

# 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:** iUCT27 - Provide basic massage therapy techniques for complementary therapies

**Total contact tuition hours proposed:** 80

**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>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>PowerPoint Presentation</li> <li>VLE</li> <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>LO1 Be able to prepare for basic massage therapy techniques</b>			
1.1 Prepare self, client and work area for treatment in accordance with current legislation and working practice requirements	<ul style="list-style-type: none"> <li>Treatment environment and working area:               <ul style="list-style-type: none"> <li>Preparation of treatment area</li> <li>Equipment</li> <li>Products</li> <li>Hygiene</li> </ul> </li> <li>Therapist appearance/behaviour               <ul style="list-style-type: none"> <li>Work wear</li> <li>Personal appearance and behaviour</li> <li>Professional work wear, full flat shoes, socks with trousers, natural tights with skirts, no jewellery except a wedding band and stud earrings, clean hands, short clean finger nails with no nail varnish</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>OHP/Whiteboard</li> <li>PowerPoint</li> <li>VLE</li> <li>Activities</li> <li>Lecture</li> <li>Q&amp;A</li> <li>Homework</li> <li>Test</li> </ul>	30

	<ul style="list-style-type: none"> <li>• No body odour</li> <li>• No bad breath</li> <li>• No perfume</li> <li>• No chewing of gum or sucking of sweets</li> <li>• Hair neat, clean and tied back – not on the collar or face</li> <li>• Client care/preparation <ul style="list-style-type: none"> <li>• Procedures used to prepare client for treatment</li> </ul> </li> <li>• Legislation and working practices <ul style="list-style-type: none"> <li>• Any particular rights, restrictions, acts and charters applicable to basic massage technique treatment</li> <li>• Record keeping in accordance with confidentiality procedures and current data protection legislation</li> <li>• Awareness of voluntary regulatory groups where they exist</li> </ul> </li> </ul>		
1.2. Consult with client to confirm their treatment objectives	<ul style="list-style-type: none"> <li>• A sample of a consultation form can be found at <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></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>• Trust</li> <li>• Professionalism, confidence and enthusiasm</li> <li>• Confidentiality</li> <li>• Name</li> <li>• Address</li> <li>• Telephone number (day and night)</li> <li>• GP</li> <li>• Medical history</li> <li>• Any contra-indications to treatment</li> <li>• Client lifestyle</li> <li>• Client profile</li> <li>• Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs</li> <li>• Needs of the client</li> <li>• Agreement of treatment plan</li> <li>• Consent to treatment</li> <li>• Explanation of any possible contra-actions</li> <li>• Client's signature and date</li> </ul>		
1.3. Explain basic treatment techniques	<ul style="list-style-type: none"> <li>• Explanation of treatment and procedures</li> <li>• Basic massage techniques</li> <li>• Effleurage</li> <li>• Petrissage</li> <li>• Percussion</li> </ul>		

	<ul style="list-style-type: none"> <li>• Vibrations</li> <li>• Frictions</li> </ul>		
1.4. Provide clear and suitable treatment recommendations to the client taking into account any influencing factors	<ul style="list-style-type: none"> <li>• The outcome of the consultation</li> <li>• Client requirements</li> <li>• Treatment objectives</li> <li>• Treatment recommendations e.g., suitable treatment programme</li> <li>• Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs and diverse needs</li> </ul>		
1.5. Select materials and equipment for treatment	<ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Couch cover</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Bedroll</li> <li>• Sanitisers</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Waste disposal</li> <li>• Massage media: <ul style="list-style-type: none"> <li>- Oil (not mineral oil)</li> <li>- Cream</li> <li>- Powder (unperfumed)</li> <li>- Emulsion</li> <li>- Wax/balm</li> <li>- Gel</li> </ul> </li> </ul>		
1.6. Describe appropriate characteristics of a basic massage therapy treatment environment	<ul style="list-style-type: none"> <li>• Lighting</li> <li>• Heating</li> <li>• Ventilation</li> <li>• Noise levels</li> <li>• Available space</li> <li>• General hygiene</li> <li>• Equipment</li> <li>• Privacy</li> <li>• Room layout and ambience</li> </ul>		
1.7. Describe factors that need to be considered for	<ul style="list-style-type: none"> <li>• The way in which the physical environment, social, economic and environmental factors affect health and social wellbeing, e.g.:</li> </ul>		

