

Higher National Unit Specification

General information for centres

Unit title: Spa Therapies: Water Therapies

Unit code: DP3N 35

Unit purpose: This Unit is designed to give candidates an understanding of the principles and practice of the therapeutic effects and the diversity of water applications used with the spa environment. It is primarily intended for candidates wishing to follow a career in spa therapies. It would also be relevant to those candidates wishing to enhance their knowledge and experience of working within the spa industry.

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

- 1 Consult and devise an appropriate treatment plan.
- 2 Prepare specialised treatment area.
- 3 Apply the specialist techniques for the appropriate water therapy.
- 4 Evaluate the effectiveness of the treatment in relation to client satisfaction.

Credit points and level: 2 HN Credits 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: Access to this Unit is at the discretion of the centre. Candidates should possess good communication skills and have competence in anatomy and physiology, first aid, health and safety — these may be demonstrated by the achievement of relevant qualifications at SVQ level 3 in Spa Therapy. It is strongly recommended that candidates either possess or are working towards DP3L 34 *Spa Therapies: Water Hygiene*.

Core skills: There are opportunities to develop the Core Skills of Problem Solving, Working with Others 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: You will be required to assess your client's suitability for given water treatment and give a concise explanation of the procedure, aims and effects of chosen treatment. Therefore, this Unit develops your ability to design and perform an individual treatment plan as well as evaluating each treatment. In addition to this you will become proficient in the skill involved in water therapy treatment.

General information for centres (cont)

Unit title: Spa Therapies: Water Therapies

Assessment evidence will be produced through written assessment, practical performance and a specialised presentation. In order to complete this Unit successfully, you will be required to achieve a high level of performance in all assessment areas.

Higher National Unit specification: statement of standards

Unit title: Spa Therapies: Water Therapies

Unit code: DP3N 35

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 and devise an appropriate treatment plan

Knowledge and/or skills

- ◆ composition of water and uses within spa water therapies
- ◆ effects and processes of water therapies are comprehensive with regard to client
- ◆ prime treatment uses: circulatory disorder, lymphatic drainage; detoxification; relaxation; stress/pain relief
- ◆ establish client's condition in terms of physical, psychological and physiological state along with contraindications and lifestyle
- ◆ explanation of treatment plan aims meet with client's approval
- ◆ interaction with clients is sensitive and empathic (empathetic) and is highly professional

Evidence requirements

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

- ◆ Identify and explain ten contraindications to water therapies under closed book, supervised conditions. The assessment should be conducted on a sample basis and the candidate should not be aware of the content of the exam beforehand.
- ◆ Devise a specialist treatment plan for use with new and existing clients. Candidates to recognise which conditions may prohibit water therapies being carried out. The evidence can be supported by client consultation sheets/record cards.
- ◆ Research and discuss water composition. This is to include sea water, brine, thermal and site water (tap or well). Content to include: water composition — mineral/trace element content; analysis of the benefits of water in relation to the body and skin; source of water — original or adapted.

The assignment should be no less than 1,500 words open-book. Candidates should be given guidance on an appropriate reference strategy.

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Therapies: Water Therapies

Assessment guidelines

The assessments used in Outcome 1 will allow the candidate to perform a comprehensive advanced consultation in relation to the current professional and ethical codes of practice.

Observation of the candidate's consultation techniques will occur by using a practical checklist of the specific skills required to carry out the process to a high standard of professionalism. The practical aspects of Outcomes 2, 3 and 4 can be assessed in conjunction with this Outcome. The client consultation sheet/record card will cover the full range of contraindications.

Outcome 2

Prepare specialised treatment area

Knowledge and/or skills

- ◆ Personal preparation should be meticulous in relation to personal grooming and hygiene
- ◆ Treatment environment is appropriate in terms of hygiene and health and safety
- ◆ Equipment is correctly prepared in accordance with current professional practice
- ◆ Clients are positioned appropriately in relation to the treatment and protected to ensure comfort and safety to the accepted standards

Evidence requirements

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

- ◆ describe the requirements of personal hygiene and professional appearance and explain the importance of these requirements
- ◆ explain the importance of maintaining professional standards of hygiene and principles of avoiding cross infection
- ◆ state and explain the correct preparation for specific treatment areas in accordance with the Health and Safety at Work legislation
- ◆ identify the need for correct positioning of the client throughout the treatment

The assessment of this Outcome should include a closed-book examination under supervised conditions. The examination should comprise of a minimum of eight short answer questions.

