

## Higher National Unit Specification

### General information for centres

**Unit title:** Body Massage

**Unit code:** DN6C 33

**Unit purpose:** This Unit is designed to provide the candidate with the skills to plan and effectively carry out individualised body massage treatments, in consultation with a client, specific to that client's needs. The Unit would be appropriate for candidates in areas of beauty therapy, sports therapy and complementary therapies.

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

1. Consult with client to develop and plan body massage treatments.
2. Perform body massage treatments.
3. Evaluate the effectiveness of the treatment.

**Credit points and level:** 2 HN Credit at SCQF level 6: (16 SCQF credit points at SCQF level 6\*)

*\*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 have an appropriate level of Anatomy and Physiology preferably a National Qualification or Higher or Higher National Unit or equivalent qualification.

**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:** This is an optional Unit in the framework for HNC/HND Beauty Therapy and a mandatory Unit in Pathway C of HNC/HND Complementary Therapies. 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:** Evidence for this Unit should be generated through practical demonstrations and written assessments.

The combined written assessment for Outcomes 1 and 2 will be undertaken in closed book controlled conditions.

The practical elements of Outcomes 1, 2 and 3 can be assessed holistically. Candidates will be observed, in a realistic working environment carrying out 3 courses of treatment from consultation to evaluation. The observation checklists will be supported by evidence in the form of client case studies/notes.

## **Higher National Unit specification: statement of standards**

**Unit title:** Body Massage

**Unit code:** DN6C 33

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

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**

Consult with client to develop and plan body massage treatments.

#### **Knowledge and/or skills**

- ◆ Communication skills/consultation techniques
- ◆ Client's personal and medical details/client's aims and requirements
- ◆ Body analysis
- ◆ Candidate's aims
- ◆ Contra-indications and restrictions
- ◆ Treatment planning/recording of details

#### **Evidence requirements**

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

- ◆ communicate effectively and professionally with the client
- ◆ interact with the client in a professional, sensitive and empathic manner
- ◆ gather the correct information to plan a treatment appropriate for the client's requirements
- ◆ recognise contra-indications and restrictions to treatment

The underpinning knowledge for this Outcome should be combined with Outcome 2 and must be assessed by means of one holistic written assessment which must be carried out in controlled conditions and should be of approximately one hour duration. Using short response questions to cover knowledge outlined in Outcome 1 and 2.

Detail of case studies given after Outcome 3.

#### **Assessment guidelines**

The assessment of this Outcome should be combined with Outcomes 2 and 3 as part of a holistic practical assessment for the Unit, details of which are given under Outcome 3 below.

## **Higher National Unit specification: statement of standards (cont)**

### **Unit title:** Body Massage

#### **Outcome 2**

Perform body massage treatments.

##### **Knowledge and/or skills**

- ◆ Work environment — health and safety
- ◆ Preparation of equipment/preparation of client
- ◆ Candidate's working posture
- ◆ Screening and positioning of client
- ◆ Application of techniques
- ◆ Client care and comfort

##### **Evidence requirements**

The Candidate will need evidence to demonstrate all aspects of their knowledge and/or skills in this Outcome by showing that they can, during practical situations:

- ◆ prepare the work area for treatment to meet accepted hygiene, current industry and organisational requirements
- ◆ position themselves to ensure the treatment is effective and applied without harm to themselves
- ◆ prepare and position the client appropriately to ensure comfort, privacy and safety
- ◆ screen the client appropriately to maintain the client's modesty
- ◆ adapt the positioning of the client when and where necessary to take into account the client's physical condition eg pregnancy, lack of mobility
- ◆ apply massage techniques, which are appropriate for the client's physical, physiological and psychological requirements and the aims of the treatment plan
- ◆ recognise restrictions to manipulations during the treatment and adapt the massage to suit
- ◆ ensure client care, comfort and relaxation is maintained throughout the treatment

##### **Assessment guidelines**

The assessment of this Outcome can be combined with Outcomes 1 and 3 as part of a holistic practical assessment for the Unit details of which are given after Outcome 3.

#### **Outcome 3**

Evaluate the effectiveness of the treatment.

##### **Knowledge and/or skills**

- ◆ Treatment evaluation
- ◆ Client feedback
- ◆ Plan for future treatments
- ◆ Aftercare and home care advice
- ◆ Recording of details

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Body Massage

### **Evidence requirements**

Candidates will need evidence to demonstrate all aspects of their knowledge and skills in this Outcome by showing that they can:

- ◆ communicate effectively and professionally with the client to elicit feedback
- ◆ evaluate the effectiveness of the treatment, in relation to the aims, needs and treatment plan
- ◆ plan for future treatments in relation to treatment evaluation, client feedback and improvement
- ◆ give suitable aftercare and homecare advice for the client
- ◆ record details accurately and legibly in the form of case studies and client record cards

The above items refer to the bullet points listed under the knowledge and/or skills and must be assessed on each assessment occasion.

