

Higher National Unit Specification

General information for centres

Unit title: Spa Therapies: Heat Treatments

Unit code: DP3H 35

Unit purpose: This Unit is designed to enable candidates to use heat treatments safely and effectively within the spa environment. It will provide candidates with the underpinning knowledge to carry out heat treatments in a variety of settings — sports centres, health and fitness clubs, hotels and purpose built spas. The Unit is primarily intended for candidates who expect to take up supervisory or senior posts within the spa industry or who intend to travel and work overseas.

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

- 1 Understand and explain the therapeutic effects of heat treatments on the body.
- 2 Understand, explain and demonstrate wet and dry heat treatments.
- 3 Understand and demonstrate the health and safety procedures required in the delivery of heat treatments.

Credit points and level: 1 HN Credit at SCQF level 8: (8 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: Access to this Unit is at the discretion of the centre. Candidates should have good communication and customer care skills. Knowledge of anatomy and physiology, first aid and health and safety is essential. It would be beneficial if candidates had some work experience in this vocational area and an appreciation of the role of a spa therapist.

Core skills: There are opportunities to develop the Core Skills of Problem Solving and Communication 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: This Unit lends itself to holistic assessment. Candidates will be assessed through practical observation. Consultation will take place with three clients and treatment plans will be devised. When the treatments have been completed the effectiveness of these will be evaluated. Written evidence such as treatment plans, evaluation sheets and health and safety checklists will be used to support observation checklists.

Higher National Unit specification: statement of standards

Unit title: Spa Therapies: Heat Treatments

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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

Understand and explain the therapeutic effects of heat treatments on the body

Knowledge and/or skills

- ◆ effects of heat treatments on body systems and effects on clients
- ◆ assess and discuss client suitability for heat treatment and check for contraindications
- ◆ treatment processes are explained accurately

Evidence requirements

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

- ◆ clearly identify the general effects of heat treatments
- ◆ exercise initiative and maintain a professional approach when assessing client suitability to treatments during the consultation process

Further details are given after Outcome 3.

Assessment guidelines

It is recommended that the practical aspects for Outcomes 1, 2 and 3 are assessed holistically.

Outcome 2

Understand, explain and demonstrate wet and dry heat treatments

Knowledge and/or skills

- ◆ difference between wet and dry heat treatments: brine baths; parrafango/wax therapy;
- ◆ hamman; herbal/mud wraps; algotherapy; caldarium; rasul; laconium; thermo-auricular therapy
- ◆ use range of heat treatments incorporating wet and dry principles
- ◆ client consultation regarding contra-indications and treatment process
- ◆ product/treatment procedures including timing, sequence and duration

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Therapies: Heat Treatments

Evidence requirements

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

- ◆ after due consultation, prepare and apply the principles of wet and dry heat treatments to clients across a range of body types on a minimum of three occasions

Further details are given after Outcome 3.

Assessment guidelines

It is recommended that the practical aspects for Outcomes 1, 2 and 3 are assessed holistically.

Outcome 3

Understand and demonstrate the health and safety procedures required in the delivery of heat treatments

Knowledge and/or skills

- ◆ regular servicing of equipment (including PAT testing)
- ◆ manufacturer's instructions for use and cleaning of equipment
- ◆ maintenance of client comfort and safety during treatment
- ◆ health and safety legislation

Evidence requirements

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

- ◆ prepare treatment area taking account of health and safety requirements
- ◆ maintain a healthy and safe environment during delivery of treatment

Assessment will be by observation and will be supported by written treatment plans and evaluations.

Candidates will carry out consultations on a minimum of three clients. The clients should be different body types and age groups. A range of wet and dry treatments should be performed.

Candidates will prepare the treatment area and the client before the treatment is carried out. Health and safety issues will be taken into consideration. On completion of the treatment an evaluation of the effectiveness of the treatment should be given.

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Therapies: Heat Treatments

Assessment guidelines

It is recommended that the practical aspects for Outcomes 1, 2 and 3 are assessed holistically.

