

## Higher National Unit Specification

### General information for centres

**Unit title:** History of Spa Therapies

**Unit code:** DP3G 35

**Unit purpose:** This Unit is designed to give candidates an understanding of the term ‘spa’, how it originated and how it has evolved through the ages to the present day. It will also provide candidates with the knowledge of spa therapy. Candidates could be from varied vocations with an interest in Spa Therapies.

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

- 1 Identify and explain the meaning of ‘spa’ and how it originated.
- 2 Explain the principles of spa and detail its evolution through the ages.
- 3 Identify uses for spa therapy.
- 4 Define mineral water spa treatments.

**Credit points and level:** 0.5 HN Credit at SCQF level 8: (4 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:** It is recommended that candidates have good communication skills. These may be demonstrated by the achievement of Core Skill Communication at Higher, or by possession of Higher English and Communication, or a suitable HN Communication Unit (SCQF level 7).

**Core skills:** There are opportunities to develop the Core Skills of Communication and Information Technology at SCQF level 6 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:** Evidence for this Unit should be generated through assessment undertaken in open-book conditions. There must be arrangements in place to ensure the authenticity of work produced.

Outcome 1 is assessed by a short report (approximately 500 words) under open-book conditions.  
Outcome 2 is assessed by a short report (approximately 600 words) under open-book conditions.  
Outcome 3 is assessed by responses to questions under open-book controlled conditions.  
Outcome 4 is assessed by responses to questions under open-book controlled conditions.

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

**Unit title:** History of Spa Therapies

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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**

Identify and explain the meaning of 'spa' and how it originated

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

- ◆ the meaning of 'spa' including the Latin title
- ◆ history and origin of 'spa'
- ◆ benefits of spa treatments

#### **Evidence requirements**

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

- ◆ understand the meaning of spa including an explanation of the Latin title
- ◆ give a brief history of how spa originated
- ◆ explain the benefits of spa treatments

Candidates should submit an assignment (approximately 500 words) detailing the meaning of spa therapy and how it originated together with the benefits associated with using spa therapy.

A short bibliography identifying research sources should accompany the report.

The assessment of this Outcome will be open-book.

#### **Assessment guidelines**

The assessment of this Outcome will ensure the candidate's ability to connect and identification the various benefits of spa therapies.

Should there be ambiguity regarding a candidate's response, oral questioning may be used to eliminate any doubt as to the candidate's understanding. The lecturer should note questions and responses.

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

**Unit title:** History of Spa Therapies

### **Outcome 2**

Explain the principles of spa and detail its evolution through the ages

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

Describe the evolution of spa within each period listed below:

- ◆ Evolution of spa through the ages:
  - 27 BC to 14 AD
  - Iron Age
  - Roman Occupation
  - Anglo Saxon, Norman
  - Medieval
  - Middle Ages
  - 19th and 20th Century

#### **Evidence requirements**

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

- ◆ identify and describe the stages of evolution as detailed in the Knowledge and/or skills section above

Candidates should submit an assignment (approximately 600 words) outlining the evolution stages of spa. A short bibliography identifying research sources should accompany the report.

The assessment of this Outcome will be open-book.

#### **Assessment guidelines**

The single assessment will ensure the candidates ability to identify and give an explanation of the various periods of the evolution of spa therapies.

Should there be ambiguity regarding a candidate's response, oral questioning may be used to eliminate any doubt as to the candidate's understanding. The lecturer should note questions and responses.

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

**Unit title:** History of Spa Therapies

### Outcome 3

Identify issues for spa therapy

#### Knowledge and/or skills

Describe how spa treatments can affect each of the following:

- ◆ Effects and uses of spa treatments:
- ◆ Medical skin diseases
- ◆ Medical rheumatism and arthritic conditions
- ◆ Detoxification
- ◆ Relaxation
- ◆ Anti-stress
- ◆ Slimming
- ◆ Anti-depression
- ◆ Social aspects

#### Evidence requirements

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

- ◆ describe the effects of spa treatments on one of the medical disorders and two optional treatments listed in the knowledge and/or skills

Candidates should provide a response (approximately 500 words) to the three assessment questions. This assessment is carried out under open-book controlled conditions, ie one and a half hour duration.

Candidates should **not** know in advance what items will be sampled.

#### Assessment guidelines

This assessment will ensure the candidate can recognise the difference between diseases, disorders and effects that spa treatments can provide.

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

**Unit title:** History of Spa Therapies

### **Outcome 4**

Define mineral water spa treatments

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

Identify the mineral content and effects in spa treatments:

- ◆ sulphur
- ◆ dead sea salts
- ◆ brine bath
- ◆ thermal springs
- ◆ Kneipp system

#### **Evidence requirements**

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

- ◆ identify the specific mineral contents and its effects of: sulphur, Dead Sea salts, brine bath, thermal springs, Kneipp system

Candidates should provide a response (approximately 500 words) to the assessment questions. This assessment is carried out under open-book controlled conditions, ie one and a half hour duration — candidates should **not** know in advanced what items will be sampled.