The procedures will be assessed against a checklist of the knowledge and skills required as indicated by the assessor.

The practical elements will be assessed by observation of the application of massage techniques involving client consultation, treatment plans, preparation and application of effective treatment and evaluation. Candidates will be required to treat in a salon environment a minimum of three clients with varying body types and needs. The observations must be supplemented with 3 client case studies, carried out in open-book conditions.

The criteria for assessing the candidate on practical massage techniques should be based on a consistency of techniques specific for the client's needs and confidence of approach to the process and client handling over the client and treatment ranges detailed in the evidence requirements.

A minimum of three Full Body practical assessments must be carried out to ensure the candidate has the opportunity to treat clients with varying body types and needs and where observation of the candidate evaluating the effectiveness of the treatment and giving appropriate aftercare and homecare to the client is carried out.

The candidate will provide evidence to show that they can evaluate the effectiveness of the treatment and plan for future treatments for the specific client and this information should be recorded.

Record cards must also be completed accurately with each treatment.

### **Assessment guidelines**

The assessment for this Outcome should be combined with the practical elements of Outcomes 1 and 2.

## Administrative Information

**Unit code:** DN6C 33  
**Unit title:** Body Massage  
**Superclass category:** HK  
**Date of publication:** June 2005  
**Version:** 02 (July 2013)

### History of Changes:

Version	Description of change	Date
02	Amendments to Unit specification to clarify evidence requirements and Assessor Guidelines.	11/07/13

**Source:** SQA

© Scottish Qualifications Authority 2005, 2013

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

SQA acknowledges the valuable contribution that Scotland's colleges have made to the development of Higher National qualifications.

Additional copies of this Unit specification can be purchased from the Scottish Qualifications Authority. Please contact the Customer Contact Centre for further details, telephone 0845 279 1000.

## Higher National Unit specification: support notes

### Unit title: Body Massage

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 intended to prepare candidates for industry by giving them the essential underpinning knowledge and skills to enable them to plan and effectively carry out full body treatments. It should enable candidates to identify the individual client's needs and adapt the treatment accordingly, thus providing an individual treatment specific to that client.

This Unit should be delivered after, or in tandem with:

Anatomy and Physiology

This Unit also gives the candidate the basic skills and knowledge for progression to:

- ◆ Aromatherapy
- ◆ Beauty Therapy: Remedial Massage
- ◆ Beauty Therapy: Management and Practices of Body Therapies
- ◆ Indian Head Massage
- ◆ Beauty Therapy: Lymphatic Massage for Aesthetic purposes

Outcome 1 addresses the consultation process to give the candidate the underpinning knowledge and/or skills to gather the correct information to plan and carry out the treatment accordingly to the client's needs. Candidates should be encouraged to think about the following:

- ◆ importance of the consultation
- ◆ particular consultation techniques to establish client's physical, physiological and psychological requirements
- ◆ contra-indications to body massage
- ◆ planning the treatment

Outcome 2 looks at the preparation for the treatment and application of body massage techniques. Candidates should be encouraged to think about the following when preparing for treatment:

- ◆ reasons for particular preparations for the work environment
- ◆ importance of, and requirements for the candidate's personal hygiene and professional appearance
- ◆ importance of safely preparing equipment
- ◆ reasons and importance for appropriate client preparation, positioning and screening

This Outcome also gives the candidate the knowledge and/or skills to understand the uses and effects of the different massage techniques to carry out treatments effectively for the client's needs. The candidate should be encouraged to think about the following:

## Higher National Unit specification: support notes (cont)

### Unit title: Body Massage

- ◆ posture while applying the treatment, to ensure their safety, comfort and freedom of movement
- ◆ screening and supporting the area during the treatment
- ◆ adaptations of positioning of the client to take into account the client's physical condition eg pregnancy, clients with lack of mobility
- ◆ choice of massage techniques used to ensure they meet the requirements of the client and the aims of the treatment plan
- ◆ effects and uses of different massage techniques: effleurage, petrissage, tapotement, frictions and vibrations
- ◆ importance of understanding the anatomy and physiology of the area being treated
- ◆ effects of massage on the systems of the body
- ◆ recognising restrictions to treatment
- ◆ importance of client care and comfort

Outcome 3 addresses the importance of evaluating the effectiveness of the treatment and giving appropriate aftercare and homecare advice for the client. Candidates should be encouraged to think about the following:

- ◆ reasons why evaluation is important
- ◆ importance for client feedback
- ◆ specific aftercare and homecare advice
- ◆ need to keep accurate records
- ◆ methods of recording
- ◆ planning for future treatments

### Guidance on the delivery and assessment of this Unit

This Unit is optional within the group award of HNC/D Beauty Therapy and mandatory in Pathway C of HNC/D Complementary Therapies, and is primarily designed to provide candidates with the professional knowledge and skills related to manual body treatments offered by the Beauty Therapist. It would be expected that those who successfully complete the award would gain employment in the beauty industry.