a basic massage therapy techniques treatment	<ul style="list-style-type: none"> <li>• Computers</li> <li>• Mobile phones</li> <li>• Processed food</li> <li>• Lack of fresh air</li> <li>• Stress</li> <li>• Lack of sleep</li> <li>• Financial problems</li> <li>• Poor ventilation</li> <li>• Pollution</li> <li>• Lack of exercise</li> <li>• Chemicals</li> <li>• Client current health, lifestyle, medication, contra-indications</li> <li>• Client expectations</li> <li>• Time restrictions</li> </ul>		
1.8. Describe the objectives and possible benefits of basic massage therapy techniques	<ul style="list-style-type: none"> <li>• Meeting client needs and expectations, for example: <ul style="list-style-type: none"> <li>- Relaxation</li> <li>- Invigoration</li> <li>- Stress relief</li> <li>- Calming</li> <li>- Sense of wellbeing</li> </ul> </li> </ul>		
1.9. Describe contra-indications that may prevent or restrict basic massage therapy treatment	<ul style="list-style-type: none"> <li>• With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, clients must sign an informed consent form 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 <ul style="list-style-type: none"> <li>- Pregnancy</li> <li>- Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)</li> <li>- Haemophilia</li> <li>- Any condition already being treated by a GP or another complementary 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> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Cancer</li> <li>- Postural deformities</li> <li>- Conditions causing muscular spasticity e.g. cerebral palsy</li> <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>• 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/or vomiting</li> <li>- Skin diseases</li> <li>- Undiagnosed lumps and bumps</li> <li>- Localised swelling</li> <li>- Inflammation</li> <li>- Varicose veins</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>- Haematoma</li> <li>- Recent fractures (minimum 3 months)</li> <li>- Cervical spondylitis</li> <li>- After a heavy meal</li> <li>- Piercings</li> </ul> </li> </ul>		
1.10. State the importance of referring a client to a healthcare practitioner if necessary	<ul style="list-style-type: none"> <li>• Demonstration of understanding of when a client should be referred to either: <ul style="list-style-type: none"> <li>- GP</li> <li>- Other complementary or alternative therapist</li> </ul> </li> </ul>		
1.11. Describe the employer's and employee's health, safety and security responsibilities	<ul style="list-style-type: none"> <li>• The health, safety and security roles and responsibilities of employers and employees</li> <li>• The policies and procedures undertaken to ensure a healthy, safe and secure working environment</li> <li>• Risk assessment</li> <li>• The Control of Substances Hazardous to Health Regulations (COSHH)</li> <li>• The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)</li> </ul>		

LO2 Be able to provide basic massage therapy techniques			
2.1. Communicate and behave in a professional manner	<ul style="list-style-type: none"> <li>• Explanation of treatment</li> <li>• Client care, modesty and support</li> <li>• Communication during treatment</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• PowerPoint</li> <li>• VLE</li> <li>• Activities</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Homework</li> <li>• Test</li> </ul>	50
2.2. Position self and client for the treatment to ensure privacy, comfort and well-being	<ul style="list-style-type: none"> <li>• Basic massage therapy technique therapist should maintain the correct working posture, hygiene and a professional approach to the client throughout treatment</li> </ul>		
2.3. Use safe and hygienic working methods	<ul style="list-style-type: none"> <li>• Hygiene procedures</li> <li>• Safe working practices</li> </ul>		
2.4. Carry out a visual analysis of the areas to be treated	<ul style="list-style-type: none"> <li>• Visual analysis of the area</li> <li>• Check for contra-indications</li> </ul>		
2.5. Use and adapt basic massage therapy techniques using materials and equipment, correctly and safely to meet the needs of the client	<ul style="list-style-type: none"> <li>• Client care</li> <li>• Client comfort and support</li> <li>• Client modesty</li> <li>• Select appropriate medium <ul style="list-style-type: none"> <li>- Oil (not mineral oil)</li> <li>- Cream</li> <li>- Powder (unperfumed)</li> <li>- Emulsion</li> <li>- Wax/balm</li> <li>- Gel</li> </ul> </li> <li>• Treatment areas <ul style="list-style-type: none"> <li>- Face</li> <li>- Neck</li> <li>- Chest</li> <li>- Head and scalp</li> <li>- Upper back and shoulders</li> <li>- Forearm and hand</li> <li>- Lower leg and foot</li> </ul> </li> <li>• Treatment time - approximately 5-10 minutes per area/limb</li> <li>• Medium application and removal</li> <li>• Movements should be performed fluidly and maintain contact throughout</li> <li>• Use appropriate massage movements for basic massage techniques treatment i.e., effleurage, petrissage, vibrations, etc.</li> <li>• Applying the massage at a pressure appropriate to the client's needs</li> <li>• Use and storage of products, materials and equipment according to manufacturers' instructions</li> </ul>		

