

# 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:** Holistic massage

**Total contact tuition hours proposed:** 100

**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>Lecture 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 Know the history of massage</b>			
1.1. Explain the history of the development of classical massage	<ul style="list-style-type: none"> <li>China 3000BC</li> <li>Japanese Shiatsu</li> <li>Indian Ayurvedic medicine</li> <li>The Greeks</li> <li>The Romans</li> <li>Per Henrik Ling</li> <li>Physiotherapy</li> <li>Present day</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>	
1.2. Explain and demonstrate the holistic approach	<ul style="list-style-type: none"> <li>Greek term holos</li> <li>Importance of the treatment of the whole person in relation to holistic health and the power of touch</li> <li>Concept of balance and harmony in the body (homeostasis)</li> </ul>		

<p>1.3. Explain the term 'integral biology'</p>	<ul style="list-style-type: none"> <li>• The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing. To include: <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>- Lack of exercise</li> <li>- Chemicals</li> <li>- Pollution</li> <li>- Repetitive strain injuries</li> <li>- Jet lag</li> <li>- Lack of natural light</li> <li>- Work life balance</li> </ul> </li> </ul>		
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**LO2 Know the legislation applicable to massage treatment**

<p>2.1. Explain the appropriate legislation applicable to massage treatment</p>	<ul style="list-style-type: none"> <li>• Any particular rights, restrictions and charters</li> <li>• Legal framework related to people and settings with which the practitioner is involved, e.g. Mental Health Act, Children Act</li> <li>• Moral rights which are not recognised in law</li> <li>• Organisational policies and how they may differ from other organisations (when working in care)</li> <li>• Records which the practitioner is responsible for completing in relation to rights and responsibilities</li> <li>• Compliance with current data protection regulations</li> <li>• Any relevant complaints systems and methods of access (when working in care)</li> <li>• Awareness of voluntary regulatory groups where they exist, e.g. General Council for Massage Therapists (UK only)</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout: <ul style="list-style-type: none"> <li>- Legislation</li> </ul> </li> <li>• Homework</li> <li>• Test</li> </ul>	
<p>2.2. Explain the issues surrounding 'consent' to treatment</p>	<ul style="list-style-type: none"> <li>• Importance of obtaining consent from the client</li> <li>• Importance of gaining consent from a person who is acting in the best interests of the client (when the client is unable or not of an age to make the decision for themselves)</li> <li>• Current debate surrounding the issue of consent and the ways in which it may differ between various practitioners</li> <li>• Meaning of informed client consent and the guidance given by the practitioner's professional body, particularly where there is a need for written consent</li> <li>• Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement</li> <li>• Ensure that agreements are in the client's best interests</li> </ul>		

<p>2.3. Explain the importance of massage for clients and families receiving palliative or social care</p>	<ul style="list-style-type: none"> <li>• Issue of consent</li> <li>• Any appropriate legislation</li> <li>• Confidentiality</li> <li>• Appropriate support</li> <li>• Using an appropriate manner of communication</li> <li>• Only giving information agreed within the care team</li> <li>• Knowing when to refer clients to people outside of the care team</li> <li>• Maintenance of accurate records</li> <li>• Managing one's own feelings</li> <li>• The importance of ongoing care</li> <li>• Personal beliefs and preferences</li> <li>• Grief and grieving process</li> <li>• Awareness of other support services</li> </ul>		
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<b>LO3 Be able to carry out a consultation and recognise contra-indications to treatment</b>			
<p>3.1. Explain and demonstrate methods of consultation</p>	<p>Students should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> <li>• Private comfortable area</li> <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>• Trust</li> <li>• Professionalism, confidence and enthusiasm</li> <li>• Professionally informing the client of restrictions of treatments, e.g. contra-indications</li> <li>• Ensuring client is not alarmed in any way</li> <li>• Confidentiality</li> <li>• Consent (see earlier notes on consent)</li> <li>• Any contra-indications to treatment (as listed below)</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>• Determining the nature and extent of the client's needs</li> <li>• Agreement to the course of action</li> <li>• Confirm the client's consent to the treatment</li> <li>• Where the client is not in a position themselves, confirm agreement to the treatment from the appropriate companion</li> <li>• Explanation of any possible side effects to the treatment</li> <li>• Explanation how the programme will be evaluated and the review process</li> <li>• Where applicable clarify with the client information which may be available to others, e.g. relevant health care workers</li> <li>• Obtain the client's signature (or that of the companion)</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout: <ul style="list-style-type: none"> <li>- Consultation form</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>• Compliance with current data protection regulations</li> </ul>		
<p>3.2. Explain common ailments and contra-indications to 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 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>- Cardio vascular conditions (thrombosis, phlebitis, hyper-tension, hypo-tension, 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. Muscular 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> <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> </ul> </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> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Cuts</li> <li>- Bruises</li> <li>- Abrasions</li> <li>- Scar tissues (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>- Metal pins/plates</li> <li>- Piercings</li> </ul>		
3.3. Explain the importance of referral procedures	<ul style="list-style-type: none"> <li>• Only working within the realms of their own expertise as a massage therapist</li> <li>• Identifying when a client should be referred to either: <ul style="list-style-type: none"> <li>- GP</li> <li>- Another complementary therapist</li> <li>- Member of the social care or nursing team</li> </ul> </li> </ul>		

