

# Marking Criteria

## iUBT348 – Swedish massage

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical assessment. This will be undertaken by an internal assessor using the internal assessment forms. These must be handed to the external examiner on the day of the final external practical examination.

Learners will be expected to perform a Swedish massage treatment, including a 45 minute massage covering all areas of the body – back of the leg, back, front of the leg, abdomen, arm, and chest. Only one limb is required to be massaged in the examination, repetition on the opposite side is not required. Learners may reduce the number of repetitions of movements as the examination is a demonstration of their professionalism and their accomplished technique:

Practical skills examination sequence – approx. 45 minutes

- Consultation to be carried out prior to the exam
- Clients should be on the couch ready for the exam
- External examiner will see all areas of the body (back of the leg, back, front of the leg, abdomen, arm, and chest). Only one limb is required to be massaged in the examination, repetition on the opposite side is not required.
- Clients should be helped off the couch
- Oral questions may be asked at any time during the examination
- Consultation forms must be filled in by each learner and made available for the external examiner to check. These should be reviewed and completed at the end of the treatment and will be taken away by the external examiner
- Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills
- The external examiner may reduce the treatment timings, as the examination is a demonstration of the learner's professionalism and their accomplished technique
- Approximate time allocated for changeover of practical examination groups – 15 minutes

Learners must achieve a minimum of 3 marks for appearance and 3 marks for client care in order to pass the practical examination

Learners must be able to demonstrate the following:

### **Appearance – 5 marks (0.5 marks each)**

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 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)**

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 the client throughout

**Hygiene and sterilisation – 10 marks (2 marks each)**

1. Used products, tools and equipment in a hygienic manner
2. Ensured that laundry is cleaned and changed for each client
3. Sanitised hands before, during and after treatment as appropriate
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Stowed client's footwear under the couch

**Pressure – 10 marks (2 marks each)**

1. Established client's preference regarding pressure of massage
2. Adapted pressure to suit the client
3. Adapted pressure to suit the area
4. Adapted pressure to suit the movement
5. Moved the skin appropriately according to the movement

**Effleurage – 10 marks (2 marks each)**

1. Ensured hands maintained maximum contact
2. Ensured the skin 'rippled' ahead of the fingers
3. Ensured the entire area is covered with effleurage
4. Ensured that the stroke is in the direction of the blood flow
5. Ensured that the speed is slow and constant

**Petrissage (kneading/frictions) – 20 marks (4 marks each)**

1. Checked for contra-indications
2. Ensured that hands and wrists displayed flexibility
3. Covered the entire muscle
4. Manipulated the skin/muscle appropriately
5. Ensured that the movement is rhythmical

**Percussion – 15 marks (3 marks each)**

1. Checked for contra-indications
2. Ensured that hands and wrists displayed flexibility
3. Covered the entire muscle

4. Ensured that the skin reacted to the movement accordingly
5. Ensured that movement is rhythmical, fast and audible when appropriate

**Passive – 5 marks (2.5 marks each)**

1. Supported the joint
2. Used appropriate range of movement

**Continuity of massage – 10 marks (2 marks each)**

1. Maintained contact during massage of each area
2. Used effleurage to link movements
3. Performed movements in a logical sequence
4. Demonstrated all classical movements
5. Adequately massaged each area

**Posture – 10 marks (2 marks each)**

1. Ensured appropriate standing/sitting position for each area
2. Ensured correct position of shoulders
3. Ensured correct position of elbows
4. Ensured flexibility of knees is appropriate
5. Ensured correct flexibility/position of back (stance)

**Sample oral questions**

1. What is the benefit of the movement you are performing?
2. When do we use that movement?
3. What are the general contra-indications to massage?
4. What are the specific contra-indications to that area?
5. What are the contra-indications to that movement?
6. Which muscles are you working over?
7. How can you detect a tense/tired muscle? What has caused this tension?
8. Why is it necessary to do a thorough consultation before massage?
9. When doing a consultation, if you discovered a client was very nervous – what would you do?
10. Where are the problem areas on the client's back?
11. What muscles are involved?
12. What movements would you do to alleviate this tension?

## Document History

Version	Issue Date	Changes	Role
v1	30/08/2019	First published	Assessment Lead
v2	03/10/2019	Formatting updates	Qualifications and Regulation Co-ordinator