



## **National Unit specification: general information**

**Unit title:** Thai Foot Massage

**Unit code:** FR0J 12

**Superclass:** HK

**Publication date:** August 2011

**Source:** Scottish Qualifications Authority

**Version:** 02

### **Summary**

This Unit has been designed as an optional Unit in the National Certificate in Wellness Therapies at SCQF level 6.

This Unit is designed to provide candidates with the knowledge and skills to plan and effectively carry out Thai foot massage treatments through consultation; appropriate massage techniques and home/after care advice.

Candidates will learn about the principles of Thai foot massage, the four elements of traditional Thai medicine and how the treatment works.

Candidates will develop practical skills in Thai foot massage, techniques/procedures, products and resources used.

This Unit is suitable for those who have no previous qualification or experience.

### **Outcomes**

- 1 Investigate the principles and practice of Thai foot massage.
- 2 Carry out client consultation and prepare for treatment.
- 3 Perform Thai foot massage.

### **Recommended entry**

Access to this Unit is at the discretion of the centre. It would be beneficial if the candidate had an appropriate level of Communication, ITC and Numeracy skills.

## National Unit specification: general information (cont)

**Unit title:** Thai Foot Massage

### Credit points and level

1 National Unit credit(s) at SCQF level 6: (6 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.*

### Core Skills

Achievement of this Unit gives automatic certification of the following Core Skills component:

- ◆ Critical Thinking at SCQF level 6

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this Unit specification.

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

### **Unit title: Thai Foot Massage**

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

#### **Outcome 1**

Investigate the principles and practice of Thai foot massage.

##### **Performance Criteria**

- (a) Identify the principles of Thai foot massage.
- (b) Describe benefits and effects of Thai foot massage.
- (c) Identify contra-indications to Thai foot massage.
- (d) Describe products and resources used in Thai foot massage.

#### **Outcome 2**

Carry out client consultation and prepare for treatment.

##### **Performance Criteria**

- (a) Consult with client to determine suitability for treatment.
- (b) Undertake consultation techniques with client.
- (c) Prepare treatment area to include product and resources.
- (d) Prepare client for treatment.

#### **Outcome 3**

Perform Thai foot massage.

##### **Performance Criteria**

- (a) Apply correct techniques.
- (b) Carry out treatment.
- (c) Ensure client comfort throughout treatment.
- (d) Record treatment on client consultation record.

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

**Unit title:** Thai Foot Massage

### Evidence Requirements for this Unit

Performance evidence and written/oral evidence which covers the Outcome and Performance Criteria is required for this Unit.

#### Outcome 1

Prepare a project carried out in open-book conditions to include:

- ◆ principles of Thai foot massage
- ◆ benefits and effects of Thai foot massage
- ◆ possible contra - indications to Thai foot massage treatments
- ◆ products and resources used in Thai foot massage

#### Outcome 2 and 3

Practical observation assessors checklists will evidence carrying out the treatments on **three** different clients, clients must have **two** consecutive treatments.

Candidate will need to provide evidence of three client record cards over two consecutive treatments.

Recorded evidence should take the form of three completed written consultation records on a minimum of three clients over two consecutive treatments including:

- ◆ initial consultation on suitability of treatment
- ◆ client's expectations
- ◆ contra-indications which may restrict treatment
- ◆ prepare treatment area
- ◆ prepare client for treatment
- ◆ products and resources used
- ◆ techniques/movements used
- ◆ prepare treatment area
- ◆ follow relevant current legislation

**Outcome 2 and 3 must be assessed on the same occasion**

## National Unit specification: support notes

### Unit title: Thai Foot 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 40 hours.

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

Candidates will learn about the principles of Thai foot massage, the four elements of traditional Thai medicine and how the treatment works.

Candidates will develop practical skills in Thai foot massage, learn how to prepare for Thai foot massage select the tools and products required to carry out the treatment and massage techniques/procedures.

