

## Higher National Unit Specification

### General information for centres

**Unit title:** Spa Therapies: Principles and Practice of Flotation and Hydrotherapy

**Unit code:** DP3J 35

**Unit purpose:** This Unit is designed to give candidates an in-depth understanding of the principles and practice of flotation and hydrotherapy. Candidates will manage basic care and monitoring procedures for flotation/hydrotherapy equipment and consultation and care procedures for client treatments. Candidates will study the development of flotation/hydrotherapy and the range of therapeutic and relaxation options these therapies can offer clients. The Unit is primarily intended for therapists or managers working with flotation/hydrotherapy or those who have a particular interest in developing specialist knowledge in these therapies.

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

- 1 Understand and explain flotation and hydrotherapy development as a mineralised spa treatment.
- 2 Consult with clients to maximise effects of flotation/hydrotherapy.
- 3 Demonstrate flotation and hydrotherapy in relation to individual composite treatment planning.

**Credit points and level:** 0.5 HN Credit at SCQF level 8: (4 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:** Candidates should have good communication, interpersonal and customer care skills. It would be beneficial if candidates held the SVQ Spa Therapy Level 3 Unit DH9X 04 Set up, monitor and shut down water, temperature and spa facilities and undertook the HN Unit Spa Therapies: Water Hygiene prior to this Unit.

**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.

## **General information for centres (cont)**

### **Unit title:** Spa Therapies: Principles and Practice of Flotation and Hydrotherapy

**Assessment:** Evidence for this Unit should be generated through practical demonstrations and written assessments.

The practical elements of Outcomes 1, 2 and 3 can be assessed holistically.

Practical demonstrations are required for one flotation treatment and one hydrotherapy treatment. Candidates will carry out client consultations, prepare the treatment room, carry out the treatment procedures, provide post-treatment advice and evaluate the treatment.

Guidelines for use of facilities — candidates will prepare guidelines for clients.

Maintenance/checking of equipment — will this be observed and evidenced by a checklist. (Outcome 1)

The principles of flotation and hydrotherapy and mineralised/non-mineralised water treatments will be assessed through questions.

Layout of spa and equipment — candidates will be given a scenario with equipment to be sited and treatments to be carried out and asked to explain their given layout supported by diagram (Outcome 1)

Combination of spa treatments — this will be included in the consultations where candidates will have to connect a number of therapies. (Outcomes 2 and 3)

## Higher National Unit specification: statement of standards

**Unit title:** Spa Therapies: Principles and Practice of Flotation and Hydrotherapy

**Unit code:** DP3J 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

Understand and explain flotation and hydrotherapy as a mineralised spa treatment

#### Knowledge and/or skills

- ◆ identification of the principles of flotation as a form of mineralised water therapy and hydrotherapy which may/may not be mineralised
- ◆ difference between mineralised/non-mineralised water treatments and the principles of flotation and hydrotherapy
- ◆ layout of spa including positioning of equipment

#### Evidence requirements

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

- ◆ use salt in flotation including the type and amount of salt used to maintain specific gravity of 1.26
- ◆ identify the difference in mineralised waters used in hydrotherapy and their potential therapeutic uses
- ◆ identify individual needs/conditions that may benefit therapeutically by flotation/hydrotherapy

The above bullet points should be assessed by two questions per point requiring approximately 40 word responses.

- ◆ design the layout of a spa, which will have both flotation and hydrotherapy facilities, and show the importance of the placement of equipment in respect of sound disturbance, disability access and quiet areas (diagram and explanation needed)
- ◆ layout of spa and equipment — candidates will be given a scenario with equipment to be sited and treatments to be carried out and asked to explain their given layout supported by diagram
- ◆ maintenance/checking of equipment — will this be observed and evidenced by a checklist

Information on the practical assessment is given after Outcome 3.

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

### **Unit title:** Spa Therapies: Principles and Practice of Flotation and Hydrotherapy

#### **Assessment guidelines**

It is recommended that the practical and theoretical aspects of Outcomes 2 and 3 are holistically assessed.

