

iUBT364 – Provide body electrotherapy treatments

URN – T/617/4287

Guided Learning Hours: 104

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to prepare for body treatments using electrotherapy	1.1. Prepare self, client and work area for body electrotherapy treatments	• Preparation of working area • Equipment • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilising/sanitising tools and equipment • Client for treatment • Client care and modesty
	1.2. Use suitable consultation techniques to identify treatment objectives	• An example of a consultation form can be downloaded from: www.vtctskills.org.uk • Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contra-indications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Compliance with current data protection legislation • Client's signature
	1.3. Carry out body analysis and relevant tests	• Height • Weight • Body measurements • Posture check

		• Muscle tone test • Body fat • Fluid retention • Body Mass Index (BMI) • Tactile test • Thermal test
	1.4. Provide clear recommendations to the client	• To include taking into account the following: - The outcome of the body analysis - Diet - Smoking - Alcohol - Central heating - Air conditioning - Stress - Sleep - Exercise - Fresh air - Occupation - Lifestyle - Current regime
	1.5. Select products, tools and equipment to suit client treatment needs, body types and conditions	• Couch • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls

		• Mask brushes • Gauze • Chemicals • Autoclave • UV cabinet • Waste disposal • Electrical equipment as follows: - Faradic/Electro Muscle Stimulator (EMS) - Galvanic - Microcurrent - Vacuum suction (lymphatic drainage) - Infrared - Mechanical/gyratory massager
	1.6. Describe salon requirements for preparing self, the client and work area	• Any particular rights, restrictions and acts applicable to body electrotherapy treatment • Code of practice/ethics • Insurance and professional association membership • Record keeping • Record and store in line with current data protection legislation and professional codes of conduct • Professional appearance
	1.7. Describe the environmental conditions suitable for body electrotherapy treatments	• Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas • Safety aspects
	1.8. Describe the different consultation techniques used to identify treatment objectives	• Positive body language

		• Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication
	1.9. Explain the importance of carrying out a detailed body analysis and relevant tests	• Identifying client's body type and needs • Thermal test • Tactile test • Contra-indications • Scope of treatment(s) • Aftercare advice • Home care advice
	1.10. Describe how to select products, tools and equipment to suit client treatment needs, body types and conditions	• Couch • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • Chemicals • UV cabinet • Autoclave • Waste disposal • Electrical equipment as follows: - Faradic/Electro Muscle Stimulator (EMS)

		- Galvanic - Microcurrent - Vacuum suction (lymphatic drainage) - Infrared - Mechanical/gyratory massager
	1.11. Describe the different body types, conditions and characteristics	• Mesomorph • Ectomorph • Endomorph • Dowager's hump • Round shoulders • Winged scapula • Midriff bulge • Protruding abdomen • Hyper-extended knees • Fluid retention • Cellulite • Sluggish circulation • Skin type • Weight distribution • Poor muscle tone • Kyphosis • Lordosis • Scoliosis
	1.12. Explain the contra-indications to body electrotherapy treatments	• 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 has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Arthritis - Nervous/psychotic conditions

		- Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. Multiple sclerosis, Parkinson's disease, Motor neurone disease) - Bell's palsy - Trapped/pinched nerve (e.g. sciatica) - Inflamed nerve - Cancer - Postural deformities - Conditions causing muscular spasticity (e.g. Cerebral palsy) - Kidney infections - Urinary infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism - Medication causing thinning or inflammation of the skin (e.g. steroids, Accutane, retinols) • Contra-indications that restrict treatment - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions - Scar tissue (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants
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		- Abdomen (first few days of menstruation depending how the client feels) - Haematoma - Hernia - Recent fractures (minimum 3 months) - Cervical spondylitis - Gastric ulcers - After a heavy meal - Conditions affecting the neck - Any metal pins or plates - Loss of skin sensation - IUD (coil) - Anaphylaxis - Loose crepey skin - Muscle fatigue - Pacemaker - Body piercing
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LO2 Be able to provide body treatments using electrotherapy	2.1. Communicate and behave in a professional manner	• Checking consultations and contra-indications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch prior to and off the couch after the treatment • Positioning the client correctly • Sanitising client's hands/feet as appropriate • Sanitising own hands as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable • Using appropriate covered supports • Adapt the body electrotherapy treatments to suit the needs of the client • Ensuring client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment
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	2.2. Follow health and safety working practices	• Fire Precautions Act • Health and Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations (PPE) • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/General Data Protection Regulations (GDPR) • Adhere to all safety precautions and manufacturers' instructions
	2.3. Position self and client correctly throughout the treatment	• Positioning of the client • Client comfort • Application of the treatments • Body therapist self-care
	2.4. Use products, tools, equipment and techniques to suit client's treatment needs, body type and conditions	• Couch • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls

