiological and psychological effects and the areas to be treated	<ul style="list-style-type: none"> • Effleurage • Petrissage – kneading • Frictions • Tapotement including hacking, cupping, beating, pounding • Vibrations • Movements should be performed correctly and on areas appropriate for the movement • Movements should be adapted to produce a massage suitable for the client's needs • Front and back of leg • Feet • Abdomen • Arms and hands • Shoulders and décolleté • Back • Gluteals 		

4. Know the effect of massage on the body systems			
Explain the structures to be worked over and the effects of massage on each	<ul style="list-style-type: none"> • Muscular system • Cardiovascular system • Lymphatic system • Nervous system • Skin 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Test 	

5. Be able to give aftercare and home care advice			
Explain contra-actions/reactions to treatment	<ul style="list-style-type: none"> • Feeling tired • Micturition • Extreme erythema • Extreme hyperaemia • Allergic reaction to products 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Test 	
Explain the importance of giving appropriate aftercare/home care advice after treatment	<ul style="list-style-type: none"> • Healthy eating • Fluid/water intake • Exercise • Smoking habits • Sleep patterns • Hobbies • Interests • Rest • Relaxation • Stress levels • Avoid activities which might cause contra-actions • Recommendation for further treatments and treatment frequency • General care and lifestyle advice and the beneficial effects thereof • Helping clients and families to identify options to improve their health and wellbeing • Helping clients and their families to put their choices into action 		

6. Be able to evaluate and review the massage treatment/programme			
Evaluate and review the treatment	<ul style="list-style-type: none"> • Record and store in line with current data protection legislation and professional codes of conduct 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Test 	

iUBT384 – Swedish massage			
Case studies: 3 clients must be treated on 3 separate occasions for a Swedish massage, (9 massages in total)	<ul style="list-style-type: none"> • Consultation • Medical history • Treatment plan • Treatment details • Client’s reaction during and after treatment • Client feedback • Conclusion of the whole case study • Home care advice to include healthy eating and exercise • Reflective practice after each treatment 		
Mock practical:	<ul style="list-style-type: none"> • To include a full body massage 		
Mock theory:	<ul style="list-style-type: none"> • To include all theory taught 		

Document History

Version	Issue Date	Changes	Role
v1	21/08/2019	First published	Qualifications and Regulation Co-ordinator