

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: Indian head massage

Total contact tuition hours proposed: 100

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 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 	
LO1 Know the history and concept of Indian head massage			
Explain the meaning of Holistic Approach	<ul style="list-style-type: none"> Greek term holos Importance of the treatment of the whole person in relation to holistic health and the power of touch Concept of balance and harmony in the body (homeostasis) 	<ul style="list-style-type: none"> OHP/Whiteboard Lecture Q&A Homework Test 	
Explain the term 'integral biology'	<ul style="list-style-type: none"> The way in which the physical environment and social, economic and environmental factors affect health and social wellbeing <ul style="list-style-type: none"> Computers Mobile phones Processed food Lack of fresh air Stress 		

	<ul style="list-style-type: none"> - Lack of sleep - Jet lag - Lack of natural light - Financial problems - Poor ventilation - Lack of exercise - Chemicals - Pollution - Social media - Work life balance 		
Explain the history and concept of Indian head massage	<ul style="list-style-type: none"> • Part of family life • Rituals • Barbers • Use of certain oils for healing • Evolution of Indian head massage and the concept 		
Explain the concept of Ayurveda	<ul style="list-style-type: none"> • The Doshas: <ul style="list-style-type: none"> - Vata - Pitta - Kapha 		
Describe the effects and benefits of Indian head massage	<ul style="list-style-type: none"> • Relaxation • Stress relief • Uplifting • Aids postural problems • Improves hair and scalp condition • Increases vascular/lymphatic circulation • Decreases sympathetic nervous system (S.N.S.) • Activates parasympathetic nervous system (P.N.S.) • Improves skin texture • Increases oxygen to the brain • Releases endorphins • Restores energy to the body 		
Define the term Chakra and describe the positions of the 7 main Chakras and their representation	<ul style="list-style-type: none"> • Crown • 3rd eye/brow • Throat • Heart • Solar plexus • Sacral • Base/root 		

Explain what is meant by the term Marma point	<ul style="list-style-type: none"> • Marma - ancient Sanskrit word meaning hidden or secret • Marma points - vital energy points defined as an anatomical site where flesh, veins, arteries, tendons, bones and joints meet up • Acupressure massage is applied to these vital energy points • Effects of Indian head massage on Marma points • Position of the main Marma points used in Indian head massage 		
Explain the main Doshas and the oils linked to each	<ul style="list-style-type: none"> • Vata • Pitta • Kapha 		
Describe the effect of Indian head massage on the body systems	<ul style="list-style-type: none"> • Circulatory • Lymphatic • Nervous • Skin • Muscular • Skeletal • Endocrine • Respiratory 		

LO2 Know the structure of the hair in relation to Indian head massage			
Describe the position and explain the function of the structures of the hair	<ul style="list-style-type: none"> • Cuticle • Cortex • Medulla • Dermal papilla • Hair shaft • Hair bulb • Hair root 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Handout: <ul style="list-style-type: none"> - Structure of the hair - Hair growth cycle Test 	
Describe the different types of hair	<ul style="list-style-type: none"> • Lanugo • Vellus • Terminal 		
Explain the factors which affect hair growth	<ul style="list-style-type: none"> • Stress • Hormones • Diet • Medication • Climate • Illness • Ageing 		

Explain the hair growth cycle	<ul style="list-style-type: none"> • Anagen • Catagen • Telogen 		
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LO3 Be able to carry out a consultation and recognise contra-indications to Indian head massage			
Explain and demonstrate methods of consultation	<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 (asking open and/or closed questions where appropriate) • Trust • Professionalism, confidence and enthusiasm • Professionally informing the client of restrictions to treatments, e.g. contra-indications • Ensuring client is not alarmed in any way • Confidentiality • Consent • Any contra-indications to treatment • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's diverse needs such as gender, age, ability, disability, religious, cultural, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the course of action and treatment objectives • Confirm the client's consent to the treatment (parental or guardian consent when treating minors) • Where the client is not in a position themselves, confirm agreement to the treatment from the appropriate companion/carer • Explanation of any possible side effects to the treatment • Explanation of how the programme will be evaluated and the review process • Where applicable clarify with the client information which may be available to others, e.g. relevant health care workers • Obtain the client's signature (or that of the companion/carer) • 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 • Handout: <ul style="list-style-type: none"> - Contra-indications - Contra-actions • Test 	
Recognise common ailments and explain	<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 G.P. or specialist 		

<p>contra-indications to Indian head massage</p>	<ul style="list-style-type: none"> • Cardiovascular conditions (thrombosis, phlebitis, hyper-tension, hypo-tension, 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. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Trapped/pinched nerve (e.g. Sciatica) • Inflamed nerve • Cancer • Postural deformities • Conditions causing muscular spasticity (e.g. Cerebral palsy) • 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 - Pediculosis capitis (head lice) - Conjunctivitis - Sycosis barbae - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) 		
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	<ul style="list-style-type: none"> - Sunburn - Hormonal implants - Recent fractures (minimum 3 months) - Cervical spondylitis - After a heavy meal - Anaphylaxis - Vertigo - Adhesive capsulitis - Bell's palsy - Tinnitus - Migraine - Earache - Headaches - Myalgic encephalomyelitis (chronic fatigue syndrome) - Psoriasis - Metal pins or plates - Piercings 		
Explain common ailments which can be treated	<ul style="list-style-type: none"> • Temporo-mandibular tension (TMJ syndrome) • Sinusitis • Ankylosis spondylitis • Pityriasis simplex capitis (dandruff) 		
Recognise and explain the different hair types and different hair conditions	<ul style="list-style-type: none"> • Oily • Dry • Fine • Chemically treated 		
Recognise and explain scalp conditions	<ul style="list-style-type: none"> • Dandruff (Pityriasis capitis) • Alopecia • Psoriasis • Eczema • Pediculosis Capitis • Tinea Capitis 		
Recognise and explain conditions of the neck and shoulders	<ul style="list-style-type: none"> • Torticollis • Adhesive capsulitis • Spondylitis • Ankylosing spondylitis • Osteoarthritis • Fibromyalgia • Whiplash 		