		• Mask brushes • Gauze • Chemicals • UV cabinet • Autoclave • Waste disposal • Electrical equipment as follows: - Faradic/Electro Muscle Stimulator (EMS) - Galvanic - Microcurrent - Vacuum suction (lymphatic drainage) - Infrared - Mechanical/gyratory massager
	2.5. Complete the treatment to the satisfaction of the client	• Conclusion of treatment in appropriate manner to meet client's needs
	2.6. Evaluate the results of the treatment	• Reviewing and recording treatment outcomes • Record and store in line with current data protection legislation and professional codes of conduct • Treatment recommendations • Home care advice
	2.7. Provide suitable aftercare advice	• Recommendations for immediate aftercare • Avoidance of activities that may cause contra-actions • Suitable body care regime • Use of SPF • Lifestyle • Recommendation of further salon treatments and frequency
	2.8. Explain how to communicate and behave in a professional manner	• Consultation • Treatment explanation • Client care • Hygiene • Good communication skills
	2.9. Describe health and safety working practices	• Fire Precautions Act • Health and Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations

		• The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations (PPE) • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/General Data Protection Regulations (GDPR) • Adhere to all safety precautions and manufacturers' instructions • Specific safety precautions for each machine as follows: - Electro Muscle Stimulator (EMS) (Faradism) - Galvanism - Microcurrent - Vacuum suction (lymphatic drainage) - Infrared - Mechanical/gyratory massager
	2.10. Explain the importance of positioning self and the client correctly throughout the treatment	• Ensuring the client is comfortable and correctly supported • Applying the treatments as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment
	2.11. Describe different body types and conditions	• Mesomorph • Ectomorph • Endomorph • Dowager's hump • Round shoulders • Winged scapula • Midriff bulge • Protruding abdomen • Hyper-extended knees • Fluid retention • Cellulite • Sluggish circulation • Skin type • Weight distribution • Poor muscle tone

		• Kyphosis • Lordosis • Scoliosis
	2.12. Explain the importance of using products, tools, equipment and techniques to suit client treatment needs, body type and conditions	• Couch • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • Chemicals • UV cabinet • Autoclave • Waste disposal • Products and equipment applicable for the following: - Faradic/Electro Muscle Stimulator (EMS) - Galvanic - Microcurrent - Vacuum suction (lymphatic drainage) - Infrared - Mechanical/gyratory massage
	2.13. Explain the effects and benefits of electrotherapy equipment and products on the skin and underlying structures	• Microcurrent • Vacuum suction (lymphatic drainage) • Galvanic • Infrared

		• Mechanical/gyratory massage • Faradic/Electro Muscle Stimulator (EMS) • Effects of the above electrotherapy treatments on the following: - Circulation - Lymphatic system - Skin - Muscular system - Ageing - Moisture levels
	2.14. Explain the principles of electrical currents and devices	• Protons • Neutrons • Electrons • Nucleus • Volts • Watts and amperes • Ohms, Ohm's law and their relevance • Insulator • Conductor • Transformer • Rectifier • Fuses • Direct • Alternating • Interferential • Modified direct current • Types of equipment and current - Faradic – direct interrupted/surged current - Galvanic – Direct - Microcurrent – Modified direct current - Vacuum suction – AC - Infrared – AC
	2.15. Describe how treatments can be adapted to suit client treatment needs, body types and conditions	• Restrictions • Client preferences and commitment • Product availability • Time scales • Costs • Microcurrent

