

# 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:** iUCT42 - Explore the origins of massage and principles of complementary and alternative medicine

**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"> <li>College rules and regulations</li> <li>College mission statement</li> <li>VTCT (ITEC) rules and regulations</li> <li>Health &amp; safety</li> <li>Timetable</li> <li>Dates – holidays etc.</li> <li>Syllabus</li> <li>Recommended books</li> <li>Uniform</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Q&amp;A</li> <li>Using all the documents listed to ensure the students understand the college expectations and their commitment to the course</li> </ul>	
<b>1. Be able to understand the development and diversity of massage</b>			
Explain the origins of massage	<ul style="list-style-type: none"> <li>China</li> <li>India</li> <li>Egypt</li> <li>Ancient Greeks and Romans</li> <li>Hippocrates</li> <li>Henrik Ling</li> </ul>	<ul style="list-style-type: none"> <li>OHP/Whiteboard</li> <li>Lecture</li> <li>Q&amp;A</li> <li>Homework</li> <li>Test</li> </ul>	10
Explain the development of the different forms of massage	<ul style="list-style-type: none"> <li>Importance of touch and its use within a range of cultures</li> <li>Importance of touch within communication</li> <li>Nurture and healing techniques</li> </ul>		

<b>2. Be able to distinguish the popularity, scope and availability of complementary and alternative medicine in their local area</b>			
Implement a market analysis to ascertain the popularity, scope and availability of complementary and alternative medicine	<ul style="list-style-type: none"> <li>• Yellow pages</li> <li>• Internet</li> <li>• Interviews with local salon, clinic owners</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Homework</li> <li>• Test</li> </ul>	20
Describe the importance of analysing data collected from market analysis	<ul style="list-style-type: none"> <li>• Prepare and conduct a survey for a local, geographical area</li> </ul>		

<b>3. Be able to understand the differences between complementary, alternative and allopathic medicine</b>			
Interpret the terms complementary, alternative and allopathic medicine	<ul style="list-style-type: none"> <li>• Similarities and differences between them all</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Homework</li> <li>• Test</li> </ul>	10
Explain the concepts of complementary and alternative medicine compared to allopathic medicine	<ul style="list-style-type: none"> <li>• Similarities and differences between them all</li> </ul>		
Critically compare the differences between complementary, alternative and allopathic medicine	<ul style="list-style-type: none"> <li>• Holism</li> <li>• Placebo effect</li> <li>• Similarities and differences between them all</li> </ul>		
Explain the importance of government guidelines in relation to education, training and regulation of complementary and alternative medicine	<ul style="list-style-type: none"> <li>• House of Lords</li> <li>• Science and Technology – Sixth Report – 21 November 2000</li> <li>• The NHS Directory of Complementary and Alternative Practitioners</li> <li>• The Department of Health report on Complementary and Alternative Medicine</li> <li>• The Prince’s Foundation for Integrated Health</li> <li>• The World Health Organisation’s Traditional Medicine Strategy 2002-2005</li> </ul>		

4. Be able to understand the progression routes when working in complementary and alternative medicine			
Review training and career pathways in the complementary and alternative medicine field	<ul style="list-style-type: none"> <li>• Complementary therapies</li> <li>• Sport and events massage</li> <li>• Sports rehabilitation</li> <li>• Physiotherapy</li> <li>• Healthcare centres</li> <li>• Hospice and palliative care centres</li> <li>• Chronic healthcare centres and support groups</li> <li>• CPD</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Homework</li> <li>• Test</li> </ul>	20
Explain the importance of identifying related sectors in terms of further career progression	<ul style="list-style-type: none"> <li>• Complementary therapies</li> <li>• Sport and events massage</li> <li>• Sports rehabilitation</li> <li>• Physiotherapy</li> <li>• Healthcare centres</li> <li>• Hospice and palliative care centres</li> <li>• Chronic healthcare centres and support groups</li> </ul>		

**Document History**

Version	Issue Date	Changes	Role
v1	09/10/2019	First published	Qualification Administrator