Administrative Information

Unit code:	DP3H 35
Unit title:	Spa Therapies: Heat Treatments
Superclass category:	HK
Original date of publication:	August 2005
Version:	04 (November 2007)

History of Changes:

Version	Description of change	Date
02	Page 1 Unit purpose: change to point 2. Page 1 Assessment: change to wording in first paragraph. Page 2 Outcome 2: change to wording of the first sentence. Page 3 Outcome 2: Evidence requirements, change to wording in first bullet point. Page 3 Outcome 3: Evidence requirements, change to wording in second paragraph. Page 6 Guidance on the content and context for this Unit: change to wording in first paragraph. Page 6 Guidance on the content and context for this Unit: change to wording in second paragraph. Page 6/7 Guidance on the content and context for this Unit Outcome 1: change to wording on last bullet point. Page 6/7 Guidance on the text and context for this Unit Outcome 3: 'current' added to first two bullet points. Page 7 Guidance on the delivery of the assessment of this Unit Outcome 3: change to wording second paragraph. Page 7/8 Guidance on the delivery of the assessment of this Unit Outcome 3: change to wording last paragraph. Page 9 General information for candidates: change to wording of point 2.	26/09/06
03	Page 2 Outcome 2 bullet two — tanning/lightening — deleted	07/08/07
04	Addition of Core Skills	November 2007

Source: SQA

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Please contact the Customer Contact Centre for further details, telephone 0845 279 1000.

Higher National Unit specification: support notes

Unit title: Spa Therapies: Heat Treatments

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 40 hours.

Guidance on the content and context for this Unit

This Unit develops the candidate's ability to design individual heat treatment plans for a range of clients. The treatments will be selected after detailed consultation with each individual client. The candidate will prepare the treatment area and/or equipment prior to the treatment and will perform and evaluate each treatment. In addition to becoming proficient in the treatments skills the candidate will recognise the importance of maintaining personal hygiene, client care to avoid cross infection and understand both the legal and organisational health and safety requirements of working with wet and dry heat treatments.

This Unit is designed to give candidates the appropriate skills and underpinning knowledge required to work in the spa industry. Candidates will be required to work on a variety of clients across a range of ages, body types, and treatments offered by their centre, which should include some of the heat treatments listed below. It is essential that the heat treatments listed below are covered:

- ◆ brine baths
- ◆ parrafango/wax therapy
- ◆ hamman
- ◆ herbal/mud wraps
- ◆ algotherapy
- ◆ caldarium
- ◆ rasul
- ◆ laconium
- ◆ thermo-auricular therapy

The treatments should be carried out in a realistic working environment thereby preparing candidates for work in a variety of settings within the spa industry.

The Unit should encourage candidates to evaluate the effectiveness of heat treatments and ensure that the appropriate client care, after care and home care advice is given to avoid any contra-actions to the specified treatments.

Outcome 1

Candidates will understand the general effects of heat treatments, including:

- ◆ an increase in body temperature
- ◆ metabolism is increased as the heating of the body accelerates
- ◆ circulation is increased known as vasodilation
- ◆ blood pressure is lowered
- ◆ heart rates increases

Higher National Unit specification: support notes (cont)

Unit title: Spa Therapies: Heat Treatments

- ◆ perspiration is induced to help cool the body
- ◆ activity of the sudoriferous and sebaceous gland is increased
- ◆ muscle fibres are relaxed in preparation for further heat or spa treatments
- ◆ sensory nerve endings are soothed by mild heat
- ◆ sense of general relaxation is achieved

Candidates should demonstrate knowledge of the following contraindications and special care conditions related to heat treatments.

Contraindications — thrombosis, heart conditions, fever, cancer, malignant melanoma, recent scar tissue, recent operations, sepsis, skin disorders such as eczema and psoriasis, infectious skin diseases, inflammation, swelling, tenderness, cuts/abrasions, varicose veins, loss of tactile sensation, severe claustrophobia, alcohol/drugs, sunburn.