2.6. During treatment locate underlying body structures	<ul style="list-style-type: none"> <li>• Skin</li> <li>• Circulatory</li> <li>• Lymphatic</li> <li>• Skeletal</li> <li>• Muscular</li> <li>• Nervous</li> </ul>		
2.7. Record treatment details and client feedback	<ul style="list-style-type: none"> <li>• Details of initial consultation</li> <li>• Record of treatment plan, changes to client's medical history and how basic massage therapy techniques treatment was performed</li> <li>• Details of any adverse reactions at the time of treatment</li> <li>• Home care advice</li> <li>• Any individual client requirements</li> <li>• Store records demonstrating knowledge of basic confidentiality requirements and current data protection legislation</li> </ul>		
2.8. Provide suitable aftercare and home care advice	<ul style="list-style-type: none"> <li>• Immediate aftercare</li> <li>• General home care and lifestyle advice and the beneficial effects thereof</li> <li>• Ongoing treatment advice</li> </ul>		
2.9. Describe the principles of basic massage techniques	<ul style="list-style-type: none"> <li>• The concepts of basic massage therapy techniques</li> <li>• Physiological effects</li> <li>• Psychological effects</li> <li>• Effleurage</li> <li>• Petrissage</li> <li>• Percussion</li> <li>• Vibrations</li> <li>• Frictions</li> </ul>		
2.10. State how the basic massage techniques can be adapted to suit the individual characteristics of a client	<ul style="list-style-type: none"> <li>• Adapting the treatment and basic massage techniques to meet client's requirements, physical characteristics, abilities, time restrictions etc., for example: <ul style="list-style-type: none"> <li>• Client positioning</li> <li>• Pressure</li> </ul> </li> </ul>		
2.11. State the uses of different media	<ul style="list-style-type: none"> <li>• Client skin type/preferences</li> <li>• The sources, basic effects and benefits of massage media <ul style="list-style-type: none"> <li>• Oil (not mineral oil)</li> <li>• Cream</li> <li>• Powder (unperfumed)</li> <li>• Emulsion</li> <li>• Wax/balm</li> <li>• Gel</li> </ul> </li> </ul>		
2.12. Describe the contra-actions that may result	<ul style="list-style-type: none"> <li>• During treatment</li> <li>• After treatment</li> </ul>		

from basic massage treatment	<ul style="list-style-type: none"> <li>- Headache</li> <li>- Nausea</li> <li>- Skin reactions/allergies</li> <li>- Increased urination</li> </ul>		
2.13. State the aftercare advice that should be provided following the treatment	<ul style="list-style-type: none"> <li>• Immediate aftercare</li> <li>• At the end of each treatment the client should be advised of home and aftercare to prolong treatment benefits</li> <li>• Avoid stimulants – alcohol, tea, coffee and non-prescription drugs for at least 12 hours</li> <li>• Healthy eating</li> <li>• Fluid/water intake</li> <li>• Advice on possible contra-actions</li> <li>• Recommendations for further treatments</li> </ul>		
2.14. Describe safe and hygienic working methods	<ul style="list-style-type: none"> <li>• Hygiene procedures</li> <li>• Safe working practices</li> </ul>		
2.15. Describe safe handling and use of products, materials, tools and equipment	<ul style="list-style-type: none"> <li>• Basic knowledge of manufacturers' guidelines for the use of products, tools, materials and equipment for basic massage therapy techniques</li> </ul>		
2.16. Describe the importance of the correct maintenance and storage of products, materials, tools and equipment	<ul style="list-style-type: none"> <li>• Safe working practices</li> <li>• Client and basic massage therapist health and safety</li> <li>• Risk management</li> <li>• Insurance</li> <li>• Code of practice</li> </ul>		



**Document History**

Version	Issue Date	Changes	Role
v1	09/10/2019	First published	Qualifications and Regulation Co-ordinator
v2	28/01/2020	Edited to match Unit Specification	