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# Marking Criteria

## iUBT295 – Holistic 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 holistic massage treatment, including a 45 minute massage covering all areas of the body – back of the leg, back, front of the leg, abdomen, arm, chest, neck, face and scalp. 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 one arm, one leg (front and back), abdomen, back, chest, face and scalp in whatever order the learner has been taught
  - 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 be able to demonstrate the following:

**Appearance – 10 Marks (1 mark each)**

1. Clean, ironed professional uniform
2. Hair must be clean, neat and tied back/up if long and off the collar and face
3. Short, clean and well-manicured nails with no varnish and clean hands
4. Clean sensible flat shoes, socks should be worn
5. Females if wearing a skirt must have tights which are an appropriate colour for the uniform.
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. Underskirts/underwear should not be visible
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 client's comfort/modesty throughout
5. Maintained a positive and professional approach to client throughout

**Hygiene and sterilisation – 5 Marks (1 mark each)**

1. Cleaned and wiped over equipment before, during and after use
2. Ensured that the laundry was clean and changed for each client
3. Sanitised hands before, during and after treatment when 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 the client's preference regarding pressure of massage
2. Adapted the pressure to suit the client
3. Adapted the pressure to suit the area
4. Adapted the pressure to suit the movement
5. Ensured that the skin was seen to move appropriately according to the movement

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

1. Ensured that their hands maintained maximum contact
2. Ensured that the skin 'rippled' ahead of the fingers
3. Covered the entire area by effleurage
4. Demonstrated the stroke in the direction of the blood flow
5. Ensured that the speed was slow and constant

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

1. Checked for contra-indications
2. Demonstrated flexibility in hands and wrists
3. Covered the entire muscle
4. Moved the skin/muscle appropriately
5. Demonstrated that the movement was rhythmical

**Percussion – 10 Marks (2 marks each)**

1. Checked for contra-indications
2. Demonstrated flexibility in the hands and wrists
3. Covered the entire muscle/area
4. Ensured that the skin reacted accordingly to movement
5. Demonstrated that the movement was rhythmical, fast and audible when appropriate

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

1. Supported the joint
2. Demonstrated use of appropriate range of movement

**Continuity of massage – 10 Marks (2 mark each)**

1. Maintained contact during massage of each area
2. Demonstrated the use of effleurage to link movements
3. Performed the movements in a logical sequence
4. Demonstrated all classical movements provided no contra-indications exist
5. Adequately massaged each area

**Posture – 10 Marks (2 marks each)**

1. Demonstrated standing/sitting position appropriate to each area
2. Demonstrated correct position of shoulders and back
3. Demonstrated correct position of elbows
4. Demonstrated flexibility of knees
5. Demonstrated flexibility/position of back (stance)

**Sample oral questions – 5 Marks**

1. What is the benefit of the movement you are performing
2. What are the general contra-indications to massage?
3. How can you detect a tense/tired muscle?
4. Why is a good knowledge of A&P relevant to massage?
5. Why is it necessary to do a thorough consultation before massage?
6. When carrying out a consultation, if you discovered a client was very nervous – what would you do?
7. Where is the problem area of this client's back?
8. Which muscles are involved and what has caused the tension in the muscles?
9. Which movements would you do to alleviate this tension?
10. How would you approach a client with a lumbar back pain?

## Document History

Version	Issue Date	Changes	Role
v4.0	22/10/2018	Updated branding and content following technical review	Qualifications Administrator
v5.0	11/12/2018	Updating product coding	Qualifications Administrator
v6.0	07/05/2020	Corrected oral marks	Product and Regulation Manager