The candidate's skills in preparing the specialised treatment area, in accordance with Health and Safety guidelines, will be assessed by an observation checklist. When preparing for the specialised water therapies candidates must take into account client comfort and position whilst giving the client clear instructions throughout the preliminary stages.

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Therapies: Water Therapies

Assessment guidelines

The assessments used in Outcome 2 will allow the candidate to accurately prepare the treatment area for specialised water therapies.

Observation of the candidate's preparation techniques will take place by using a practical checklist of the specific skills required to carry out the preparation to a professionally high standard. The practical aspects of Outcomes 1, 3 and 4 can be assessed in conjunction with this Outcome. The checklist will cover the range of preparation required for the specialist treatment area.

Outcome 3

Apply the specialist techniques for the appropriate water therapy

Knowledge and/or skills

- ◆ Understand the application of the specialised techniques with regard to the following water therapy treatments
 - affusion/Vichy shower
 - feature showers: snail, Swiss, waterfall or monsoon
 - hydrobath using herbal/mineral/mud/underwater massage
 - aqua massage

- ◆ Understand the principles and concepts of the following water therapies
 - sound and Light
 - kneipp system
 - thalassotherapy
 - fangotherapy
 - jet blitz

- ◆ treatment is appropriate to the client's needs
- ◆ treatment is appropriate in terms of timing, sequence and duration
- ◆ client's comfort and safety is maintained throughout the treatment
- ◆ products/treatments should be applied to a high standard of professionalism and in accordance with the manufacturer's instructions
- ◆ equipment is checked and complies with Health and Safety at Work legislation

Evidence requirements

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

Successfully demonstrate to a high standard of practice three of the following treatments on three different clients. Client comfort and safety is maintained throughout the treatment and performed within correct timing, always following the manufacturer's instructions and ensuring Health and Safety is adhered to at all times:

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Therapies: Water Therapies

- ◆ affusion/Vichy shower
- ◆ feature showers: snail, Swiss, waterfall or monsoon
- ◆ hydrobath using herbal/mineral/mud/underwater massage
- ◆ aqua massage

Sampling will be used from the following list of treatments. The centre will identify the treatment and client to be assessed for each candidate.

From the following list of water therapies candidates should understand the principles and concepts of two, in order to deliver a short presentation with visual aids.

- ◆ liquid Sound
- ◆ kneipp therapy
- ◆ thalassotherapy
- ◆ fangotherapy
- ◆ jet blitz

All research must be referenced.

Observation checklists will be used to record evidence.

Assessment guidelines

The assessments used in Outcome 3 will allow the candidate to perform a variety of water therapies for a range of clients.

Observation of the candidate performing the treatment will take place by using a practical checklist of the specific skills required to carry out the treatment to a high professional standard. The practical aspects of Outcomes 1, 2 and 4 can be assessed in conjunction with this Outcome. The client consultation sheet/record card will supply the written evidence.

Outcome 4

Evaluate the effectiveness of the treatment in relation to client satisfaction

Knowledge and/or skills

- ◆ Homecare/aftercare advice, specific to client, is given including products and procedures
- ◆ Details of water therapies are recorded to a high professional standard, maintaining client confidentiality and in accordance with the Data Protection Act
- ◆ Evaluation of the effectiveness of the treatment is accurate in relation to the prime treatment uses for both new and existing clients

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Therapies: Water Therapies

Evidence requirements

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

- ◆ formulate the appropriate aftercare/homecare specific to the client's treatment plan including products and processes as well as recommending link/future treatments
- ◆ specify the prime treatment uses for a minimum of three clients

This will be written evidence through the specialist treatment plans in Outcome 1.