		• Faradic/Electro muscle stimulator (EMS) • Galvanic • Vacuum suction (Lymphatic drainage) • Infrared • Mechanical/gyratory massage
	2.16. State the contra-actions that may occur during and following treatments and how to respond	• Galvanic - Caustic burn - Galvanic burn - Allergic reaction - Skin irritation • Faradic/Electro Muscle Stimulator (EMS) - Muscle fatigue • Vacuum suction (lymphatic drainage) - Excessive erythema - Bruising • Infrared - Excessive erythema - Burning - Skin irritation • Mechanical/gyratory massage - Excessive erythema - Skin irritation - Bruising - Thread veins
	2.17. Explain the importance of completing the treatment to the satisfaction of the client	• Concluding the treatment in appropriate manner to meet client's needs • Concluding the electrical treatment in an appropriate and safe manner to meet the client's needs • Ongoing treatments and frequency
	2.18. Explain the importance of completing treatment records	• Maintaining records • Aftercare • Home care • Product advice • Record and store in line with current data protection legislation and professional codes of conduct
	2.19. Describe the methods of evaluating the effectiveness of the treatment	• Maintaining records for accurate future treatment • Aftercare

		• Home care • Product advice • Compliance with current data protection regulations • Concluding the treatment in the correct manner to meet client's requirements • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout
	2.20. Describe the aftercare and home care advice that should be provided	• Based upon consultation, body analysis and relevant tests recommendations for ongoing or further treatments and frequency, home and aftercare advice • Healthy eating • Fluid/water intake • Exercise • Smoking habits • Hobbies • Interests • Rest • Relaxation • Stress levels • Sleep • General care and lifestyle advice and the beneficial effects thereof
	2.21. Describe the structure, growth and repair of the skin	• Epidermis - Stratum corneum - Stratum lucidum - Stratum granulosum - Stratum spinosum/malpighian layer - Stratum germinativum/basal layer - Melanocytes • Dermis - Blood supply - Lymphatic supply - Hair follicle - Hair - Sebaceous gland - Sweat glands: Eccrine and apocrine - Sensory nerve endings - Dermal papilla

		- Collagen - Elastin - Histiocytes - Mast cells - Fibroblasts - Erector pili muscle and subcutaneous layer • Secretion • Heat regulation • Absorption • Protection • Elimination • Sensation • Vitamin D formation (7-dehydro-cholesterol) • Keratinisation • Melanin formation • Mitosis
	2.22. Describe body types, conditions, diseases and disorders	• Mesomorph • Ectomorph • Endomorph • Kyphosis • Lordosis • Scoliosis • The skin - Infestations ▪ Scabies ▪ Pediculosis - Congenital ▪ Atopic eczema ▪ Atopic dermatitis ▪ Psoriasis - Bacterial ▪ Acne vulgaris ▪ Impetigo ▪ Acne rosacea ▪ Boils ▪ Folliculitis - Viral ▪ Warts

		▪ Herpes simplex ▪ Herpes zoster - Fungal ▪ Tinea (ringworm) - Pigmentation disorders ▪ Vitiligo ▪ Albinism ▪ Chloasma ▪ Ephelides ▪ Lentigo ▪ Moles (papilloma) ▪ Naevae ▪ Port wine stain ▪ Leucoderma - General disorders ▪ UV damage ▪ Urticaria ▪ Allergic reaction ▪ Hyperkeratosis • Skeletal - Arthritis ▪ Osteo and rheumatoid - Gout - Osteoporosis - Stress • Cardiovascular - Anaemia - Varicose veins - Haemophilia - Arteriosclerosis - Atherosclerosis - HIV/AIDS - High blood pressure (hypertension) - Low blood pressure (hypotension) - High cholesterol - Hepatitis A, B & C - Coronary thrombosis - Septicaemia - Haemorrhoids
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		- Phlebitis - Thrombus - Leukaemia - Aneurism - Stress • Lymphatic - Oedema/water retention - Lymphoedema - Hodgkin's disease • Muscular - Fibrositis - Cramp - Muscle fatigue - Atony - Atrophy - Myositis - Rupture - Spasm - Spasticity - Sprain - Strain - Stress • Nervous - Neuritis - Bell's palsy - Neuralgia - Parkinson's disease - Stress - Myalgic encephalomyelitis (ME) - Cerebral palsy - Multiple sclerosis - Sciatica - Motor neurone disease • Digestive - Appendicitis - Cirrhosis of the liver - Jaundice - Heartburn - Irritable bowel syndrome (IBS)
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		- Ulcer - Hernia - Stress - Anorexia nervosa - Bulimia - Constipation - Gall stones - Diabetes mellitus - Diabetes insipidus - Coeliac's disease • Urinary - Cystitis - Kidney stones - Nephritis • Endocrine - Addison's syndrome - Amenorrhoea - Cushing's syndrome - Pre-menstrual syndrome - Polycystic ovarian syndrome - Stress - Diabetes mellitus - Diabetes insipidus - Endometriosis
	2.23. Describe the structure, function, position and action of the muscles of the body	• Voluntary • Involuntary • Cardiac • Ligament • Tendon • Fascia • Origin • Insertion • Action • Tone • Tension • Fatigue • Flexion • Extension