Candidates should be aware of the correct positioning of client on the treatment bed/chair in order to perform the treatment effectively and comfortably.

Correct products should be selected to perform the treatment, Thai foot stick and wax medium.

Client confidentiality must also be adhered to and clients name, address, etc should not appear anywhere on the case study. Clients may be referenced to by number and date.

Key areas of knowledge are:

- ◆ effective communication with clients
- ◆ knowledge of appropriate current legislation and where to find further information on:
  - Health and Safety at Work Act
  - Personal Protective Equipment (PPE) at Work Regulations
  - Data Protection Act
- ◆ contra-indications which may restrict treatment
- ◆ products and resources required
- ◆ uses of products for Thai foot massage
- ◆ techniques used in Thai foot massage

## National Unit specification: support notes (cont)

**Unit title:** Thai Foot Massage

### Guidance on learning and teaching approaches for this Unit

There should be an introduction to the Unit which allows the candidates to understand fully what is required and the approaches which will be adopted.

Outcome 1 should be assessed when the underpinning knowledge has been covered.

Due to the nature of this Unit, each part of learning and teaching should incorporate both theory and practice to facilitate learning.

The main approach to learning in this Unit should be experiential, practical and candidate-centred. Candidates should have the opportunity to learn and develop practical skills in Thai foot massage techniques/procedures for the massage and products and resources used in the massage. Candidates should be aware of the correct positioning of client on the treatment bed in order to perform the treatment effectively and comfortably. Correct products should be selected to perform the treatment, Thai foot stick and preferably a wax medium.

Candidates should be shown and allowed to practice consultation techniques. Candidates should also be able to give homecare advice relative to the treatment including aftercare/home care advice.

Practical demonstration followed by supported role play, initially with peers will enable candidates to practice and gain confidence before progressing to work on clients, with the emphasis placed on working safely in the working environment. Formative work throughout will enhance performance.

Achievement of this Unit will be dependent on the candidate being able to carry out practical activities either in a realistic working environment which involves working with others and will develop good working practice.

### Guidance on approaches to assessment for this Unit

The evidence requirements are fully expressed in the mandatory section of this Unit specification.

Evidence should be gathered at appropriate points throughout the Unit. The evidence for Outcome 1 should be gathered when the research and underpinning knowledge has been covered. This will be evidenced by a project assessed in open-book conditions.

Outcome 2 and 3 will be assessed by a practical observation assessor's checklist. This will show evidence of candidate carrying out the treatments on **three** different clients, all clients must have **two** consecutive treatments.

Candidate will need to provide evidence in the form of client record cards.

Recorded evidence should take the form of completed written consultation records on a **minimum** of **three** clients over **two** consecutive treatments.

There are good opportunities for formative assessment in this unit, including self and peer assessment and for collecting feedback from tutor

## National Unit specification: support notes (cont)

**Unit title:** Thai Foot Massage

### Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

### Opportunities for developing Core Skills

In this Unit will develop skills in applying Thai foot massage.

Candidates will:

- ◆ consult with client to determine client's expectations and suitability for treatment
- ◆ decide which treatments are most suitable
- ◆ prepare the treatment area in accordance with current legislative requirements relating to treatment area, storage and disposal of materials
- ◆ prepare client for the required treatment
- ◆ carry out treatment complying with current legislative requirements and ensuring client comfort throughout treatment
- ◆ evaluate the effectiveness of treatment through discussion with client
- ◆ advice client of relevant aftercare
- ◆ complete client records

This Unit has the Problem Solving component of Critical Thinking embedded in it, so when candidates achieve this Unit their Core Skills profile will be updated to show they have achieved Critical Thinking at SCQF level 6. In addition, as candidates are doing this Unit they will be developing aspects of the Core Skills in Communication and Working with Others.

### Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements)

## History of changes to Unit

Version	Description of change	Date
02	Core Skills Component Critical Thinking at SCQF level 6 embedded.	08/08/2011

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