Higher National Unit Specification

General information for centres

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

Unit code: DN60 35

Unit purpose: This Unit is designed to enable candidates to recognise and treat a range of conditions of the hair and scalp. It will provide them with the underpinning knowledge related to the structure and function of the skin, and the hair structure and growth cycle from foetal stage to maturity; the position of the muscles of the head and the effects of massage on muscles and lymph/blood supply; and the trichological implications of endocrine dysfunction. Candidates will also be expected to develop practical skills of analysing clients’ treatment needs; advising on suitable products and treatment methods; implementing and evaluating appropriate treatment plans.

This Unit will be relevant to hairdressers within the industry who would like to offer a specialised service to their clientele; candidates wishing to develop a greater understanding of the hair and scalp and possible problems which can arise; and candidates who would like to progress to a higher level of study related to trichology.

On completion of the Unit the candidate should be able to:

1. Describe the structure and function of the skin and the hair structure and growth cycle from foetal stage to maturity.
2. Identify the position of the muscles of the head during massage and describe the effects of massage on the muscles and lymph/blood supply.
3. Describe the trichological implications of endocrine dysfunction.
4. Analyse, advise, implement and evaluate clients’ treatment requirements for a range of hair and scalp conditions.

Credit points and level: 2 HN Credit at SCQF level 8: (16 SCQF credit points at SCQF level 8*)

*SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.

Recommended prior knowledge and skills: Candidates should possess good communication and interpersonal skills and the ability to critically analyse and problem solve within the confines of the Unit requirements. It would be beneficial if candidates had achieved:

♦ NQ Unit; Analysis of Hair and Scalp or
♦ SVQ Hairdressing Level 3 Unit; Provide Hairdressing Consultation Services or
♦ years’ current commercial experience
General information for centres (cont)

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

Context for delivery: If this Unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes.

Assessment: Outcome 1 should be covered by an assignment incorporating written information and the use of diagrams to ensure candidate understanding of the subject matter. The emphasis should be on comprehension of the material outlined rather than rote learning for assessment purposes. Candidates may be given the assignment 2 weeks before and can use this time to make notes and research the material prior to assessment under controlled conditions. Outcome 3 should be assessed as by an open book written question and an incomplete chart which candidates are required to complete correctly covering all of the endocrine dysfunctions and their implications from a trichology point of view. Outcome 2 is primarily a practical observation supported by written closed book assessment to ensure candidate comprehension of the evidence requirements. Outcome 4 is primarily practical demonstration by the candidate of the skills outlined, together with a log book or similar to show evaluation of the implemented treatment plan and understanding of the condition being treated. Additional case studies should accompany this to cover areas of evidence requirements not generated practically.
Higher National Unit specification: statement of standards

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

Unit code: DN60 35

The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

(If you think holistic assessment is the best assessment strategy for the Unit and you wish to state Knowledge and/or Skills and Evidence requirements for the Unit as a whole, please add the following statement here: ‘Please refer to Knowledge and/or skills for the Unit and Evidence requirements for the Unit after the Outcomes.’)

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Describe the structure and function of the skin and the hair structure and growth cycle from foetal stage to maturity.

Knowledge and/or skills

♦ Structure of epidermis and dermis
♦ Functions of the skin
♦ Structure of the hair and follicle
♦ Foetal hair growth cycle
♦ Adult hair growth cycle

Evidence requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can describe the:

♦ structure of the epidermis and dermis to include: the five layers of the epidermis, sweat glands, sebaceous glands, hair follicle, connective tissue, nerve endings, capillaries and subcutaneous layer
♦ functions of the skin: sensation, heat regulation, absorption, protection, excretion and storage
♦ structure of the hair and follicle: cuticle, cortical structure in detail, medulla, inner and outer root sheath, dermal papilla, and differentiation and keratinisation zones
♦ foetal hair follicle development and synchronised growth cycle from conception to birth
♦ adult random mosaic hair growth cycle through anagen, catagen, telogen and anagen 2

This outcome should be assessed by means of an assignment given 2 weeks prior to the assessment day to allow candidates time for research.