#### **Assessment guidelines**

This single assessment will ensure the candidate can identify and state the effects of mineral content spa treatments.

## Administrative Information

<b>Unit code:</b>	DP3G 35
<b>Unit title:</b>	History of Spa Therapies
<b>Superclass category:</b>	HK
<b>Original date of publication:</b>	August 2005
<b>Version:</b>	04 (November 2007)

### History of Changes:

Version	Description of change	Date
02	Page 4 Outcome 3: Assessment guidelines — delete 'single'. Page 4 Outcome 3: Change style of bullet points. Page 4 Outcome 4: Knowledge and/or skills — first sentence deleted and wording changed. Page 4 Outcome 4: Change style of bullet points.	26/09/06
03	Pages 2, 3, 4, 7: Changes to wording	09/08/07
04	Addition of Core Skills	November 2007

**Source:** SQA

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## **Higher National Unit specification: support notes**

### **Unit title:** History of Spa Therapies

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 20 hours.

### **Guidance on the content and context for this Unit**

It is recommended this unit is delivered prior to HN Unit Spa Therapy: Principles and Practice of Flotation and Hydrotherapy.

This Unit is designed to give candidates an understanding of the term 'spa' from the Latin 'salus per aquam' or 'health from water', the evolution of spa therapy through the ages and the benefits derived from spa therapy treatments. Candidates will gain a thorough knowledge of the theory of spa therapy related to past and present day methodology.

Outcome 1 covers the fundamental meaning of the term 'spa' and its origins.

Outcome 2 encourages candidates to research the evolution of spa therapy through the ages.

Outcome 3 encourages candidates to research the uses of spa techniques.

Outcome 4 defines mineral water spa treatments.

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

This Unit forms part of the group award of PDA Diploma in Spa Therapy. It may be possible to integrate some assessment with Outcomes from Water Hygiene, Infection Control and Principles and Practice of Flotation and Hydrotherapy.

Candidates should be encouraged to source and research information on the internet or from libraries.

The Outcomes should be delivered in sequence.

#### ***Opportunities for developing Core Skills***

Skills in accessing, analysing and evaluating sources should be developed as candidates conduct research on the history and techniques of spa treatment. Analytical evaluation of information accessed should be encouraged in order to assure that information is accurate, current and relevant. Instruction in the most effective use of learning resource systems, including use of the internet, will support candidates in their research historical. They should be advised on the effective and responsible use of equipment and software applications, and learn methods for keeping data gathered secure and well organised. Candidates should be made aware of the importance of saving and performing back ups.

Although skills in written Communication are not formally assessed candidates will be expected to present reports to a standard acceptable in working practice. Candidates should, therefore, develop skills in summarising complex key ideas and information accurately and concisely and be advised on appropriate formats. Software packages could support good presentation and accuracy in spelling and punctuation.

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

### **Unit title:** History of Spa Therapies

Formative work for the unit could include discussion with the assessor and class group, and oral questioning may be used to supplement written evidence. Such an approach could develop contextualised oral skills.

### **Open learning**

This Unit could be delivered by open learning with suitable support material. The candidate would have to appear in person for assessment purposes.

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 on 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: History of Spa Therapies**

The Unit is designed to give you an understanding of the term 'spa', its origin and evolution through the ages. Uses for spa therapy will be identified and mineral water spa treatments defined.

On completion of the Unit you should be able to

- 1 Identify and explain the meaning of 'spa' and how it originated.
- 2 Explain the principles of spa and detail its evolution through the ages.
- 3 Identify uses for spa therapy.
- 4 Define mineral water spa treatments.

The Unit is designed to give you an understanding of the term 'spa' from the Latin 'salus per aquam' or 'health from water', the evolution of spa therapy through the ages and the benefits derived from spa therapy treatments. You will gain a thorough knowledge of the theory of spa therapy related to past and present day methodology.

Outcome 1 covers the fundamental meaning of the term 'spa' and its origins and is assessed by a short report of a minimum of 500 words under open-book conditions.

Outcome 2 encourages you to research the evolution of spa therapy through the ages and is assessed by a short report of a minimum of 600 words under open-book conditions.

Outcome 3 encourages you to research the uses of spa techniques and is assessed by responses to questions under open-book conditions.

Outcome 4 defines spa water treatments and you will be assessed by responses to questions under open-book conditions.

You should be encouraged to source and research information on the internet or from libraries.

The Outcomes should be delivered in sequence.