Explain the importance of referral procedures	<ul style="list-style-type: none"> • Only working within the realms of their own expertise as a therapist • Demonstration of the understanding of when a client should be referred to either: <ul style="list-style-type: none"> - GP - Another complementary therapist - Member of the social care or nursing team 		
Describe other complementary therapies and when clients should be referred to this type of therapist	<ul style="list-style-type: none"> • Homeopathy • Reflexology • Reiki/spiritual healing • Yoga/meditation • Acupuncture • Shiatsu • Bach flower remedies • Kinesiology • Bowen technique • Alexander technique • Herbalism • Chiropractic • Iridology • Acupressure • Ayurvedic medicine • Aromatherapy • Osteopathy • Holistic massage • Crystal therapy • Ear candling • Colour therapy • Body work (massage therapies) • Emotional freedom technique (EFT) • Hypnotherapy • Lymphatic drainage massage • Meditation • Naturopathy • Neurolinguistic programming (NLP) • Stone therapy massage • Subtle energy/vibrational medicine • Therapeutic touch • Traditional chinese medicine (TMC) • Vertical reflexology 		

LO4 Be able to carry out an Indian head massage treatment			
Demonstrate appropriate client care and ensure that the client displays open body language	<ul style="list-style-type: none"> • Preparing the treatment area to suit the working environment • Checking consultation and contra-indications • Explaining the treatment to the client • Protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being massaged (treatment can be performed with clothing on or off) • Client to remove shoes • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate covered supports, e.g. chest and forehead, knees, head • Adapt the massage techniques to suit the needs of the client • Remove the massage medium if appropriate • Client's feet flat on floor on couch roll or clean towel 	<ul style="list-style-type: none"> • OHP/Whiteboard Lecture • Q&A • Practical • Homework • Handout: <ul style="list-style-type: none"> - Different oils and their effects and benefits - Indian head massage routine - Effects of Indian head massage movements - Chakras and their representation - Various marma points on head and neck area - Doshas - Structure of the hair - Hair growth cycle - Complementary therapies • Test 	
Demonstrate correct hygiene procedures	<ul style="list-style-type: none"> • Washing own hands • Sanitise client's hands • Using clean towels for each client • Placing couch roll on top of towels • Wearing clean professional work wear, socks/tights and full flat shoes • Remove all jewellery (except wedding band) from self and client • No nail enamel • Clean, short nails • Ensure the massage medium is removed at the end of the treatment (if appropriate) • Ensure all surfaces are lined with couch roll • Sanitise working area at the end of each day/treatment • Sanitise hands after massaging the scalp 		
Explain and demonstrate correct breathing techniques	<ul style="list-style-type: none"> • Diaphragmatic breathing at the beginning and at the end of the treatment • Co-ordinating own breathing techniques with that of the client to enhance the effectiveness of the treatment 		
Demonstrate use of the different oils and explain their effects and benefits	<ul style="list-style-type: none"> • Sesame • Mustard • Olive • Almond • Coconut • Evening Primrose • Apricot Kernel • Grapeseed 		

	<ul style="list-style-type: none"> • Jojoba • Hazelnut 		
Explain and demonstrate the classical massage movements	<ul style="list-style-type: none"> • Effleurage • Petrissage • Frictions • Percussion • Vibrations • Specific Indian head massage movements: <ul style="list-style-type: none"> - Champi - Tabla - Hair pulling - Plucking - Stroking - Pressure points - 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 		
Identify the structures/body systems being working over and explain their function	<ul style="list-style-type: none"> • Circulatory • Lymphatic • Nervous • Skin • Muscular • Skeletal • Endocrine • Respiratory 		
Evaluate and review the Indian head massage treatment/programme	<ul style="list-style-type: none"> • At the end of each treatment the client's feelings should be recorded and also any skin or other reactions • Record and store in line with current data protection legislation and professional codes of conduct • The following areas should be monitored: <ul style="list-style-type: none"> - Outcomes achieved - Effectiveness of the treatment - Any change in demands - Whether the treatment met the needs of the client - Longer term needs of the client (particularly when working in a care environment) 		
Explain the possible side effects and contra-actions to Indian head massage	<ul style="list-style-type: none"> • Increased micturition • Intensified emotional reactions • Tiredness • Light headedness/dizziness • Aching muscles 		

	<ul style="list-style-type: none"> • Increase in mucus production from the nasal passages • Healing crisis • Vomiting • Fainting 		
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 and post treatment recovery time • Hair care • Relaxation • Stress levels • Avoidance of activities that could cause contra-actions • Recommendation of future treatment needs including appropriate time intervals between treatments • General care and lifestyle advice and the beneficial effects thereof 		

iUBT433 – Indian head massage			
Case studies:	<ul style="list-style-type: none"> • 3 clients to be treated 3 times each and outcomes recorded 	Mock theory paper	
Mock practical:	<ul style="list-style-type: none"> • To include a full Indian head massage treatment 		
Mock theory:	<ul style="list-style-type: none"> • To cover all theory taught 		

Document History

Version	Issue Date	Changes	Role
v1	30/09/2019	First published	Qualifications and Regulation Co-ordinator