



National Unit specification: general information

Unit title: Massage Techniques

Unit code: H1WV 11

Superclass: HL

Publication date: July 2012

Source: Scottish Qualifications Authority

Version: 01

Summary

This Unit is a mandatory Unit in the NPA Beauty Massage Award at SCQF level 5, but can be taken as a free standing Unit. This Unit introduces candidates to practical massage techniques.

Candidates will gain knowledge and understanding of conditions that are contra-indicated or require special care for massage treatments. Through client consultation, the candidate will develop treatment plans and carry out massage treatments. Candidates will reflect on client treatments, to include timing and sequence of treatment and client care skills.

On completion of this Unit candidates will be able to consult with a client to plan and perform massage using various massage techniques on the back and back of legs.

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

Outcomes

- 1 Identify conditions that restrict massage treatment and the effects of massage techniques.
- 2 Prepare for a massage treatment.
- 3 Perform and evaluate a massage treatment.

Recommended entry

While entry is at the discretion of the centre, candidates would normally be expected to have attained or be working towards the following, or equivalent:

General information (cont)

Unit title: Massage Techniques

Credit points and level

1 National Unit credit at SCQF level 5: (6 SCQF credit points at SCQF level 5)

**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

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes of this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

National Unit specification: statement of standards

Unit title: Massage Techniques

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

Identify conditions that restrict massage treatment and the effects of massage techniques.

Performance Criteria

- (a) Identify the contra-indications to massage.
- (b) Identify the special care to massage.
- (c) Identify the effects of effleurage, petrissage, percussion and friction techniques.

Outcome 2

Prepare for a massage treatment.

Performance Criteria

- (a) Prepare self and salon environment appropriately.
- (b) Develop an appropriate treatment plan through client consultation.
- (c) Prepare and position client for treatment.

Outcome 3

Perform and evaluate a massage treatment.

Performance Criteria

- (a) Perform a massage treatment effectively using the correct sequence, techniques and timing.
- (b) Provide relevant home and aftercare advice.
- (c) Comply with current relevant health and safety legislation.
- (d) Evaluate the treatment.

National Unit specification: statement of standards (cont)

Unit title: Massage Techniques

Evidence Requirements for this Unit

Performance evidence and written/oral recorded evidence which cover all the Outcomes and Performance Criteria is required for this Unit.

Outcome 1 (a) (b) and (c) Assignment

An assignment will be set which will be carried out in open-book conditions. The assignment must enable candidates to show their knowledge prior to assessment of practical techniques; it should therefore be completed early in the Unit.

Outcome 1(a)

Identify the conditions that contra-indicate massage treatments to include: Contra-indications: cancer, thrombosis, heart condition, under the influence of alcohol or drugs, recent fractures or sprains.

Outcome 1 (b)

Identify special care to massage treatments, to include: diabetes, high or low blood pressure, epilepsy, varicose veins, fragile skin conditions, non-infectious skin diseases, excessive moles, early and late stages of pregnancy, recent scar tissue, severe bruising, cuts or abrasions.

Outcome 1 (c)

Identify the effects of:

- ◆ Effleurage — soothing, improves blood circulation, relaxing and aids lymphatic drainage
- ◆ Petrissage — stimulates the blood circulation, relaxes and stimulates muscle tissue, warms and nourishes muscle tissue
- ◆ Percussion — increases cellular activity, helps to break down adipose tissue, creates an erythema and produces heat locally
- ◆ Frictions — generates heat and increases circulation locally

Outcome 2 and Outcome 3: Performance Evidence

Evidence for Outcome 2 and 3 should be gathered on the same assessment occasion.

Practical performance must include back and back of legs on each assessment occasion.