The assignment should incorporate a diagram(s) of the epidermis and dermis. These should be labelled and a brief outline of the structure(s) described.
Higher National Unit specification: statement of standards (cont)

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

Functions of the skin should be described with examples of how they relate to the human body.

Diagram(s) of the structure of the hair and follicle should be labelled and a description of how the hair is formed, from the germinal matrix to the keratinisation zone, should be given. Mention should be made of melanin and melanocytes and where they are found. The zones of cell multiplication, differentiation and keratinisation should be covered. The structure of the hair shaft should describe: amino acids, polypeptide chains, protofibrils, microfibrils, macrofibrils and the role of intercellular cement.

Candidates should describe; how the foetal hair follicle development occurs and how the synchronised growth cycle happens; the adult random mosaic hair growth cycle from anagen, catagen, telogen to anagen 2; the length of time each stage lasts, the percentage of hairs in each stage and the key points of what happens to the follicle at each stage.

Candidates should be given a written paper (including diagrams) to complete in an open book assessment under controlled conditions within a two hour period. They should previously have researched the material and must only use their notes to complete the assignment. Diagrams should be clearly labelled and written descriptions should be extended responses to cover all evidence requirements stated for the outcome.

Assessment guidelines

Candidates should research the information required at home. Guidelines should be given to ensure all evidence requirements are covered to allow completion of the open book written questions. Candidates should write in sentences and work should be legible and clearly laid out.

Outcome 2

Identify the position of the muscles of the head during massage and describe the effects of massage on the muscles and lymph/blood supply

Knowledge and/or skills

♦ Head and neck massage
♦ The muscles of the head and neck
♦ The effects of massage on the lymphatic system
♦ The effects of massage on the blood supply
♦ The effects of massage on the muscles

Evidence requirements

Candidates will need evidence to demonstrate their skills and/or knowledge by showing that they can:

♦ demonstrate a head and neck massage which incorporates: effleurage movements, petrissage and one other massage movement (tapotement, hacking, vibration or friction)
♦ identify the muscles of the head and neck as: epicranial frontalis, epicranial aponeurosis, epicranial occipitalis, temporalis, auricular and trapezius muscles
♦ describe the effects of massage on the lymphatic system: stimulates the removal of waste products from cells and stimulates the lymph flow
Higher National Unit specification: statement of standards (cont)

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

- describe the effects of massage on the blood supply: stimulates blood flow to follicle, produces erythema, encourages delivery of nutrients to hair follicle
- describe the effects of massage on the muscles: relief of muscle fatigue, relaxation and tension relief, improved elasticity, improvement of muscle tone by passive exercise

Candidates will be observed carrying out a head and neck massage. Observation checklists will be used to record evidence. Video recording of assessment may also be used.

Candidates will label a diagram to identify the muscles of the head and neck. This should be a written closed book assessment. 100% pass mark required to demonstrate competence.

The effects of massage on the lymphatic system, blood supply and muscles should be a written closed book assessment. Questions should be structured to cover the effects outlined in the above evidence requirements. An 80% pass mark is required to demonstrate competence.

Assessment guidelines

Practical observation together with written closed book assessment.

Outcome 3

Describe the trichological implications of endocrine dysfunction

Knowledge and/or skills

- Thyroid dysfunction
- Pancreatic dysfunction
- Adrenal dysfunction
- Ovarian sex gland dysfunction

Evidence requirements

Candidates will need evidence to demonstrate their knowledge and/or skills by showing that they can:

- describe thyroid dysfunction (hyperthyroidism and hypothyroidism) in relation to hair growth, hair loss and condition
- describe pancreatic dysfunction (diabetes mellitus and hypoglycaemia) in relation to hair growth, hair loss and condition
- describe adrenal dysfunction (adrenal tumours) in relation to hair growth and hirsuitism
- describe ovarian sex gland dysfunction (ovarian tumours and polycystic ovary syndrome) in relation to hair growth and hirsuitism

This outcome should be assessed by open book written assessment under controlled conditions covering all of the endocrine dysfunctions and their implications from a trichological point of view.

