



ITEC Level 3 Diploma in Body Treatments QAN 100/2571/6 Specification

Aims and Objectives

The main aim of the ITEC Level 3 Diploma in Body Treatments is to enable Learners to gain the necessary practical and theoretical skills in order to provide Body Treatments to the general public and to gain employment in the Spa and Beauty Therapy Industry. This qualification is suitable for Learners aged 16 and over and is designed to provide occupational competence at Level 3. It also provides a sound platform into further training at Level 3 and 4

Content

This qualification is for Learners who want to work within the Spa or Beauty Therapy Industry. The qualification consists of 4 mandatory units with a total of 410 hours of Guided Learning (GL) to achieve the full qualification

The main skills the Learner will perform are:

- Consultation techniques – to include treatment plan and contraindications and contra-actions, identifying general body types, different types of body fat and common postural faults
- Swedish Massage – to include consultation, identifying skin types, general body types, different types of fat and common postural faults and contraindications, selecting suitable massage mediums for the client's skin type, classical massage movements and adapting the treatment to the client's specific needs
- Figure Diagnosis and Body Electrical treatments – to include carrying out relevant tests, selecting, using and adapting products and equipment to suit the clients' treatment needs and body types and conditions such as Electro Muscle Stimulator, Galvanism, Microcurrent, Vacuum Suction and Mechanical Massage (G5)

The Learner will also learn about related health and safety and client care and communication which is essential in order to work and be successful in the Industry

This qualification also provides:

- The related knowledge and understanding required to perform the Body Treatment skills listed above effectively in particular the anatomy and physiology of the body and common diseases and disorders that may affect when a client should or should not receive treatment
- Opportunities for Learners to focus on the development of their wider skills in a Body Treatments setting, such as communicating with clients, working with others and problem solving
- Opportunities for Learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a Body Therapist

Why Choose the ITEC Level 3 Diploma in Body Treatments?

1. This Qualification combines the full range of skills and knowledge for the Learner seeking employment or self-employment as a Body Therapist at Level 3
2. This Qualification is listed in the Ofqual Register of Qualifications
3. This Qualification contains all the skills and knowledge required for employability at Level 3
4. Learners may progress on to qualifications at Level 4 such as the ITEC Level 4 Diploma in Advanced Skincare and the ITEC Level 4 Diploma in Spa and Salon Management

5. This qualification does not form part of an Apprenticeship
6. This qualification is recognised by all relevant professional bodies within the Beauty Therapy and Spa Industry for membership and insurance purposes at Level 3

ITEC Unit Number	Unit Title	Guided Learning (GL)
1	Anatomy and Physiology (30-40)	100
14	Swedish Massage	60
15	Figure Diagnosis and Body Electrical Treatments	200
22	Professional Conduct and Business Awareness	50

Total Guided Learning - 410

Total Qualification Time (TQT) - 548

Guided Learning (GL)

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)

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

Assessment

This qualification will be internally and externally assessed using a range of assessment methods as set out in the table below:-

Table 1

ITEC Unit Number	Unit Title	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 treating 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	Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%

		Evidence of treating 3 clients, 3 times each plus 100 MCQ Paper or online	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%

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

Grading of the Qualification

All assessment tasks required for each unit of the qualification (detailed in Table 1 of the specification) 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

Controlled Assessment

All theory tests must be conducted in a controlled environment and follow the procedures defined by ITEC [here](#). The theory tests will be set and marked by ITEC

All practical assessments must be conducted in a controlled environment as defined by ITEC [here](#). The practical examination will be conducted by an ITEC Examiner; however, the Centre is responsible for ensuring the examination can operate seamlessly by organising the process as defined by ITEC in the Lecturer Guidance Notes [here](#). The marking criteria and marking scheme can be found under each individual unit within the qualification [here](#). How to operate a practical examination can be found [here](#)

Failure to operate ITEC Examinations as documented in the ITEC policies and guidance notes may result in sanction(s) against the Centre e.g., withdrawal by ITEC for a particular qualification and/or withdrawal of ITEC recognition from the Centre due to Maladministration and/or Malpractice. Please see our policy [here](#)

Recommended Prior Learning

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.

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

Opportunities for Employment

There are opportunities for Spa and Body Therapists to find employment in a variety of areas:

- Beauty salons
- Hotels
- Health clubs
- Spas
- Own business
- Cruise liners

Relationship to National Occupational Standards

ITEC has mapped to National Occupational Standards where they exist and has ensured that best practice in the workplace has been reflected in the qualification. ITEC has linked the qualification to the relative job roles as well as ensuring that the qualification reflects the required level of knowledge and ability for the Spa and Body Therapist at Level 3

Professional Body Membership and Insurance

Professional Indemnity and Public Liability Insurance can be obtained where applicable via The Complementary Therapist Association (www.CThA.com) and other Industry Associations who recognise the ITEC Diploma