

Higher National Unit Specification

General information for centres

Unit title: Seated Massage Therapy

Unit code: F1BE 35

Unit purpose: This Unit has been designed to prepare candidates for industry by giving them the underpinning knowledge and skills required to enable them to clearly explain to clients the concept of chair massage, identify the manifestations of stress and common chronic occupational injuries, and to perform an effective chair massage treatment through clothing, in a variety of public environments.

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

- 1 Explain the origins, history and current use of chair massage.
- 2 Describe the concept of workplace stress and occupational injuries.
- 3 Perform chair massage treatments from consultation to evaluation.

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: It is strongly recommended that candidates possess an Anatomy and Physiology Unit and a recognised massage therapy qualification at SCQF level 7, and a First Aid qualification.

Core Skills: There are opportunities to develop the Core Skill in Working with Others at Higher 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 may be generated through a number of instruments of assessment:

Outcome 1 should take the form of a project

Outcome 2 may be assessed in conjunction with Stress Management DH3Y 35 or as a project

Outcome 3 requires candidates to undertake both written and practical assessments in the form of a log book, a case study and a practical demonstration

Higher National Unit specification: statement of standards

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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

Explain the origins, history and current use of chair massage

Knowledge and/or skills

- ◆ Ancient East Asian influences
- ◆ Meridians
- ◆ Acupressure points
- ◆ Adoption into Western cultures
- ◆ Benefits of chair massage
- ◆ Contra-indications and special care

Evidence Requirements

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

- ◆ explain the influence of ancient East Asian massage techniques in the development of chair massage
- ◆ explain the differences between Eastern and Western philosophies towards health
- ◆ identify the location of meridians within the body
- ◆ identify the location of acupressure points within the body and describe their relationship to meridians
- ◆ explain the adoption of chair massage into Western cultures
- ◆ describe the contra-indications and special care requirements for chair massage

This Outcome should be assessed by means of an assignment supported by appropriate diagrams and should be no less than 2,500 words.

Assessment guidelines

Oral questioning can be used to ensure all aspects of the Evidence Requirements are covered.

Higher National Unit specification: statement of standards (cont)

Unit title: Seated Massage Therapy

Outcome 2

Describe the concept of workplace stress and occupational injury

Knowledge and/or skills

- ◆ Physical, physiological, psychological and behavioural signs and symptoms of stress
- ◆ Effects of stress
- ◆ Repetitive Strain Injury (RSI)
- ◆ Back strain
- ◆ Computer Vision Syndrome (CVS)

Evidence Requirements

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

- ◆ describe physical, physiological, psychological and behavioural signs and symptoms of stress and their inter-relation with each other
- ◆ describe the effects that stress may have on the inter-related body systems
- ◆ describe the causes and symptoms of RSI, Back strain and CVS

This would be evidenced by an extended response question paper of one and a half hour duration under closed-book conditions.

Assessment guidelines

There may be opportunities for this Outcome to be assessed in conjunction with DH3Y 35, *Stress Management*.

Outcome 3

Perform chair massage treatments from consultation to evaluation

Knowledge and/or skills

- ◆ Communication skills/Consultation techniques
- ◆ Preparation of environment/equipment/candidate/client
- ◆ Working posture and application of techniques
- ◆ Client care and comfort
- ◆ Treatment evaluation and client feedback
- ◆ Aftercare and homecare advice

Higher National Unit specification: statement of standards (cont)

Unit title: Seated Massage Therapy

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 throughout the treatment
- ◆ identify contra-indications and/or special care situations and adapt the treatment accordingly
- ◆ agree objectives of treatment and obtain consent
- ◆ check treatment area is appropriate in terms of health and safety and hygiene
- ◆ prepare equipment
- ◆ apply techniques of pressure (using thumbs, fingers, elbows, forearms) on acupressure points, stroking, rubbing, squeezing, stretching and percussion (hacking, cupping) accurately and appropriately
- ◆ ensure client care and comfort throughout the treatment
- ◆ evaluate the effectiveness of the treatment in relation to objectives and client feedback
- ◆ give appropriate aftercare and homecare advice
- ◆ record details accurately and legibly after each treatment

Evidence should include:

- ◆ candidate log book recording five individual treatments on different clients (consultation, record card and treatment evaluation)
- ◆ a case-study of five treatments performed on the same client
- ◆ observation checklist recording candidate performance of a full chair massage treatment

Assessment guidelines

Supplementary questioning may be used to ensure candidates have a full understanding of the underpinning knowledge.

Administrative Information

Unit code: F1BE 35
Unit title: Seated Massage Therapy
Superclass category: HK
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History of changes:

Version	Description of change	Date

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Higher National Unit specification: support notes

Unit title: Seated Massage Therapy

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 providing them with the underpinning knowledge and skills required to enable them to clearly explain to clients the concept of chair massage. They will be able to identify the manifestations of stress and common chronic occupational injuries, and to perform an effective chair massage treatment through clothing, in a variety of public environments.

