



## **ITEC Level 3 Diploma in Body Treatments**

### **QAN 100/2571/6**

### **Lecturer Guidance Notes**

#### **General Advice**

#### **1. Requirements for Undertaking this Qualification**

It is recommended that Learners should have achieved a level of education equivalent to five GCSEs at grade A\*-C prior to commencing the ITEC Level 3 Diploma in Body Treatments; however, exemptions may be made for adult returners with experience of the workplace.

A scheme of work must be approved by ITEC prior to the commencement of the course for all units

#### **2. Structure of the Qualification, Guided Learning (GL) and Total Qualification Time (TQT)**

The ITEC Level 3 Diploma in Body Treatments is comprised of 4 mandatory units with a total of 360 hours of Guided Learning (GL) to achieve the full qualification

Guided Learning (GL) – 410

Guided Learning is 'the activity of a Learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a Lecturer, Supervisor, Tutor or other appropriate provider of education or training'. This includes 'the activity of being assessed if the assessment takes place under the immediate guidance or supervision of a Lecturer, Supervisor, Tutor or other appropriate provider of education or training'

Total Qualification Time (TQT) – 548

Total Qualification Time is 'the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required in order for a Learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification'

#### **3. Delivery of the Qualification**

Lecturers should aim to deliver the theory and practical of each unit simultaneously, i.e., both theory and practical of each unit should be taught together to ensure the underpinning knowledge is being delivered at the same time as the practical skills. This will help to ensure that Learners understand the structures they are working on as a result of combining delivery with the practical application of treatments

#### **4. Assessment and Grading of the Qualification**

Learner's results and Certificates will be issued by ITEC directly to the Centre. Learners should be notified that they need to collect their results and Certificates from their Centre

This qualification will be internally and externally assessed using the assessment of skills as set out in Table 1 below. Once all treatment evidence documentation, assignments and underpinning knowledge have been completed, the Learner will have a Final External Practical Examination carried out by the ITEC Examiner, who will also verify a sample of all treatment evidence documentation and assignments

Table 1

ITEC Unit Number	Mandatory Units	Assessment	Grading
1	Anatomy and Physiology (30-40)	50 MCQ Paper or online	Pass 50% - 74% Merit 75% - 89% Distinction 90% - 100%
14	Swedish Massage	Practical examination  Evidence of treatment 3 clients, 3 times each  plus 50 MCQ Paper or online	Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%  Pass or Refer  Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%
15	Figure Diagnosis and Body Electrical Treatments	Practical examination  Evidence of treatment 3 clients, 3 times each  plus 100 MCQ Paper or online	Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%  Pass or Refer  Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%
22	Professional Conduct and Business Awareness	50 MCQ Paper or online	Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%

**Total Guided Learning (GL) - 410**  
**Total Qualification Time (TQT) - 548**

All assessment criteria and sample assessment materials for this qualification can be found [here](#)

## 5. Grading of the Qualification

All assessment tasks required for each unit of the qualification (detailed in Table 1 above) must be completed and awarded a Pass mark before the complete qualification can be certificated

The overall qualification is graded - Pass - 60% - 74%, Merit - 75% - 89%, Distinction – 90%-100%. This is formed by the aggregate of the multiple-choice questions and the Final Practical Exam

## 6. Assessment of the Qualification

The ITEC Level 3 Diploma in Body Treatments will be internally and externally assessed using a variety of assessment methods as set out in Table 1 above

Once the Learner has completed all the specified assessments for the qualification and has been awarded a Pass mark for all the evidence submitted, the Learner will have a Final External Practical Examination carried out by an ITEC Examiner, who will also verify a sample of all the Learner's evidence that they have completed during their training to ensure it meets the ITEC standard

## Practical Examination Sequence

Once all aspects of the mandatory and additional optional units have been completed, Learners will be expected to complete an internal practical assessment. This will be undertaken by the Internal Assessor using the Internal Assessment forms. These must be handed to the ITEC External Examiner on the day of the Final external practical examination

- a. Learners will be expected to perform the following treatments:

Practical Skills Examination Sequence – approx. 2 hours 30 minutes

- Figure diagnosis and consultation
- Advise client on general home care to include diet and exercise
- Demonstrate application of electrical treatments as stated above
- Swedish massage

Learners will be expected to perform the following treatment:

- Full figure diagnosis (30 mins)
  - Body electrical machines will be demonstrated (1hr 15mins): G5 (compulsory) plus 2 from the following:- Galvanism, Microcurrent, Vacuum Suction, Faradism
  - Swedish massage treatment (45 mins): covering all areas of the body (back of the leg, back, front of the leg, abdomen, arms, and chest.) 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
- b. Oral questions may be asked at any time during the examination
- c. Consultation forms must be filled in by each Learner for each unit and made available for the ITEC External Examiner to check. These should be reviewed and completed at the end of the treatment and will be taken away by the Examiner
- d. Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills
- e. The Examiner may reduce the treatment timings, as the examination is a demonstration of the Learner's professionalism and their accomplished technique
- f. Approximate time allocated for changeover of practical examination groups – 15 minutes

## Multiple-choice Tests

Each question is formatted in the same way:

- 1 stem (the question)
- 1 key (the correct answer)
- 3 distractors (incorrect answers)
- The Learner must indicate the answer they believe is correct by placing a mark in the appropriate box on the answer sheet

Multiple-choice tests are used for units 1, 14, 15 and 22 - Online testing of all relevant units is also available

## Treatment Evidence/Portfolio of Evidence

Portfolio of evidence is required to be completed under the supervision of a Lecturer who must monitor the quality of the treatments performed throughout the Learner's training to ensure that they meet the ITEC criteria

- The criteria are detailed on the Treatment Evidence Guidance Forms. They are graded Pass or Refer
- The evidence is formed by a completed Consultation Form. This can be stored in the ITEC E-portfolio

## **7. Resources**

The organisation delivering the qualification must provide a suitable environment for teaching the ITEC Level 3 Diploma in Body Treatments as well as all equipment both fixed and free standing to complete all aspects of the qualification. Learners need to be made aware of the amount of consumables/towels they will be required to provide

## **8. Registration**

Enrolments for the qualification and all units should be sent to ITEC together on the ITEC Enrolment Form – paper based or online

## **9. Opportunities for Progression**

Once Learners have achieved the ITEC Level 3 Diploma in Body Treatments, they may progress on to other ITEC or equivalent qualifications at Level 3 for example:

- Level 3 Diploma in Spa Treatments
- Level 3 Diploma in Aromatherapy Massage
- Level 3 Diploma in Reflexology
- Level 3 Diploma in On-Site Massage
- Level 3 Diploma in Indian Head Massage
- Level 3 Diploma in Lymphatic Drainage

For further Awards, Certificates and Diplomas please go to [www.itecworld.co.uk](http://www.itecworld.co.uk)

## **10. Book List**

A full book list can be found [here](#)