The assessment should include written questions and incomplete charts to ensure candidates are aware of the problems arising from these dysfunctions. An 80% pass mark is required.
Higher National Unit specification: statement of standards (cont)

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

For thyroid and pancreatic dysfunction a minimum of two points must be given. For adrenal dysfunction at least one point must be given. For ovarian sex gland dysfunction a minimum of two points must be given

Assessment guidelines
Assessment outlines should be given one week prior to allow candidates time for home research. The assessment should be under controlled conditions, textbooks and notes may be used.

Outcome 4

Analyse, advise, implement and evaluate clients’ treatment requirements for a range of hair and scalp conditions

Knowledge and/or skills
♦ Analysis of clients’ requirements based on recognition of condition
♦ Factors affecting choice of treatment
♦ Preparation of client for treatment methods
♦ Hair conditions: alopecia/hair loss, chemically degraded hair
♦ Scalp/scaling conditions: psoriasis, seborrhoeic eczema, pityriasis amiantacea, pityriasis capitis
♦ Evaluation: psychological, physiological
♦ Health and safety: client, candidate, equipment, products

Evidence requirements
Candidates will need evidence to demonstrate their knowledge and/or skills by showing that they can:

♦ analyse clients’ requirements based on recognition of the condition. Analysis techniques used on clients should comprise of examination and observation including the use of a magnifying lens or lamp. Identify the factors affecting the choice of treatment - reference should be made to the client’s health history, any contra indications treatments, the condition which the client has and any constraint based on product availability.
♦ prepare the client adequately for the treatment. Preparation for treatment should include: the client – gowning, filling out of electrotherapy checklists, information about treatment given prior to start of treatment; the candidate - washing of hands, appropriate protective clothing; thee equipment - checking for health and safety problems, sterilisation of tools; the product ranges - careful measuring of products, following manufacturers’ guidelines.
♦ recognise, describe and treat a variety of hair conditions such as alopecia/hair loss and chemically degraded hair. One observation of each type of condition must be carried out. Treatments should cover the use of products, hand massage, the use of electrotherapy equipment (high frequency and infra red) and advice regarding hair care as appropriate to the condition being treated
♦ recognise, describe and treat a variety of scalp/scaling conditions such as psoriasis, seborrhoeic eczema, pityriasis amiantacea and pityriasis capitis. At least one observation should be carried out on a client with a scalp condition from the range listed. The other conditions listed should be assessed by means of a case study(s) covering a suitable treatment plan with information about the condition.
Higher National Unit specification: statement of standards (cont)

Unit title:  Hairdressing: Specialised Treatments: Hair and Scalp Conditions

♦ Evaluate the treatment plans. This should take account of both the psychological and physiological effects which the treatment plans have had on the clients and their condition. The treatments should be monitored over a four session period of time. The results of the evaluation should take account of the clients’ feelings as well as the candidates regarding the success of the treatment.
♦ Follow Health and Safety guidelines for equipment, products, clients and self.

A logbook should be kept detailing information about: the condition being treated including a short description of how it presents on the client and her requirements; the factors affecting the choice of treatment and the actual treatment carried out; the health and safety guidelines followed; the evaluation of the treatment by means of a questionnaire.

Observation checklists should record evidence of candidates carrying out the treatments, preparing adequately and carrying out electrotherapy treatments. Cross assessment with carrying out a hand massage from Outcome 2 would be suitable to reduce over assessing.

Case studies should cover all scalp conditions not practically treated. Information about the condition and the treatments which could be used should be covered.

Assessment guidelines

The use of practical observation checklists and written log book, to cover a description of conditions, and evaluation of treatment plans. Case studies to cover conditions not treated.

