

# 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:** iUBT344 - Apply stone therapy massage

**Total contact tuition hours proposed:** 75

**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 prepare for stone therapy massage</b>			
Prepare themselves, client and work area for stone therapy massage	<ul style="list-style-type: none"> <li>Preparation of working area</li> <li>Equipment</li> <li>Products</li> <li>Work wear</li> <li>Personal appearance and behaviour</li> <li>Hygiene e.g. sterilising/sanitising tools and equipment</li> <li>Client for treatment</li> <li>Client care and modesty</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> <li>An example of a consultation form can be downloaded from: <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></li> </ul>	

Use suitable consultation techniques to identify treatment objectives	<ul style="list-style-type: none"> <li>• Suitable area</li> <li>• Positive body language</li> <li>• Positioning of the client</li> <li>• Communication skills</li> <li>• Professionalism</li> <li>• Contra-indications and contra-actions</li> <li>• Treatment plan</li> <li>• Products used</li> <li>• Consent</li> <li>• Confidentiality</li> <li>• Client's signature</li> </ul>		
Carry out body analysis and relevant tests	<ul style="list-style-type: none"> <li>• Height</li> <li>• Weight</li> <li>• Body measurements</li> <li>• Posture check</li> <li>• Muscle tone test</li> <li>• Body fat</li> <li>• Fluid retention</li> <li>• Body mass index (BMI)</li> <li>• Tactile test</li> <li>• Thermal test</li> </ul>		
Provide clear recommendations to the client	<ul style="list-style-type: none"> <li>• Taking into account the following: <ul style="list-style-type: none"> <li>- The outcome of the body analysis</li> <li>- Diet</li> <li>- Smoking</li> <li>- Alcohol</li> <li>- Central heating</li> <li>- Air conditioning</li> <li>- Stress</li> <li>- Sleep</li> <li>- Exercise</li> <li>- Fresh air</li> <li>- Occupation</li> <li>- Lifestyle</li> <li>- Current regime</li> </ul> </li> </ul>		
Select products, tools and equipment to suit client treatment needs	<ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> </ul>		

	<ul style="list-style-type: none"> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Professional stone heater</li> <li>• Cooling system</li> <li>• Heat stable massage medium/lotion</li> <li>• Bowl of cold water</li> <li>• Cleansing products</li> <li>• Stones – semi precious, hot and cold (in full range of sizes)</li> <li>• Insulated gloves</li> <li>• Thermometer</li> <li>• Wooden spoon/spatula</li> <li>• Energised hot, cold and semi-precious stones (pre-checked for cracks, chips and crevices)</li> <li>• Heat stable products</li> </ul>		
Describe salon requirements for preparing themselves, the client and work area	<ul style="list-style-type: none"> <li>• Any particular rights, restrictions and acts applicable to stone therapy massage treatment</li> <li>• Code of practice/ethics</li> <li>• Insurance and professional association membership</li> <li>• Record keeping</li> <li>• Professional appearance</li> </ul>		
Describe the environmental conditions suitable for stone therapy massage	<ul style="list-style-type: none"> <li>• Lighting</li> <li>• Heating</li> <li>• Ventilation</li> <li>• Noise levels</li> <li>• Available space</li> <li>• Music</li> </ul>		

	<ul style="list-style-type: none"> <li>• General hygiene</li> <li>• Waste disposal</li> <li>• Décor</li> <li>• Equipment</li> <li>• Privacy</li> <li>• Reception areas</li> <li>• General use/treatment areas</li> </ul>		
Describe the different consultation techniques used to identify treatment objectives	<ul style="list-style-type: none"> <li>• Positive body language</li> <li>• Positioning of the client (no barriers between themselves and client)</li> <li>• Good communication skills (asking open and/or closed questions where appropriate)</li> <li>• Verbal and non-verbal communication</li> </ul>		
Explain the importance of carrying out a detailed body analysis and relevant tests	<ul style="list-style-type: none"> <li>• Identifying client's body type and needs</li> <li>• Thermal test</li> <li>• Tactile test</li> <li>• Contra-indications</li> <li>• Scope of treatment(s)</li> <li>• Aftercare advice</li> <li>• Home care advice</li> </ul>		
Describe how to select products, tools and equipment to suit client treatment needs	<ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemical immersion equipment</li> </ul>		