#### **Outcome 2**

Consult with clients to maximise effects of flotation/hydrotherapy

#### **Knowledge and/or skills**

- ◆ comprehensive management and preparation of the flotation/hydrotherapy suite
- ◆ client consultation, including use of consultation forms, to assess contra-indications for flotation and hydrotherapy, physical conditions and individual needs of client
- ◆ explanation of treatment aims
- ◆ client guidelines for safe and hygienic use of facilities
- ◆ provision of sensitive physical and emotional post-treatment support/advice

#### **Evidence requirements**

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

- ◆ identify the range of potential health benefits during consultation, taking account of contra-indications Work out an individual treatment plan that may work together with other spa treatments, eg flotation and massage
- ◆ carry out client consultant and contra-indication assessment and explain how the selected treatment will work
- ◆ have an appropriate exit strategy if the contra-indication prevents the client from going forward for flotation/hydrotherapy
- ◆ understand the needs of the client related to the equipment intervention, during and after the treatment session to ensure maximum potential for enjoyment and therapeutic benefits
- ◆ close the treatment session with the client's individual needs addressed and to provide essential post treatment care/advice

Information on the practical assessment is given after Outcome 3.

#### **Assessment guidelines**

It is recommended that the practical and theoretical aspects of Outcomes 2 and 3 are holistically assessed.

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

**Unit title:** Spa Therapies: Principles and Practice of Flotation and Hydrotherapy

### **Outcome 3**

Demonstrate flotation and hydrotherapy

#### **Knowledge and/or skills**

- ◆ therapeutic benefits of flotation and hydrotherapy
- ◆ implementation of flotation and hydrotherapy treatments taking account of client's individual needs
- ◆ therapeutic interaction of flotation/hydrotherapy with other spa therapies
- ◆ provision of relaxation, pain alleviation and changes in muscular-skeletal tissues by flotation/hydrotherapy treatments

#### **Evidence requirements**

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

- ◆ identify the range of potential health benefits during client consultation, taking account of contra-indications, and work out an individual treatment plan that may work together with other spa therapies
- ◆ through consultation with their client, identify their individual needs/conditions that may benefit therapeutically from flotation/hydrotherapy or a combination of therapies

Candidates will be observed carrying out a client consultation for one flotation treatment and one hydrotherapy treatment. The consultation must include a contra-indication assessment, explanation of the treatment and of the therapeutic benefits. Candidates will prepare the treatment room taking account of hygiene and safety and of any specific client needs. On completion of the treatment after-care procedures and/or post-treatment advice should be given. A written evaluation of the treatment is also required.

Evidence should be recorded on Observation checklists.

#### **Assessment guidelines**

It is recommended that the practical aspects of Outcomes 2 and 3 are holistically assessed.

## Administrative Information

<b>Unit code:</b>	DP3J 35
<b>Unit title:</b>	Spa Therapies: Principles and Practice of Flotation and Hydrotherapy
<b>Superclass category:</b>	HK
<b>Original date of publication:</b>	August 2005
<b>Version:</b>	03 (November 2007)

### History of Changes:

Version	Description of change	Date
02	Page 2 Assessment: (Outcome 2 and 3). Page 7 Guidance on the delivery and assessment of this Unit: second sentence second paragraph deleted.	29/09/06
03	Addition of Core Skill	November 2007

**Source:** SQA

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## **Higher National Unit specification: support notes**

### **Unit title: Spa Therapies: Principles and Practice of Flotation and Hydrotherapy**

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 20 hours.

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

This Unit is intended for candidates either already employed or wishing to gain employment in a spa environment offering flotation/hydrotherapy treatments.

It is recommended that this Unit is delivered following the HN Units Spa Therapy: Water Hygiene and History of Spa Therapies. This Unit will enable candidates to expand their knowledge of flotation and hydrotherapy with the specifics of a spa environment.