If a microscope is available then this may also be used to identify anagen/catagen/telogen ratios, or to observe the condition of the hair shaft.
### Administrative Information

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Higher National Unit specification: support notes

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this Unit

This Unit is optional within the framework for HNC Hairdressing. This Unit gives candidates an underpinning knowledge of the skin, the hair and its growth cycle, muscles and endocrine problems. Candidates will gain a knowledge and understanding of hair and scalp conditions and associated treatments.

Outcome 1

♦ The structure of the epidermis including -
   the five layers - stratum corneum, stratum lucidum, stratum granulosum, stratum spinosum and stratum basale. Mention should be made of melanin and melanocytes.
   the sweat glands - both apocrine and eccrine
   the sebaceous glands
   the hair follicle
   the role of connective tissue
   nerve endings
   capillaries and the subcutaneous layer.
♦ Functions of the skin should be explored in relation to how they affect the body and scalp in particular.
♦ Structure of the hair and hair follicle including: inner and outer root sheath, huxley’s and henley’s layer of the root sheath and the dermal papilla and hair bulb. The zones of cell multiplication, differentiation and keratinisation should be covered and the structure of the hair shaft to describe: amino acids, polypeptide chains, protofibrils, microfibrils, macrofibrils and intercellular cement and its function.
♦ The foetal hair follicle development should cover from primitive hair germs through to a fully developed follicle in anagen. Structure of lanugo, vellus and terminal hair should be mentioned. The foetal synchronised growth cycle should be described.
♦ The adult random mosaic growth cycle should be described including the cyclical nature of anagen, catagen, telogen and anagen 2. Mention should be made of how this is relevant to conditions such as telogen effluvium and androgenetic alopecia. Although these are not necessarily included in assessment it gives the candidate a broader understanding of the areas which clients seek help for.

Outcome 2

♦ Demonstration should be given on how to carry out a head and neck massage incorporating stimulating and relaxing movements. A variety of techniques should be demonstrated so that candidates can develop their own individualised massage technique relevant to the clients’ requirements.
♦ During massage candidates should know which muscle groups they are working on.
Higher National Unit specification: support notes (cont)

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

❖ The effects of massage on the lymphatic system should be described in relation to how this has an effect on the client during the massage process. Part of the reason for massage is to stimulate the removal of waste/toxins from the cells to aid in effective flushing through of chemicals and waste products of tissue respiration. In clients with hair and scalp problems this can be an effective part of the treatment process.

❖ The effects of massage on the blood supply are relevant during treatment in clients with primarily hair loss problems. Stimulation of the blood supply to the follicle flushes new oxygen and nutrients to the dermal papilla and can be beneficial in stimulating new growth as a side effect of this process.

❖ The effects of massage on the muscles of the head is perhaps one of the most beneficial effects to clients suffering from stress/tension. Relaxation of the muscles aids muscle fatigue and tension relief, thus improving elasticity and toning of the muscle due to passive exercise. For clients with stressful lifestyles this is an important factor for candidates to understand.

Outcome 3

❖ The effects of thyroid dysfunction in relation to hair growth, hair loss and hair condition are important for clients to understand. Candidates need to be aware of how these conditions can affect clients’ hair and be able to explain when something is wrong, eg dry, brittle hair which does not improve with conditioning.

❖ Describing pancreatic dysfunction in relation to hair growth, hair loss, and hair condition is perhaps more relevant within the hairdressing industry – it is important to understand why chemical services are often poorer in clients with diabetes than normal. Cystine formation is often poorer in clients with diabetes and therefore perms take less satisfactorily than normal. The effects on hair condition are also relevant.

❖ Adrenal dysfunction
❖ Ovarian sex gland dysfunctions

Outcome 4

❖ Demonstration of analysis and consultation techniques should be given to the candidate to ensure tactful questioning will be carried out during treatments. A microscope is not essential, however it does give candidates more in-depth analysis of the hair bulb and hair shaft condition, which is helpful in deciding on both diagnosis and treatment of the condition presenting. Use of magnifying lens/lamp is essential and the hand held ones can be purchased at good opticians and chemists. Careful observation techniques should be demonstrated to candidates as it is easy to miss signs of certain conditions if this is not carried out, eg the presence of exclamation mark hairs in alopecia areata is not always easy to see without a magnifying lens and careful sectioning of the hair.