Delivery should be in the form of practical demonstrations with candidates practising the skills required to achieve the competences. These should be supported by lectures and course notes relating to the theoretical aspects of body massage treatments.

## Higher National Unit specification: support notes (cont)

### Unit title: Body Massage

This should include:

- client's reference
- medical history and medication
- skeletal problems: what and where
- muscular problems: what, where, cause if known, description of pain/ache
- recent injuries — what, where, cause if known, have they had it treated
- allergies
- contra indications
- client's aims
- specific areas client requests treatment
- therapist's aims and plan

Supplementary evidence may also be supported in the form of the holistic written assessment to cover:

- ◆ recognise contra-indications and restrictions to treatment

A minimum of three observations should be performed to ensure the candidate has the opportunity to treat clients with varying body types and needs. These may cover the treatment for:

- ◆ general relaxation
- ◆ adipose
- ◆ lack of adipose
- ◆ areas of over-toned muscle
- ◆ areas of under-toned muscle
- ◆ areas of fibrous tissue and adhesions
- ◆ maintenance of muscle tone

Evidence for the remaining knowledge and/or skills items in this Outcome could be provided in the form of a holistic written assessment to ensure the candidate is able to:

- ◆ identify the position of bones and muscles
- ◆ explain the effects, benefits and reasons for use of different massage techniques
- ◆ explain the effects and benefits of massage on the systems of the body and plan for future treatments for that specific client

## Higher National Unit specification: support notes (cont)

### Unit title: Body Massage

Supplementary evidence should be provided in the form of short reports, for individual treatments, and two short case studies for the clients they have treated on consecutive treatments. This should include:

- ◆ an account of the treatment given with reference to client's anatomical analysis, aims, needs and therapist's aims including adaptations to treatment
- ◆ reasons why different techniques were used
- ◆ any localised contra-indications present
- ◆ client's anatomical analysis
- ◆ client feedback
- ◆ any improvement
- ◆ suitable aftercare and homecare advice given
- ◆ evaluation of effectiveness of the treatment
- ◆ plan for future treatments

Assessment should be undertaken towards the end of the Unit and be in the form of practical assessments where the knowledge and skills for each Outcome can be observed. A minimum of three practical assessments should be carried out to ensure the candidate has the opportunity to treat clients with varying body types and needs. These should be held within a salon environment using clients who are external to the class group and the procedures assessed against a checklist of the knowledge and/or skills required.

Observations must be supported by three case studies (a minimum of three treatments per case study), to evaluate improvement and plan for future treatments.

The underpinning knowledge for this Unit should be assessed by means of one instrument of assessment, in the form of a holistic written assessment. This should be carried out in controlled conditions and should last approximately one hour.

### Open learning

Elements of the theory involved in this Unit could be delivered by distance learning. However, as this is a very practical Unit requiring close interaction between candidate and tutor, it should not be offered on an open/flexible learning basis.

For further information and advice please refer to *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](http://www.sqa.org.uk)

## **General information for candidates**

### **Unit title: Body Massage**

This Unit is designed to give you the skills and knowledge necessary to perform body massage treatments. This Unit will help you provide more effective treatments for your clients and allow you the opportunity to progress to advanced massage techniques. This is an optional Unit in the framework of the HND Beauty Therapy award and should be completed in conjunction or after the Unit: Anatomy and Physiology for Beauty Therapy. It is expected that you will bring the skills and knowledge from that Units to this Unit.

Delivery of this Unit will be in the form of practical demonstrations where you will practise the skills, required to achieve the competences, on your peers.

In order to complete this Unit successfully, you will be required to achieve a satisfactory level of performance in both the practical and theoretical aspects.

A holistic written assessment will cover the theoretical aspects and ensure the authenticity of your work. This will take place under controlled conditions and should last for approximately one hour.

The practical aspect for this Unit will be covered in the assessment undertaken towards the end of the Unit. It will be held within a salon environment. You will be required to treat a minimum of three clients with varying body types and needs and complete three case studies. Written evidence to support the treatments will be provided in the form of client record cards, to show that you can evaluate the effectiveness of the treatment, record any improvement and plan for future treatments specific to the client. Record cards must be completed accurately at the end of each treatment.

The practical elements are assessed against observation checklists of the knowledge and skills required.