<b>LO4 Be able to carry out an holistic massage treatment</b>			
4.1. Explain and demonstrate appropriate client care	<ul style="list-style-type: none"> <li>• Checking consultation and contra-indications</li> <li>• Explaining the treatment procedure to the client</li> <li>• Assisting the client on and off the couch and protecting the client's modesty at all times</li> <li>• Ensuring that all parts of the client are covered except the area being massaged</li> <li>• Sanitising the client's feet before and after treatment</li> <li>• Sanitising or washing own hands</li> <li>• Ensuring that the client remains comfortable throughout the treatment</li> <li>• Using appropriate covered supports, e.g. under the ankles, chest and forehead, knees, head</li> <li>• Adapting the massage techniques to suit the needs of the client</li> <li>• Removing the massage medium at the end of the treatment if appropriate</li> <li>• Assisting the client off the couch protecting their modesty at all times</li> <li>• Standing onto tissue/couch roll ensuring that the client's bare feet do not touch the floor</li> </ul>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout: <ul style="list-style-type: none"> <li>- Contra-indications</li> <li>- Client care</li> <li>- Different clinical hygiene methods</li> <li>- Classical massage movements</li> <li>- Massage routine</li> <li>- Homework</li> <li>- Complementary therapies</li> <li>- First Aid</li> </ul> </li> <li>• Homework</li> <li>• Test</li> </ul>	
4.2. Explain and demonstrate the appropriate hygiene procedures	<ul style="list-style-type: none"> <li>• The most efficient form of sterilisation in the clinic</li> <li>• The most appropriate form of waste removal in the clinic (particularly when contaminated)</li> <li>• Reasons for good personal hygiene</li> <li>• Washing own hands</li> </ul>		

	<ul style="list-style-type: none"> <li>• Wiping the client's feet</li> <li>• Using clean towels for each client</li> <li>• Using couch roll to cover the towels</li> <li>• Wearing clean professional work clothes</li> <li>• Socks/tights and full flat shoes</li> <li>• Removing all jewellery from self and client (except wedding band on client and therapist and stud earrings on therapist)</li> <li>• Taping jewellery/piercings that cannot be removed from the client</li> <li>• No nail enamel</li> <li>• Clean short nails</li> <li>• Hair tied back off collar and face</li> </ul>		
4.3. Explain and select the appropriate medium for the treatment and client's skin type	<ul style="list-style-type: none"> <li>• Mediums available should be: <ul style="list-style-type: none"> <li>- Oil (not mineral oil)</li> <li>- Cream</li> <li>- Powder (unperfumed)</li> <li>- Emulsion</li> <li>- Gel</li> <li>- Effects and benefits of each should be known</li> </ul> </li> <li>• N.B. essential oils should not be used</li> </ul>		
4.4. Demonstrate the classical massage movements and describe their physiological and psychological effects	<ul style="list-style-type: none"> <li>• Effleurage</li> <li>• Petrissage</li> <li>• Frictions</li> <li>• Percussion</li> <li>• Tapotement</li> <li>• Vibrations</li> <li>• Passive</li> <li>• Movements should be performed correctly and on areas appropriate for the movement</li> <li>• Movements should be adapted to produce a massage suitable for the client's needs</li> </ul>		
4.5. Identify the structures being working over and explain the effect of massage	<ul style="list-style-type: none"> <li>• To include all the body systems in the anatomy section</li> </ul>		
4.6. Explain the importance of giving appropriate homecare advice after treatment	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Fluid/water intake</li> <li>• Exercise</li> <li>• Smoking habits</li> <li>• Sleep patterns</li> <li>• Hobbies</li> <li>• Interests</li> <li>• Rest</li> </ul>		