❖ A consultation card should be used which allows the candidate to record information about the client’s health history and the condition presenting. It should also allow recording of treatment progress which will contribute to the candidate’s ability to evaluate the treatment. Electrotherapy, product and massage information should also be recorded as well as any contra-indications which the client might have.
Higher National Unit specification: support notes (cont)

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

♦ Information should be given regarding health and safety requirements as laid down by government regulations and underpinning knowledge about the use of equipment for sterilisation of tools. Suitable protective clothing should be worn when carrying out treatments, eg use of rubber gloves when applying a keratolytic.

♦ Information on suitable products for use with treatments should be given in initial training period. This may be in the form of technical manuals, product information sheets or technical seminars. Salicylic acid (aspirin) can be used as a keratolytic mixed with aqueous cream or conditioner if no other suitable product is available to treat scaling problems. Demonstration of massage techniques should include a variety of movements to stimulate the scalp and also some lymphatic drainage techniques to ensure removal of waste products from scalp at end of massage. The importance of rest, avoidance of alcohol and adequate water intake after massage should be highlighted. Advice regarding hair care should be given to clients to ensure they can maintain their hair condition after treatment. Recommendation of home care products is an important aspect of specialised treatments as many clients do not use the correct protein/moisture balance suitable for their hair condition. Clients with scalp problems may have to use specific products to continue the benefits of their treatment at home. If the products are not available to use within the college situation perhaps technical input from a company who supplies locally to salons would be an option, this would allow candidates to recommend the appropriate after care treatment and tell the client where she could purchase the products for home use. Demonstration of how to use high frequency and infrared treatments should be given with underpinning knowledge about the contra-indications for carrying out these treatments. A checklist should be used where the client signs to confirm that they do not have any contra-indications to the electrotherapy being proposed.

♦ Time should be taken to explore the causes of the hair conditions outlined in the knowledge/skills section. Use of hairdressing science books, dermatology textbooks, hairdressing textbooks, photographs, slides etc showing these conditions can all be helpful to ensure candidates can recognise and describe basic problems which present themselves often within the hairdressing salon environment. Examples of treatment methods should also be covered relevant to the acceptable methods outlined by lead bodies, eg the Institute of Trichologists or commercially recognised companies/product ranges such as Redken, Matrix, Biotherapies, Kerastase. One client with a hair loss problem and one client with chemically degraded hair should be used to cover the evidence requirements. Candidates have to monitor and evaluate the treatment over a suitable period of time (4 treatments being a reasonable period to allow for a judgement to be made). Time should be taken to explore the causes of the hair conditions outlined in the knowledge/skills section. Use of hairdressing science books, dermatology textbooks, hairdressing textbooks, photographs, slides etc showing these conditions can all be helpful to ensure candidates can recognise basic problems which present themselves often within the hairdressing salon environment. Examples of treatment methods should also be covered relevant to the acceptable methods outlined by lead bodies, eg the Institute of Trichologists or commercially recognised companies/product ranges such as Redken, Matrix, Biotherapies, Kerastase. One client with a scaling condition and one further case study should be carried out from the range listed under evidence requirements. The use of the textbooks listed at the end of this section may be beneficial to meet the content of the Unit.
Higher National Unit specification: support notes (cont)

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

- Examples of evaluation methods should be discussed prior to candidates undertaking this Unit. As candidates may not be able to ‘cure’ the client’s problem, some of the benefits to the client will be psychological as well as the potential physiological improvements. This may be evidenced by candidates discussing/interviewing the client to see how he/she perceives the treatment has gone, by use of a client questionnaire to get his/her evaluation in writing, by making ongoing notes in a candidate journal/logbook or similar to monitor the ongoing progress of the treatment.
- Health and safety guidelines should follow all relevant government guidelines for safe working practices which are current at the time of delivery of the unit.
- Text books for SVQ Level 3 contain some information. Florence Openshaw Hairdressing science books are useful. General textbooks on dermatology including Diseases of the Hair and Scalp by Rook and Dawber.