- ◆ explain the correct aftercare/homecare procedures for the four stated water therapies. In addition, include product and future treatment recommendations.
- ◆ affusion/Vichy shower
- ◆ feature showers: snail, Swiss, waterfall or monsoon
- ◆ hydrobath using herbal/mineral/mud/underwater massage
- ◆ aqua massage

The assessment of this Outcome should include a closed-book examination under supervised conditions. The examination should comprise of a minimum of four short answer questions.

Observation of the candidate's evaluation of specific water therapies for a minimum three clients will be recorded on checklists. This may be supported by written evidence in the form of a client consultation sheet/record card.

Assessment guidelines

The assessments used in Outcome 4 will enable the candidate to evaluate water therapies specific to the client's treatment plan.

Observation of the candidate's evaluation techniques will occur by using a practical checklist of the specific skills required to carry out the process to a high standard of professionalism. The client consultation sheet/record card will supply the written evidence.

The assessment will address the effectiveness of the candidate to evaluate water therapies as well as assessing their underpinning knowledge of further treatments that will compliment the treatment plan, product knowledge and specific process guidelines. At the discretion of the centre candidates should evaluate the cost of treatments with regard to profit margin within both the industry and training centre. The treatments can be costed individually or holistically. It will cover all of the five stated treatments.

The practical aspects of Outcomes 1–3 can be assessed in conjunction with this Outcome.

Administrative Information

Unit code:	DP3N 35
Unit title:	Spa Therapies: Water Therapies
Superclass category:	HK
Original date of publication:	August 2005
Version:	04 (November 2007)

History of Changes:

Version	Description of change	Date
03	<p>Additions to 'Recommended prior knowledge and skills'.</p> <p>Outcome 1 — Evidence requirements — addition to first bullet point, change plus addition to last bullet point.</p> <p>Outcome 2 — Evidence requirements — first bullet point rewritten, second bullet point 'define' changed to 'explain'. Paragraph after bullet points changed.</p> <p>Outcome 3 — Knowledge and skills — Swiss becomes Vichy Snail — expanded</p> <p>Underwater massage deleted and added after mud</p> <p>Aquatonic system deleted</p> <p>Water shiatsu and basic watsu become aqua massage</p> <p>5-10 minutes replaced by 'short'.</p> <p>Outcome 4 — Evidence requirements — fist bullet point five becomes four and sentence added.</p> <p>The assessment — 45 minutes deleted and replaced.</p> <p>'Guidance on the delivery and assessment of this Unit' — aquatonic system deleted.</p>	30/08/07
04	Addition of Core Skills	November 2007

Administrative Information (cont)

Source: SQA

© Scottish Qualifications Authority 2005, 2006, 2007

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: Spa Therapies: Water 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 80 hours.

Guidance on the content and context for this Unit

This Unit is primarily intended for candidates wishing to develop their skills and knowledge to a more advanced level in water therapies.

The treatments are performed after a complex consultation with each client. Candidates will prepare the treatment area in accordance with the accepted standards of Health and Safety legislation. As well as being proficient in the specialised skills involved, candidates will also have a detailed level of knowledge of the importance of maintaining personal hygiene and the principles of avoiding cross infection. It is at the centre's discretion to expand upon the contraindication list and refer to **www.hpa.gov.org.uk** or **www.who.com** for further reference. The candidates will be required to work on a variety of clients thereby reinforcing their knowledge and skills needed to work at an advanced level.

Outcome 1 — Consultation process

Candidates will identify the absolute requirements for a detailed explanation of the procedure, aims and effects of the treatment, in terms of physical, psychological and physiological, contraindications and lifestyle of the client.

Outcome 2 — Preparation prior to the commencement of water therapies

Candidate should be aware of:

- ◆ the importance of personal hygiene and professional appearance
- ◆ the meticulous attention to detail for client's welfare and ultimate satisfaction
- ◆ Health and Safety at Work legislation/Local International Health and Safety — if applicable

Outcome 3 — Provide water therapies

Candidates will demonstrate a broader knowledge, organisational and legal requirements prior to treatment with clear, concise instruction. Candidates will assess the client for recognisable contraindications prior to the start of the treatment ensuring that the advice given is correct and appropriate. Candidates will interact with the client throughout the treatment with regard to comfort and safety without being intrusive.