	<ul style="list-style-type: none"> <li>• Waste disposal</li> <li>• Professional stone heater</li> <li>• Cooling system</li> <li>• Heat stable massage medium/lotion</li> <li>• Bowl of cold water</li> <li>• Cleansing products</li> <li>• Stones – semi precious, hot and cold (in full range of sizes)</li> <li>• Insulated gloves</li> <li>• Thermometer</li> <li>• Wooden spoon/spatula</li> <li>• Energised hot, cold and semi-precious stones (pre-checked for cracks, chips and crevices)</li> <li>• Heat stable products</li> </ul>		
<p>Explain the contra-indications that prevent or restrict stone therapy massage</p>	<ul style="list-style-type: none"> <li>• 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 has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist <ul style="list-style-type: none"> <li>- Pregnancy</li> <li>- Cardio vascular conditions <ul style="list-style-type: none"> <li>▪ Thrombosis</li> <li>▪ Phlebitis</li> <li>▪ Hypertension</li> <li>▪ Hypotension</li> <li>▪ Heart conditions</li> </ul> </li> <li>- Haemophilia</li> <li>- Any condition already being treated by a GP or another practitioner</li> <li>- Medical oedema</li> <li>- Osteoporosis</li> <li>- Arthritis</li> <li>- Nervous/psychotic conditions</li> <li>- Epilepsy</li> <li>- Recent operations</li> <li>- Diabetes</li> <li>- Asthma</li> <li>- Any dysfunction of the nervous system (e.g. multiple sclerosis, Parkinson’s disease, motor neurone disease)</li> <li>- Bell’s palsy</li> <li>- Trapped/pinched nerve (e.g. sciatica)</li> <li>- Inflamed nerve</li> <li>- Cancer</li> <li>- Postural deformities</li> <li>- Spastic conditions</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Kidney infections</li> <li>- Whiplash</li> <li>- Slipped disc</li> <li>- Undiagnosed pain</li> <li>- When taking prescribed medication</li> <li>- Acute rheumatism</li> <li>- Loss of skin sensitivity</li> <li>- Clinical obesity</li> <li>• Contra-indications that restrict treatment <ul style="list-style-type: none"> <li>- Fever</li> <li>- Contagious or infectious diseases</li> <li>- Under the influence of recreational drugs or alcohol</li> <li>- Diarrhoea and vomiting</li> <li>- Skin diseases</li> <li>- Undiagnosed lumps and bumps</li> <li>- Localised swelling</li> <li>- Inflammation</li> <li>- Varicose veins</li> <li>- Pregnancy (abdomen)</li> <li>- Cuts</li> <li>- Bruises</li> <li>- Abrasions</li> <li>- Scar tissue (2 years for major operation and 6 months for a small scar)</li> <li>- Sunburn</li> <li>- Hormonal implants</li> <li>- Abdomen (first few days of menstruation depending how the client feels)</li> <li>- Haematoma</li> <li>- Hernia</li> <li>- Recent fractures (minimum 3 months)</li> <li>- Cervical spondylitis</li> <li>- Gastric ulcers</li> <li>- After a heavy meal</li> <li>- Conditions affecting the neck</li> <li>- Areas of skin aggravated by heat</li> </ul> </li> </ul>		
Describe the types of stones, their properties and uses	<ul style="list-style-type: none"> <li>• Basalt</li> <li>• Marine</li> <li>• Marble</li> <li>• Semi-precious</li> <li>• Hardness/density (Mohs scale)</li> <li>• Structure</li> <li>• Formation</li> <li>• Physiological and psychological effects</li> </ul>		