		• Abduction • Adduction • Rotation • Supination • Pronation • Dorsiflexion • Plantarflexion • Eversion • Inversion • Circumduction • Trunk/torso - Trapezius - Erector spinae - Latissimus dorsi - Serratus anterior - Gluteus maximus - Gluteus medius - Gluteus minimus - Psoas - Pectoralis major and minor - Rectus abdominus - Internal oblique - External oblique - Transversus abdominu - Rhomboid major and minor - Infraspinatis - Supraspinatis - Teres major - Teres minor - Iliacus - Subscapularis - Quadratus lumborum • Arm - Deltoid - Biceps - Triceps - Brachialis - Coraco brachialis - Brachioradialis
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		- Pronator teres - Supinator radii brevis - Flexor carpi radialis - Extensor carpi radialis - Extensor carpi ulnaris - Flexor carpi ulnaris - Flexor carpi digitorum - Extensor carpi digitorum - Muscles of thenar eminence - Muscles of hypothenar eminence • Leg/thigh - Quadriceps ▪ Rectus femoris ▪ Vastus lateralis ▪ Vastus medialis ▪ Vastus intermedius - Hamstrings ▪ Biceps femoris ▪ Semimembranosus ▪ Semitendinosus ▪ Adductor longus ▪ Adductor magnus ▪ Adductor brevis ▪ Gracilis ▪ Sartorius ▪ Piriformis ▪ Gluteus maximus ▪ Gluteus medius ▪ Gluteus minimus - Lower leg ▪ Gastrocnemius ▪ Tibialis anterior ▪ Peroneus longus ▪ Flexor digitorum longus ▪ Extensor digitorum longus ▪ Soleus ▪ Extensor hallucis longus • Face, neck and scalp - Orbicularis oculi
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		- Orbicularis oris - Masseter - Buccinator - Levator anguli oris - Levator labii superioris - Depressor anguli oris - Depressor labii inferioris - Depressor labii oris - Mentalis - Zygomaticus - Temporalis - Nasalis - Procerous - Corrugator - Frontalis - Occipitalis - Pterygoids - Triangularis - Trapezius - Splenius capitis - Sternocleidomastoid - Platysma
	2.24. Describe the location, function and structure of the bones of the body	• Support framework • Provides attachments for muscles • Forms joints to provide movement • Forms erythrocytes in the bone marrow • Stores calcium • Protection • Long • Short • Flat • Irregular • Sesamoid • Fixed • Slightly moveable • Freely moveable • Ball and socket • Hinge

		• Pivot • Gliding • Saddle • Cranium - Parietal - Frontal - Ethmoid - Sphenoid - Occipital - Temporal • Facial - Nasal - Zygomatic - Maxilla - Lacrimal - Turbinator - Palatine - Mandible - Vomer - Hyoid • Vertebrae - Cervical - Thoracic - Lumbar - Sacrum - Coccyx • Shoulder girdle - Scapula - Clavicle • Thoracic cage - Ribs - Sternum • Pelvic girdle - Innominate bones - Ischium - Ilium - Pubis • Upper limb - Humerus
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		- Ulna - Radius • Hand - Carpals - Scaphoid - Lunate - Triquetral - Pisiform - Trapezium - Trapezoid - Capitate - Hamate - Metacarpals - Phalanges • Lower limb - Femur - Tibia - Fibula - Patella • Foot - Tarsals - Talus - Calcaneus - Navicular - Cuneiforms (medial, intermediate, lateral) - Cuboid - Metatarsals - Phalanges
	2.25. Describe the structure and function of the circulatory and lymphatic systems	• Cardiovascular • Erythrocytes • Leucocytes • Thrombocytes • Plasma and plasma proteins • Platelets • Arteries • Arterioles • Veins • Venules