	<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Stress levels</li> <li>• General care and lifestyle advice and the beneficial effects thereof</li> <li>• Generally helping clients and families to identify options to improve their health and social wellbeing in terms of massage treatment</li> <li>• Helping clients and families to put their choices into action</li> </ul>		
4.7. Explain the possible reactions to treatment	<ul style="list-style-type: none"> <li>• Increased micturition</li> <li>• Increased defecation</li> <li>• Healing crisis</li> <li>• Fatigue</li> <li>• Headache</li> <li>• Thirst</li> <li>• Heightened emotions</li> </ul>		
4.8. Evaluate and review the massage treatment/programme	<ul style="list-style-type: none"> <li>• At the end of each treatment the client's feeling should be recorded and any skin or other reactions</li> <li>• The following areas should be monitored: <ul style="list-style-type: none"> <li>- Outcomes achieved</li> <li>- Effectiveness of the treatment</li> <li>- Adapting the treatment if appropriate</li> <li>- Any change in demands</li> <li>- Whether the treatment met the needs of the client</li> <li>- Longer term needs of the client (particularly when working in a care environment)</li> </ul> </li> </ul>		
4.9. Describe other complementary therapies and the ways in which they are performed	<ul style="list-style-type: none"> <li>• Homeopathy</li> <li>• Reflexology</li> <li>• Reiki/spiritual Healing</li> <li>• Yoga/meditation</li> <li>• Acupuncture</li> <li>• Shiatsu</li> <li>• Bach flower remedies</li> <li>• Kinesiology</li> <li>• Bowen technique</li> <li>• Alexander technique</li> <li>• Herbalism</li> <li>• Chiropractic</li> <li>• Iridology</li> <li>• Acupressure</li> <li>• Ayurvedic medicine</li> <li>• Aromatherapy</li> <li>• Osteopathy</li> <li>• Indian head massage</li> <li>• Body work (massage therapies)</li> </ul>		

	<ul style="list-style-type: none"> <li>• Emotional Freedom Technique (EFT)</li> <li>• Hypnotherapy</li> <li>• Lymphatic drainage massage</li> <li>• Naturopathy</li> <li>• Neurolinguistic Programming (NLP)</li> <li>• Stone therapy massage</li> <li>• Subtle energy/vibrational medicine</li> <li>• Therapeutic touch</li> <li>• Traditional Chinese Medicine (TCM)</li> <li>• Vertical reflexology</li> </ul>		
4.10. Explain how to deal with first aid emergencies in the clinic (learners are advised to take a St John's Ambulance, Red Cross First Aid Certificate or equivalent dependent upon the country therein)	<ul style="list-style-type: none"> <li>• General contents of a first aid box and its importance</li> <li>• Necessity for an accident book and its contents</li> <li>• Alerting the designated first aider in the salon where appropriate</li> <li>• Knowing how to call for medical assistance</li> </ul>		

iUBT432 – Holistic massage			
<b>Case studies:</b>	<ul style="list-style-type: none"> <li>• 5 clients to be treated for full body massage 4 times each</li> </ul>	Mock theory paper	
<b>Mock practical:</b>	<ul style="list-style-type: none"> <li>• To include the whole body using all the movements</li> </ul>		
<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	30/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	27/01/2020	Amending typo	Qualifications and Regulation Co-ordinator
v3	23/02/2021	Aligning AC 4.10 to unit specification	Product and Regulation Manager