	<ul style="list-style-type: none"> <li>• Sizes</li> <li>• Ability to retain heat/cold</li> <li>• Ways of re-energising</li> <li>• In combination, alternately and/or isolation</li> <li>• In conjunction with other treatments e.g. facial, manicure</li> <li>• Stone placement above and below the body</li> <li>• Significance to the seven major chakras</li> </ul>		
Describe the historical and cultural background for stone therapy massage	<ul style="list-style-type: none"> <li>• Origination</li> <li>• Native American traditions</li> <li>• Mary Nelson</li> <li>• Principles of Kneipp therapy</li> <li>• Principle of geothermotherapy</li> <li>• Holistic approach</li> <li>• Concept and effects of working with energy and its influence on the aura, the chakras, spiritual, emotional and physical health</li> <li>• Concept of the five elements and their link to stone therapy treatment: <ul style="list-style-type: none"> <li>- Water</li> <li>- Wood</li> <li>- Fire</li> <li>- Earth</li> <li>- Air/Metal</li> </ul> </li> <li>• Principles and characteristics of the seven major chakras and their significance in the development of and to the stone therapy treatment</li> </ul>		
Describe how stones should be stored	<ul style="list-style-type: none"> <li>• Basalt</li> <li>• Marine</li> <li>• Marble</li> <li>• Semi-precious</li> <li>• Methods appropriate to disinfecting and sanitising the stones and positioning in a condition suitable for preparation of future treatments</li> <li>• Being left dry overnight using appropriate methods to re-energise the types of stones <ul style="list-style-type: none"> <li>- Sun</li> <li>- Moon</li> <li>- The elements</li> <li>- Natural sea salt</li> <li>- Sage</li> <li>- Energy</li> <li>- Mandalas</li> <li>- Labradorite</li> </ul> </li> </ul>		

<b>2. Be able to carry out stone therapy massage</b>			
Communicate and behave in a professional manner	<ul style="list-style-type: none"> <li>• Checking consultations and contra-indications</li> <li>• Explaining the treatment to the client</li> <li>• Benefits, limitations and co-operation required</li> <li>• Helping the client onto the couch prior to and off the couch after the treatment</li> <li>• Positioning the client correctly</li> <li>• Sanitising client's hands/feet as appropriate</li> <li>• Sanitising own hands as appropriate throughout treatment</li> <li>• Protecting the client's modesty at all times</li> <li>• Ensuring that all parts of the client are covered except the area being treated</li> <li>• Ensuring that the client is comfortable</li> <li>• Using appropriate covered supports</li> <li>• Adapt the stone therapy massage treatments to suit the needs of the client</li> <li>• Ensuring client does not stand on floor with bare feet</li> <li>• Client care</li> <li>• Communication</li> <li>• Correct posture, hygiene and a professional approach to the client throughout treatment</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout:</li> <li>• Homework</li> <li>• Test:</li> </ul>	
Follow health and safety working practices	<ul style="list-style-type: none"> <li>• Fire Precautions Act</li> <li>• Health &amp; Safety at Work Act</li> <li>• Health and Safety (First Aid) Regulations</li> <li>• The Management of Health &amp; Safety at Work Regulations</li> <li>• The Workplace (Health, Safety &amp; Welfare) Regulations</li> <li>• The Manual Handling Operations Regulations</li> <li>• The Personal Protective Equipment at Work Regulations</li> <li>• The Provision and Use of Work Equipment Regulations</li> <li>• The Control of Substances Hazardous to Health Regulations (COSHH)</li> <li>• The Electricity at Work Regulations</li> <li>• Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)</li> <li>• Disability Discrimination Act</li> <li>• Data Protection Act/General Data Protection Regulations (GDPR)</li> <li>• Adhere to all safety precautions and manufacturer's instructions</li> </ul>		
Position themselves and client correctly throughout the treatment	<ul style="list-style-type: none"> <li>• Positioning of the client</li> <li>• Client comfort</li> <li>• Application of the treatments</li> <li>• Stone massage therapist self-care</li> </ul>		
Use products, tools, equipment and	<ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> </ul>		