Outcome 4 — Evaluate the effectiveness of water therapies

Candidates will formulate evidence of the effectiveness of each of their three chosen water treatments — paying special attention to the process of homecare advice, sales techniques and the need for link treatments.

Higher National Unit specification: support notes (cont)

Unit title: Spa Therapies: Water Therapies

Guidance on the delivery and assessment of this Unit

This Unit should be delivered in conjunction with the Water Hygiene Unit of the Group Award of PDA Diploma in Spa Therapy to allow candidates to appreciate the importance and its relevance to the occupational area concerned.

Where possible throughout the Unit observation of the candidate in real situations is of paramount importance. However in some areas written closed-book practical checklist will be required. At the discretion of the centre candidates must perform a variety of the stated treatments on a minimum of three clients.

A wide range of knowledge needs to be assessed to ensure the candidate has sufficient background to perform the water therapies safely and effectively. Written questions will be required to ensure that the advanced level of knowledge expected is adequately assessed to cover all the areas not covered by practical observation. Of the therapies stated the candidate will have an awareness of the following:

- ◆ liquid sound
- ◆ kneipp therapy
- ◆ thalassotherapy
- ◆ fangotherapy

These should be introduced by the lecturer prior to the candidate undertaking the written assessment. There will be need for integrated assessment within the Group Award.

At the discretion of the centre, and in order to enhance the candidates' experience of this Unit, the following may be included:

- ◆ field trip to brine and/or thermal baths
- ◆ destination spa
- ◆ guest speakers
- ◆ professional demonstrations

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 treatment activities are devised, undertaken and reflectively evaluated. Candidates consider the therapeutic effects and diversity of water applications as they consult with clients and determine appropriate specialist treatment. Preparation for and delivery of treatments will take account of the physical, physiological and psychological needs of clients as well as legislative requirements. This will offer many practical ways to enhance skills in working with others. Negotiation will be needed in order to build on and maximise strengths and deal with any difficulties of all involved in the process. Effective use of feedback techniques, and the ability to encourage and direct treatment will mean an analytical approach to needs. A sophisticated level of oral skills will also be developed during any interaction. Communicating complex information to clients in the clearest way, explaining and reassuring during treatment sessions and advising on post treatment needs is an essential aspect of competence.

Higher National Unit specification: support notes (cont)

Unit title: Spa Therapies: Water Therapies

Analytical evaluation of the effectiveness of treatments is assessed in relation to the stated aims and client feedback; problem solving and oral skills could be further enhanced by discussion of case studies during formative work.

Although skills in written Communication are not formally assessed candidates should produce and present work to an acceptable professional standard. Accessing and analysing complex source materials would ensure up to date underpinning knowledge on professional issues. Critical evaluation of the accuracy and currency of information accessed should be encouraged.

Open learning

This Unit may be delivered by distance learning with appropriate support material. The assessment would be carried out in the centre.

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 disabilities and/or additional support needs

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. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

General information for candidates

Unit title: Spa Therapies: Water Therapies

This Unit is designed to enable you to gain the relevant theoretical knowledge and skills, to a high level of professionalism, to provide a variety of water therapies. It is primarily intended for those wishing to follow a career in spa therapies. It would also be relevant for those wishing to build upon their prior skill, knowledge and experience within the spa industry.

The Unit has four main areas:

- ◆ Consult with clients to develop an appropriate water therapy treatment plan
- ◆ Prepare to carry out water therapies
- ◆ Provide water therapies
- ◆ Evaluate the effectiveness of the water therapies

You will be required to assess your client's suitability for given water treatment and give a concise explanation of the procedure, aims and effects of chosen treatment. Therefore, this Unit develops your ability to design and perform an individual treatment plan as well as evaluating each treatment. In addition to this you will become proficient in the skill involved in water therapy treatment.

Assessment evidence will be produced through responses to questions, practical performance and specialised demonstration. In order to complete this Unit successfully, you will be required to achieve a high level of performance in all assessments areas.