It is strongly recommended that candidates only undertake this Unit after having achieved:

- ◆ Anatomy and Physiology (SCQF level 7)
- ◆ Body Massage (SCQF level 6)
- ◆ A First-Aid certificate

Outcome 1 requires the candidate to understand the origins and history of chair massage and the different philosophies of Eastern and Western cultures towards health, before being asked to surmise on its emergence in America and the UK. It is important for the candidate to appreciate the origins and history as it helps in the understanding of the complex relationship between the physical, emotional and environmental factors that may affect a client's health. Candidates should be encouraged to consider:

- ◆ Japanese influence, ANMA massage, Shiatsu
- ◆ Chinese influence, Qi (vital energy), Yin and Yang, The Five Elements, ANMO massage, acupuncture
- ◆ The relationship between meridians and acupressure points
- ◆ Physical, physiological and psychological conditions that may be improved by chair massage
- ◆ The importance of the contra-indications/special care recommendations

Outcome 2 is designed to equip the candidate with the knowledge of the signs and symptoms of the main occupational illnesses and injuries so that they may be easily recognisable during the consultation phase. This will enable accurate treatment plans to be made. The candidate should be encouraged to consider:

- ◆ short and long term signs/symptoms of stress
- ◆ body systems: skin, circulatory, lymphatic, muscular, skeletal, digestive, urinary, reproductive, endocrine, respiratory, nervous

Higher National Unit specification: support notes (cont)

Unit title: Seated Massage Therapy

Outcome 3 considers the practical component of the Unit. Skills should be developed with regard to the particular environment in which chair massage takes place, often in an open environment. Communication skills should demonstrate active listening, open-ended questions, appropriate non-verbal communication (NVC), an empathic and sensitive approach towards the client. An appreciation of the appropriate boundaries between the client and therapist and the ability to observe protocol in an open environment. Candidates will be required to consider:

- ◆ consultation techniques, privacy, accuracy in recording details and professional boundaries within non- standard surroundings and health, safety and hygiene
- ◆ suitable mode of dress
- ◆ the candidate's working posture, body, arm and hand positions are particularly important to prevent injury
- ◆ aftercare and homecare advice

Guidance on the delivery and assessment of this Unit

Outcome 1 can include an introductory lecture giving an overview of the origins, history and current use of chair massage followed by an assignment brief so that candidates can research and compile their assignment outwith contact time.

Outcome 2 provides opportunities for delivery and assessment in conjunction with the HN Unit Stress Management (DH3Y 35).

Outcome 3 — practical elements should be delivered by demonstration with candidates practising the skills required on a variety of different clients. Candidates could devise appropriate consultation forms and treatment record cards which could then be adopted for use in their individual case study and/or logs. The practical observation should be assessed towards the end of the Unit

Opportunities for developing Core Skills

The Unit offers many opportunities to explore ways of enhancing skills in co-operative working with a range of other people. Planning effective treatment involves the identification of aims which must be geared to be appropriate to the specific personal requirements of a range of clients. Candidates will demonstrate an empathic understanding of the physical, emotional and cultural needs of others in order to progress communication and effective working within the constraints of safety considerations. Maximising opportunities for negotiation while explaining and adapting behaviour to ensure client care and comfort throughout the treatment will be integral to achievement.

Formative work on practical treatments could involve exploration of Core Skill requirements through discussion, training videos, case studies and/or role play of typical scenarios to demonstrate effective interpersonal working, including the impact of open and closed questioning, active listening and range of verbal and non-verbal communication techniques. Candidates should have opportunities to develop a sophisticated level of interpersonal skills in questioning, giving information and responding to others in the most appropriate way and to practise the assertive and supportive behaviour which will be critical to successful performance and best practice. Feedback from clients will be an essential aspect of in-depth evaluation of treatment effectiveness.

Higher National Unit specification: support notes (cont)

Unit title: Seated Massage Therapy

Open learning

The theoretical aspects of this Unit are appropriate for open and distance learning. However, due to the practical nature of the skills involved in chair massage, it would be difficult to deliver the practical aspects by open or distance learning.

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: Seated Massage Therapy

This Unit is designed to give you the background knowledge and skills you need in order to perform chair massage treatments. You will learn how the origins of chair massage date back to ancient Japanese and Chinese massage techniques, the differences in the way that Eastern and Western cultures approach health and wellness and how an appreciation of the Eastern philosophy and massage techniques have led to chair massage being much more widely adopted in the UK. You will find out about the major occupational illness and injuries and how chair massage may help alleviate them. The largest component of this course is the practical element that teaches you how to give an effective, clothed chair massage.

In order to achieve the Unit you have to achieve a satisfactory level in the theoretical and practical aspects. You will be expected to produce an assignment which covers the origins, history and current use of chair massage. You will also complete an extended response paper on the signs and symptoms of common occupational illnesses and injuries, such as stress, Repetitive Strain Injury (RSI), back strain and Computer Vision Syndrome (CVS).

For the practical aspects of the course you will be shown demonstrations of how to perform a chair massage and you will be expected to develop your skills to the required standard through practice. Client consultations and record keeping are important aspects of a full treatment and you will also be expected to practise and demonstrate these skills on a regular basis.

Your practical assessment will consist of three parts; each part will include client consultation, treatment records and evaluation. You must achieve all of them to a satisfactory standard.

Part 1: you are required to keep a log book in which you enter the details of five individual treatments that you have performed throughout the course.

Part 2: you will be expected to undertake a case study whereby you will treat the same client on five separate occasions and accurately record all information.

Part 3: you will be observed performing one full chair massage treatment.