<p>techniques to suit client's treatment needs</p>	<ul style="list-style-type: none"> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Professional stone heater</li> <li>• Cooling system</li> <li>• Heat stable massage medium/lotion</li> <li>• Bowl of cold water</li> <li>• Cleansing products</li> <li>• Stones – semi precious, hot and cold (in full range of sizes)</li> <li>• Insulated gloves</li> <li>• Thermometer</li> <li>• Wooden spoon/spatula</li> <li>• Energised hot, cold and semi-precious stones (pre-checked for cracks, chips and crevices)</li> <li>• Heat stable products</li> <li>• Effleurage</li> <li>• Petrissage</li> <li>• Friction</li> <li>• Tapping</li> <li>• Tucking</li> <li>• Placement</li> <li>• Trigger point work</li> <li>• Homeostasis</li> <li>• Physical and spiritual effects</li> </ul>		
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	<ul style="list-style-type: none"> <li>• Benefits for the therapist</li> <li>• Rotation of stones</li> <li>• Use of hot only</li> <li>• Use of cold only</li> <li>• Use of alternate hot and cold stones</li> <li>• In combination of stone types and sizes</li> <li>• Temperature management</li> <li>• Time management</li> <li>• Safe handling and avoiding excessive noise</li> </ul>		
Complete the treatment to the satisfaction of the client	<ul style="list-style-type: none"> <li>• Conclusion of treatment in appropriate manner to meet client's needs</li> </ul>		
Evaluate the results of the treatment	<ul style="list-style-type: none"> <li>• Reviewing and recording treatment outcomes</li> <li>• Treatment recommendations</li> <li>• Home care advice</li> </ul>		
Provide suitable aftercare advice	<ul style="list-style-type: none"> <li>• Recommendations for immediate aftercare</li> <li>• Suitable body care regime</li> <li>• Lifestyle</li> <li>• Use of SPF</li> <li>• Recommendation of further salon treatments</li> </ul>		
Explain how to communicate and behave in a professional manner	<ul style="list-style-type: none"> <li>• Consultation</li> <li>• Treatment explanation</li> <li>• Client care</li> <li>• Hygiene</li> <li>• Good communication skills</li> </ul>		
Describe health and safety working practices	<ul style="list-style-type: none"> <li>• Fire Precautions Act</li> <li>• Health &amp; Safety at Work Act</li> <li>• Health and Safety (First Aid) Regulations</li> <li>• The Management of Health &amp; Safety at Work Regulations</li> <li>• The Workplace (Health, Safety &amp; Welfare) Regulations</li> <li>• The Manual Handling Operations Regulations</li> <li>• The Personal Protective Equipment at Work Regulations</li> <li>• The Provision and Use of Work Equipment Regulations</li> <li>• The Control of Substances Hazardous to Health Regulations (COSHH)</li> <li>• The Electricity at Work Regulations</li> <li>• Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)</li> <li>• Disability Discrimination Act</li> </ul>		

	<ul style="list-style-type: none"> <li>• Data Protection Act/General Data Protection Regulations (GDPR)</li> <li>• Adhere to all safety precautions and manufacturer’s instructions</li> </ul>		
Explain the importance of positioning themselves and the client correctly throughout the treatment	<ul style="list-style-type: none"> <li>• Ensuring the client is comfortable and correctly supported</li> <li>• Applying the treatments as appropriate to the client’s needs</li> <li>• Therapist maintaining correct posture/stance throughout treatment</li> </ul>		
Explain the importance of using products, tools, equipment and techniques to suit clients treatment needs	<ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Products and equipment applicable for the following: <ul style="list-style-type: none"> <li>- Stone therapy massage</li> </ul> </li> <li>• Effleurage</li> <li>• Petrissage</li> <li>• Friction</li> <li>• Tapping</li> <li>• Tucking</li> <li>• Placement</li> <li>• Trigger point work</li> <li>• Rotation of stones</li> <li>• Use of hot only</li> <li>• Use of cold only</li> </ul>		