Professionalism and critical analyses will be developed throughout this Unit which will prepare candidates to work towards holistic, person-centred programmes of therapy that offer individual treatment programmes for a range of chronic conditions which clients may present at spas.

### **Guidance on the delivery and assessment of this Unit**

This Unit is primarily intended to develop candidates' knowledge of flotation and hydrotherapy as potential spa treatments and ensure that professional practices and standards are implemented in the provision of treatment options.

Candidates should research the history of flotation as developed by Dr John C Lilly MD in the early 1950s. This research should enable candidates to place the development of flotation into the present context of the spa environment.

Candidates should also study the evidence produced which supports flotation as a therapeutic tool for physical conditions such as rheumatoid and osteoarthritis and mental health effects including depression and mood swings and sleeplessness. Researchers Thomas Fine MA and John Turner PhD have carried out research into REST (Restricted Environmental Stimulation Therapy) and flotation. Similar research can be carried out for hydrotherapy. Information can be obtained from a variety of internet sites including the World Health Organisation website.

Candidates could be set a formative project to deliver a short presentation on the way in which hydrotherapy can be applied. They could select a topic from the following list:

- ◆ use of temperature — hot/cold and tepid
- ◆ body temperature/skin temperature
- ◆ buoyancy/specific gravity
- ◆ hydrostatics/hydrodynamics
- ◆ effects of water resistance/no resistance

The Unit will be assessed by both practical and theoretical assessments.

## **Higher National Unit specification: support notes (cont)**

### **Unit title:** Spa Therapies: Principles and Practice of Flotation and Hydrotherapy

#### *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 hydrotherapy treatment activities are undertaken. Candidates will identify and analyse a range of factors to ascertain the therapeutic benefits of proposed treatments. Preparation and delivery will take account of legislation on safety and hygiene and there will be on going review of specific client needs. Written evaluation of the effectiveness of treatment is assessed.

Candidates should produce and present written work to an acceptable professional standard. Skills in accessing and analysing complex materials should be developed to ensure underpinning knowledge on professional issues. Critical evaluation of the accuracy and currency of information accessed should be encouraged in formative discussions.

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

#### **Open learning**

The theoretical knowledge in this Unit may be delivered on an Open Learning basis with an appropriate spa centre being used for practical training and assessment.

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 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](http://www.sqa.org.uk)**.



## **General information for candidates**

### **Unit title: Spa Therapies: Principles and Practice of Flotation and Hydrotherapy**

This Unit is designed to give you an understanding of the principles and practice of flotation and hydrotherapy. You will manage the basic care and monitoring procedures for flotation/hydrotherapy equipment and consultation and care procedures to ensure clients receive the appropriate treatments.

You will learn how these therapies have developed and the range of therapeutic and relaxation options they offer to clients.

The Unit is primarily intended for therapists or managers working with flotation/hydrotherapy or those who have a particular interest in developing specialist knowledge in these therapies.

On completion of the Unit you should be able to:

- 1 Understand and explain flotation and hydrotherapy development as a mineralised spa treatment.
- 2 Consult with clients to maximise effects of flotation/hydrotherapy.
- 3 Demonstrate flotation and hydrotherapy in relation to individual composite treatment planning.

The practical elements of Outcomes 1, 2 and 3 can be assessed holistically.

You will be required to carry out practical demonstrations for one flotation treatment and one hydrotherapy treatment. You will carry out client consultations, prepare the treatment room, carry out the treatment procedures, provide post-treatment advice and evaluate the treatment.

Guidelines for use of facilities — you will prepare guidelines for clients.

You will be required to maintain and check equipment and this will be observed and evidenced by a checklist.

You will be assessed through questions on the principles of flotation and hydrotherapy and mineralised/non-mineralised water treatments.

Layout of spa and equipment — you will be given a scenario with equipment to be sited and treatments to be carried out and asked to explain their given layout supported by diagram

Combination of spa treatments — this will be included in the consultations where you will have to connect a number of therapies.