Candidates will be required to demonstrate by practical activity on a minimum of three occasions on three different clients that they are able to:

- ◆ Prepare self and environment appropriately for treatment
- ◆ Develop an appropriate treatment plan through client consultation
- ◆ Prepare and position client for treatment
- ◆ Perform a massage treatment effectively using specified techniques using the correct sequence and timing on the back and back of legs
- ◆ Provide relevant home and aftercare advice
- ◆ Evaluate treatment performance, including effectiveness of massage and timing and sequence of treatment

Specified massage techniques are — effleurage, petrissage, percussion and frictions.

National Unit specification: support notes

Unit title: Massage Techniques

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 for candidates who wish to develop practical massage skills. This Unit will be achieved through practical activity. Candidates will consult with clients prior to treatment to develop an appropriate treatment plan, will prepare and position the clients for treatment. Appropriate treatment plans will be developed through client consultation.

Candidates will learn about the conditions that restrict treatment.

Key areas of knowledge are:

- ◆ Contra-indications: cancer, thrombosis, heart condition, under the influence of alcohol or drugs, recent fractures or sprains
- ◆ Special care: diabetes, high or low blood pressure, epilepsy, varicose veins, fragile skin conditions, non-infectious skin diseases, early and late stages of pregnancy, recent scar tissue, severe bruising, cuts or abrasions, excessive moles
- ◆ Massage techniques: effleurage, petrissage, percussion and frictions
- ◆ Client consultation: visual, verbal and tactile
- ◆ Personal presentation
- ◆ Client preparation
- ◆ Preparation of the environment
- ◆ Current relevant legislation
- ◆ Client communications skills

This Unit provides good opportunities for enhancement of employability skills. Such as: communication skills, team working, customer service skills, planning and organising, and problem solving.

Guidance on learning and teaching approaches for this Unit

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

The main approach to learning in this Unit should be demonstration of practical techniques. Candidates should have the opportunity to learn and develop practical skills in a salon environment where they will experience a realistic workplace environment and learn to work with others.

Formative assessment may be used with self or peer review to measure progress. Oral questioning may be used to assess candidates underpinning knowledge.

National Unit specification: support notes (cont)

Unit title: Massage Techniques

Due to the practical nature of this Unit and to facilitate learning, teaching should incorporate both theory and practical. Candidates will therefore gain sound knowledge and understanding as they experience the practical application. The learning and teaching should arise naturally throughout the practical activity.

Candidates should be provided with practical demonstrations to enable development of comprehensive practical skills. Supported role play, initially with peers, will enable candidates to gain confidence and practical skills prior to commencing to working with clients. Candidates should be provided with constructive feedback throughout the formative assessment treatments.

A range of delivery techniques can be used for this Unit. These could include: practical demonstration, role-play, group work, lectures, self-directed learning, research and peer assessment.

There are good opportunities within this Unit for candidates to be reflective and make the appropriate adaptations for progression of skills and techniques.

Guidance on approaches to assessment for this Unit

The Evidence Requirements are fully expressed in the mandatory section of this Unit Specification.

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

Evidence for Outcome 1: Should be assessed using an open-book assignment covering the Performance Criteria.

Evidence for Outcomes 2 and 3: Practical performance should be assessed holistically supported by assessor observation checklists, will be gathered throughout the delivery of the Unit and recorded on a client consultation record to cover all aspects of the Outcomes and Performance Criteria.

The ASP provided for this Unit illustrates the standard that should be applied. It includes a written open-book assignment for Outcome 1 and an assessor observation checklist and client consultation record and self-evaluation for Outcomes 2 and 3.

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)*.

National Unit specification: support notes (cont)

Unit title: Massage Techniques

Opportunities for developing Core Skills

In this Unit candidates will carry out practical activities which involve listening and talking to clients. There are good opportunities for developing aspects of the Core Skill of *Communication*. Candidates will learn how important it is to work together as part of a salon team to meet the needs of customers which will allow the development of aspects of the Core Skill of *Working with Others*. Candidates will perform client consultation to devise an appropriate treatment plan which will develop aspects of the Core Skill of *Problem Solving*.

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

History of changes to Unit

Version	Description of change	Date

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