	<ul style="list-style-type: none"> <li>• Use of alternate hot and cold stones</li> <li>• In combination of stone types and sizes</li> <li>• Temperature management</li> <li>• Time management</li> <li>• Safe handling and avoiding excessive noise</li> </ul>		
Describe how treatments can be adapted to suit client treatment needs	<ul style="list-style-type: none"> <li>• Restrictions</li> <li>• Client preferences and commitment</li> <li>• Product availability</li> <li>• Time scales</li> <li>• Costs</li> <li>• Vary the size of stone used in relation to the treatment area and client's physical characteristics</li> </ul>		
State the contra-actions that may occur during and following treatments and how to respond	<ul style="list-style-type: none"> <li>• Explaining any possible side effects to the treatment</li> <li>• Feeling tired</li> <li>• Increased micturition</li> <li>• Increased defecation</li> <li>• Healing crisis</li> <li>• Headache</li> <li>• Thirst</li> <li>• Heightened emotions</li> <li>• Skin reactions</li> <li>• Increase in symptoms</li> <li>• Referral procedures</li> </ul>		
Explain the importance of completing the treatment to the satisfaction of the client	<ul style="list-style-type: none"> <li>• Concluding the treatment in appropriate manner to meet client's needs</li> <li>• Concluding the stone therapy massage treatment in an appropriate and safe manner to meet the client's needs</li> <li>• Ongoing treatments</li> </ul>		
Explain the importance of completing treatment records	<ul style="list-style-type: none"> <li>• Maintaining records</li> <li>• Aftercare</li> <li>• Home care</li> <li>• Product advice</li> <li>• Compliance with data protection</li> </ul>		
Describe the methods of evaluating the effectiveness of the treatment	<ul style="list-style-type: none"> <li>• Maintaining records for accurate future treatment</li> <li>• Aftercare</li> <li>• Home care</li> <li>• Product advice</li> <li>• Compliance with current legislation</li> </ul>		

	<ul style="list-style-type: none"> <li>• Concluding the treatment in the correct manner to meet client’s requirements</li> <li>• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout</li> </ul>		
Describe the aftercare advice that should be provided	<ul style="list-style-type: none"> <li>• Based upon consultation, body analysis and relevant test recommendations for ongoing or further treatments, home and aftercare advice</li> <li>• Healthy eating</li> <li>• Fluid/water intake</li> <li>• Exercise</li> <li>• Smoking habits</li> <li>• Hobbies</li> <li>• Interests</li> <li>• Rest</li> <li>• Relaxation</li> <li>• Stress levels</li> <li>• Sleep</li> <li>• General care and lifestyle advice and the beneficial effects thereof</li> </ul>		
Describe the structure, function, position and action of the muscles of the body	<ul style="list-style-type: none"> <li>• Voluntary</li> <li>• Involuntary</li> <li>• Cardiac</li> <li>• Ligament</li> <li>• Tendon</li> <li>• Fascia</li> <li>• Origin</li> <li>• Insertion</li> <li>• Action</li> <li>• Tone</li> <li>• Tension</li> <li>• Fatigue</li> <li>• Flexion</li> <li>• Extension</li> <li>• Abduction</li> <li>• Adduction</li> <li>• Rotation</li> <li>• Supination</li> <li>• Pronation</li> <li>• Dorsiflexion</li> <li>• Plantarflexion</li> <li>• Eversion</li> </ul>		