Special care — epilepsy, diabetes, clients undergoing medical treatment, pregnancy, electronic implants, metal implants, high blood pressure, low blood pressure.

Candidates should also show knowledge of the importance of the correct procedure for storing client details in accordance with the Data Protection Act.

Candidates should interact with clients in a professional, sensitive and emphatic manner.

Outcome 2

Candidates should be aware of the importance of client modesty in the application of heat treatments. Manufacturer's guidelines for the use and application of products/equipment used in the application of heat treatments should be followed.

Outcome 3

Candidates should be aware of:

- ◆ current Health and Safety at Work legislation
- ◆ current Electricity at Work Regulations
- ◆ importance of personal hygiene and professional appearance

Guidance on the delivery and assessment of this Unit

This Unit is designed to provide candidates with the knowledge and skills to prepare for and perform heat treatments. It should be delivered in conjunction with spa treatments in general as many of the principles concerning health and safety and hygiene are common to other Units within the Group Award.

Candidates will have to consult with a range of clients and perform and evaluate a range of heat treatments.

Higher National Unit specification: support notes (cont)

Unit title: Spa Therapies: Heat Treatments

To ensure candidates have a comprehensive knowledge of the treatments available they should be encouraged to carry out internet research on some of the treatments available. Visits to historical spa venues, exhibitions and equipment/product demonstrations would also enrich the learning experience.

Candidates should provide a thorough explanation of the process, and effects of heat treatments and are required to carry out a number of different treatments on a range of body types and age groups on a minimum of three occasions.

Opportunities for developing Core Skills

All elements of the core skill of Problem Solving, that is, planning and organising, critical thinking, and reviewing and evaluating, will be naturally developed as heat treatment activities are devised and safely undertaken. Candidates will identify and analyse a range of factors impacting on treatment for a range of clients. Delivery to take account of physical, physiological and psychological requirements will involve on going consideration and review. Application of safe and appropriate forms and techniques of treatment to meet specific client needs is integral to achievement. Analytical evaluation of the effectiveness of treatments could be enhanced by group discussion of case studies during formative work.

Although skills in Communication are not formally assessed candidates will be expected to produce and present oral and written communication to an acceptable professional standard. The need to develop efficient systems and structures for recording written information accurately should be emphasised. Skills in accessing and analysing complex source materials should provide up to date knowledge on professional issues. Analytical evaluation of information accessed should be encouraged in order to assure that information is accurate and current.

A sophisticated level of oral communication skills will be naturally developed in practical work with clients when interaction must be professional, sensitive and empathic. Communicating appropriate complex information to clients, explaining and reassuring during treatment sessions and advising on post treatment needs will be an essential aspect of competence. Candidates should be able to use and adapt language, register and style to suit their purpose and clientele. They should be fully aware of a range of active listening techniques in order to relate and respond to others in the most appropriate and effective way.

Open learning

Theoretical aspects for this unit are appropriate for open and distance learning. However due to the practical nature of the skills involved for head and body treatments this would be technically impossible, and therefore should not be offered for this Unit.

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

Higher National Unit specification: support notes (cont)

Unit title: Spa Therapies: Heat Treatments

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.

General information for candidates

Unit title: Spa Therapies: Heat Treatments

This Unit is designed to enable you to gain the relevant knowledge and skills to provide a variety of heat treatments. It is primarily intended to prepare you for a career in a more supervisory or senior role in the spa industry.

The Unit consists of three Outcomes:

- 1 Understand and explain the therapeutic effects of heat treatments on the body.
- 2 Understand, explain and demonstrate the differences between wet and dry heat treatments.
- 3 Understand and demonstrate the health and safety procedures required in the delivery of heat treatments.

After a detailed client consultation you will be required to assess the client's suitability for a heat treatment and give a clear explanation of the procedure, aims and effects of the treatment. Reference will also be made to products and equipment.

The Unit is intended to develop your ability to design and perform an individual treatment plan and to evaluate its effectiveness. Treatments should be carried out on clients from different age groups and with different body types.