Guidance on the delivery and assessment of this Unit

Opportunities for developing Core Skills

The delivery of this Unit should be in the form of practical demonstrations related to consultation and analysis techniques, practical massage skills and use of products and equipment. Candidates require to practise the skills prior to formal assessment. To accompany the practical performance aspects, the candidates should receive lectures and handouts relating to the theoretical aspects of underpinning knowledge required for the specialised treatment Unit Outcomes 1-3.

Case studies could be used to question candidates on the signs, symptoms and treatments of conditions that cannot be demonstrated. These case studies will not contribute to the formal assessment.

Open learning

Although the theoretical aspects could be studied through Open Learning, the high level of practical competencies required would create difficulties in the delivery and assessment of this Unit.

For further information and advice please refer to the SQA guide Assessment and Quality Assurance for Open and Distance Learning (SQA, February 2001 - publication code A1030).

Candidates with additional support needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document Guidance Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs, which is available on the SQA website www.sqa.org.uk.
General information for candidates

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

This Unit introduces you to the knowledge and skills required to be able to recognise and treat a variety of hair and scalp conditions frequently seen in a hairdressing salon environment as well as within a trichology clinic. The underpinning knowledge relating to skin, the hair and its growth cycle, muscles and endocrine problems is also covered within this Unit.

On completion of this Unit you will be able to:

1. Describe the structure and function of the skin and the hair structure and growth cycle from foetal stage to maturity.
2. Identify the position of the muscles of the head during massage and describe the effects of massage on the muscles and lymph/blood supply.
3. Describe the trichological implications of endocrine dysfunction.
4. Analyse, advise, implement and evaluate clients treatment requirements for a range of hair and scalp conditions.

Outcome 1

You will be assessed on the above within the context of this Unit. You will be expected to attend class lectures on the subject material and also to carry out some home based research which will contribute to information and diagrams which you will be able to use as part of your assessment material. The emphasis is on your understanding of how this underpinning knowledge can help you when treating clients and not purely on rote learning the material to produce it verbatim for your assessment.

Outcome 2

This Outcome is primarily about you developing a good massage technique for treating clients. Massage is one of the most relaxing treatments which you can give to clients and as many of your clients will be stressed individuals this is a good methods to help them de-stress and relax. The underpinning knowledge about the muscles, lymph/blood supply and its effects on your client are important so that you can communicate to your client the benefits of them having this as part of their treatment. You will be assessed carrying out a massage on a client and also a closed book written assessment covering the effects of massage on the lymphatic system, blood supply and muscles.

Outcome 3

This Outcome relates to clients who may have an underlying endocrine problem. While you are not expected to know this from a medical point of view it is very helpful to clients if you can relate their previously diagnosed endocrine problems to what is happening with their hair loss, condition or hair growth problem. You will be assessed in this area by finding out as much information about these conditions from your class lecturer and reference books and then completing an incomplete chart and an open book written assessment.
General information for candidates (cont)

Unit title: Hairdressing: Specialised Treatments: Hair and Scalp Conditions

Outcome 4

This Outcome is based on your actual treatment of clients with a variety of hair and scalp problems. You will learn about these conditions and how best to treat them using a combination of electrotherapy, massage and products. You will be expected to monitor and evaluate your clients’ treatment over a suitable period of time to assess what improvements and or changes might be taking place from both a psychological and a physiological point of view. You will learn through demonstrations, lectures and hands-on experience in each of the treatment methods. Your assessment will include practical observation of you working with clients and carrying out the treatment methods outlined. Part of the observation for this Outcome can be integrated with Outcome 2 in relation to massage. You will be required to produce evidence of your work with the client including monitoring the treatment and your evaluation of the process. This will be done by completing a logbook and client questionnaire.