	<ul style="list-style-type: none"> <li>• Inversion</li> <li>• Circumduction</li> <li>• Trunk/torso <ul style="list-style-type: none"> <li>- Trapezius</li> <li>- Sternocleidomastoid</li> <li>- Erector spinae</li> <li>- Splenius capitis</li> <li>- Latissimus dorsi</li> <li>- Serratus anterior</li> <li>- Gluteus maximus</li> <li>- Gluteus medius</li> <li>- Gluteus minimus</li> <li>- Psoas</li> <li>- Pectoralis major and minor</li> <li>- Rectus abdominus</li> <li>- Internal oblique</li> <li>- External oblique</li> <li>- Transversus abdominus</li> <li>- Rhomboid major and minor</li> <li>- Infraspinatis</li> <li>- Supraspinatis</li> <li>- Teres major</li> <li>- Teres minor</li> <li>- Iliacus</li> <li>- Subscapularis</li> <li>- Quadratus lumborum</li> </ul> </li> <li>• Arm <ul style="list-style-type: none"> <li>- Deltoid</li> <li>- Biceps</li> <li>- Triceps</li> <li>- Brachialis</li> <li>- Coraco brachialis</li> <li>- Brachioradialis</li> <li>- Pronator teres</li> <li>- Supinator radii brevis</li> <li>- Flexor carpi radialis</li> <li>- Extensor carpi radialis</li> <li>- Extensor carpi ulnaris</li> <li>- Flexor carpi ulnaris</li> <li>- Flexor carpi digitorum</li> <li>- Extensor carpi digitorum</li> <li>- Muscles of thenar eminence</li> <li>- Muscles of hypothenar eminence</li> </ul> </li> </ul>		
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	<ul style="list-style-type: none"> <li>• Leg/thigh <ul style="list-style-type: none"> <li>- Quadriceps <ul style="list-style-type: none"> <li>▪ Rectus femoris</li> <li>▪ Vastus lateralis</li> <li>▪ Vastus medialis</li> <li>▪ Vastus intermedius</li> </ul> </li> <li>- Hamstrings <ul style="list-style-type: none"> <li>▪ Biceps femoris</li> <li>▪ Semimembranosus</li> <li>▪ Semitendinosus</li> </ul> </li> <li>- Adductor longus</li> <li>- Adductor magnus</li> <li>- Adductor brevis</li> <li>- Gracilis</li> <li>- Sartorius</li> <li>- Piriformis</li> <li>- Gluteus maximus</li> <li>- Gluteus medius</li> <li>- Gluteus minimus</li> </ul> </li> <li>• Lower leg <ul style="list-style-type: none"> <li>- Gastrocnemius</li> <li>- Tibialis anterior</li> <li>- Peroneus longus</li> <li>- Flexor digitorum longus</li> <li>- Extensor digitorum longus</li> <li>- Soleus</li> <li>- Extensor hallucis longus</li> </ul> </li> <li>• Face, neck and scalp <ul style="list-style-type: none"> <li>- Orbicularis oculi</li> <li>- Orbicularis oris</li> <li>- Masseter</li> <li>- Buccinator</li> <li>- Levator anguli oris</li> <li>- Levator labii superioris</li> <li>- Depressor anguli oris</li> <li>- Depressor labii inferioris</li> <li>- Depressor labii oris</li> <li>- Mentalis</li> <li>- Zygomaticus</li> <li>- Temporalis</li> <li>- Nasalis</li> <li>- Procerus</li> <li>- Corrugator</li> </ul> </li> </ul>		
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	<ul style="list-style-type: none"> <li>- Frontalis</li> <li>- Occipitalis</li> <li>- Pterygoids</li> <li>- Triangularis</li> <li>- Trapezius</li> <li>- Platysma</li> </ul>		
<p>Describe the location, function and structure of the bones of the body</p>	<ul style="list-style-type: none"> <li>• Support framework</li> <li>• Provides attachments for muscles</li> <li>• Forms joints to provide movement</li> <li>• Forms erythrocytes in the bone marrow</li> <li>• Stores calcium</li> <li>• Protection</li> <li>• Long</li> <li>• Short</li> <li>• Flat</li> <li>• Irregular</li> <li>• Sesamoid</li> <li>• Fixed</li> <li>• Slightly moveable</li> <li>• Freely moveable</li> <li>• Ball and socket</li> <li>• Hinge</li> <li>• Pivot</li> <li>• Gliding</li> <li>• Saddle</li> <li>• Cranium</li> <li>• Parietal</li> <li>• Frontal</li> <li>• Ethmoid</li> <li>• Sphenoid</li> <li>• Occipital</li> <li>• Temporal facial</li> <li>• Nasal</li> <li>• Zygomatic</li> <li>• Maxilla</li> <li>• Lacrimal</li> <li>• Turbinator</li> <li>• Palatine</li> <li>• Mandible</li> </ul>		