		• Capillaries • Superior vena cava • Aortic arch • Inferior vena cava • Aorta • Right atrium • Right ventricle • Left atrium • Left ventricle • Septum • Pulmonary valve • Pulmonary artery • Pulmonary veins • Mitral (bicuspid) valve • Tricuspid valve • Endocardium • Myocardium • Pericardium • Blood pressure and pulse • Content of lymph • Transports waste • Purifies toxins • Adds antibodies, antitoxins and lymphocytes • Part of the immune system • Secondary circulation • Lymphocyte • Lymphatic capillary • Lymphatic vessel • Lymph node • Lymphatic duct
	2.26. Outline the structure and function of the digestive system	• Alimentary canal • Salivary glands • Tongue • Teeth • Mouth • Epiglottis • Oesophagus

		• Stomach • Small intestine - Jejunum - Ileum - Duodenum • Appendix • Large intestine • Rectum • Anus • Accessory organs • Liver • Gall bladder • Pancreas • Peristalsis • Ingestion • Digestion • Absorption • Defecation
	2.27. Outline the structure and function of the endocrine system	• Pituitary - Posterior lobe ▪ Oxytocin ▪ Antidiuretic hormone (ADH or vasopressin) - Anterior lobe ▪ Prolactin ▪ Human Growth Hormone (HGH) ▪ Thyroid Stimulating Hormone (TSH) ▪ Adrenocorticotrophin Hormone (ACTH) ▪ Luteinising Hormone (LH) ▪ Follicle Stimulating Hormone (FSH) ▪ Interstitial Cell Stimulating Hormone (ICH) ▪ Melanin Stimulating Hormone (MSH) • Thyroid gland - Thyroxin - Triiodothyronine - Calcitonin • Parathyroids - Parathormone • Thymus

		- Secretion of T Lymphocytes • Pineal - Releases melatonin • Islets of Langerhans - Insulin - Glucagon - Glycogen • Adrenal medulla - Adrenalin - Noradrenalin • Adrenal cortex - Mineralocorticoids - Glucocorticoids - Sex hormones • Ovaries - Oestrogen - Progesterone • Testes - Testosterone
	2.28. Describe the structure and function of the nervous system	• Neurone • Motor neurone • Sensory neurone • Mixed nerve • Dendrite • Axon • Synapse • Neurilemma • Nodes of Ranvier • White matter • Grey matter • Myelin sheath • End feet/axon terminals • Ganglia • Reflex arc • Central nervous system - Brain - Spinal cord • Peripheral nervous system

		- 31 pairs of spinal nerves - 12 pairs of cranial nerves • Autonomic nervous system - Sympathetic - Parasympathetic
	2.29. Explain how the ageing process, lifestyle and environmental factors affect the skin, body conditions and underlying structures	• Intrinsic ageing • Extrinsic ageing • 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 • Computers • Mobile phones • Processed food • Lack of light • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution • Repetitive strain injuries • Jet lag • Lack of natural light

Assessment

Portfolio of evidence containing: • 5 treatment evidence on 5 different clients for a range of suitable body electrical treatments showing results and progression	These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include: • Consultation • Medical history • Lifestyle • Treatment details • Client feedback • Aftercare and home care advice
MCQ	Treatments must be evidenced through the use of signed and dated treatment evidence forms. See www.vtctskills.org.uk for sample form.
Practical examination	Practical examination forms and marking criteria may be downloaded from www.vtctskills.org.uk

Guide to taught content

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	18/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	19/02/2020	Clarified treatment evidence requirements	Product and Regulation Manager
v3	17/06/2026	Rebranding	Development Administrator