	<ul style="list-style-type: none"> <li>• Vomer</li> <li>• Hyoid</li> <li>• Vertebrae <ul style="list-style-type: none"> <li>- Cervical</li> <li>- Thoracic</li> <li>- Lumbar</li> <li>- Sacrum</li> <li>- Coccyx</li> </ul> </li> <li>• Shoulder girdle <ul style="list-style-type: none"> <li>- Scapula</li> <li>- Clavicle</li> </ul> </li> <li>• Thoracic cage <ul style="list-style-type: none"> <li>- Ribs</li> <li>- Sternum</li> </ul> </li> <li>• Pelvic girdle <ul style="list-style-type: none"> <li>- Innominate bones <ul style="list-style-type: none"> <li>▪ Ischium</li> <li>▪ Ilium</li> <li>▪ Pubis</li> </ul> </li> </ul> </li> <li>• Upper limb <ul style="list-style-type: none"> <li>- Humerus</li> <li>- Ulna</li> <li>- Radius</li> <li>- Carpals: <ul style="list-style-type: none"> <li>▪ Scaphoid</li> <li>▪ Lunate</li> <li>▪ Triquetral</li> <li>▪ Pisiform</li> <li>▪ Trapezium</li> <li>▪ Trapezoid</li> <li>▪ Capitate</li> <li>▪ Hamate</li> </ul> </li> <li>- Metacarpals</li> <li>- Phalanges</li> </ul> </li> <li>• Lower limb <ul style="list-style-type: none"> <li>- Femur</li> <li>- Tibia</li> <li>- Fibula</li> <li>- Patella</li> <li>- Tarsals: <ul style="list-style-type: none"> <li>▪ Talus</li> <li>▪ Calcaneus</li> </ul> </li> </ul> </li> </ul>		
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	<ul style="list-style-type: none"> <li>▪ Navicular</li> <li>▪ Cuneiforms (medial, intermediate, lateral)</li> <li>▪ Cuboid</li> </ul> <ul style="list-style-type: none"> <li>- Metatarsals</li> <li>- Phalanges</li> </ul>		
Describe the structure and function of the circulatory and lymphatic systems for the body	<ul style="list-style-type: none"> <li>• Cardiovascular</li> <li>• Erythrocytes</li> <li>• Leucocytes</li> <li>• Thrombocytes</li> <li>• Plasma and plasma proteins</li> <li>• Platelets</li> <li>• Arteries</li> <li>• Arterioles</li> <li>• Veins</li> <li>• Venules</li> <li>• Capillaries</li> <li>• Superior vena cava</li> <li>• Aortic arch</li> <li>• Inferior vena cava</li> <li>• Aorta</li> <li>• Right atrium</li> <li>• Right ventricle</li> <li>• Left atrium</li> <li>• Left ventricle</li> <li>• Septum</li> <li>• Pulmonary valve</li> <li>• Pulmonary artery</li> <li>• Pulmonary veins</li> <li>• Mitral (bicuspid) valve</li> <li>• Tricuspid valve</li> <li>• Endocardium</li> <li>• Myocardium</li> <li>• Pericardium</li> <li>• Blood pressure and pulse</li> </ul>		
Describe the physical and psychological effects of hot and cold stone therapy	<ul style="list-style-type: none"> <li>• Physical effects of hot stones to include: <ul style="list-style-type: none"> <li>- Stimulation of circulatory, lymphatic, respiratory and nervous systems</li> <li>- Stimulation of elimination processes</li> <li>- Increased microcirculation stimulating the metabolic rate</li> <li>- Relaxed and improved muscle tone with reduction in tension</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Increased flexibility and joint mobility</li> <li>• Physical effects of cold stones to include: <ul style="list-style-type: none"> <li>- Vasoconstriction and reduction of microcirculation to cool and soothe</li> <li>- Reduction of sensitivity</li> <li>- Reduction in production of histamine</li> <li>- Decongesting</li> <li>- Pain reducing</li> <li>- Tightening and firming effect on skin</li> </ul> </li> <li>• Psychological effects to include: <ul style="list-style-type: none"> <li>- Relaxing and calming</li> <li>- Uplifting and emotionally re-balancing</li> <li>- Elimination of negativity and increased general wellbeing</li> <li>- Re-energising</li> </ul> </li> <li>• Effects on the following systems: <ul style="list-style-type: none"> <li>- Circulatory</li> <li>- Lymphatic</li> <li>- Nervous</li> <li>- Skin</li> <li>- Muscular</li> <li>- Skeletal</li> <li>- Endocrine</li> <li>- Respiratory</li> </ul> </li> </ul>		
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iUBT344 – Apply stone therapy massage			
<b>Mock practical:</b>	<ul style="list-style-type: none"> <li>• To include full treatment</li> </ul>	Mock theory paper	
<b>Mock theory:</b>	<ul style="list-style-type: none"> <li>• To include all the theory</li> </ul>		

**Document History**

<b>Version</b>	<b>Issue Date</b>	<b>Changes</b>	<b>Role</b>
v1	19/11/2019	First published	Qualifications Administrator