



## Higher National Unit specification

### General information for centres

**Unit title:** Contemporary Spa Massage

**Unit code:** F2CL 35

**Unit purpose:** On completion of the Unit the candidate should be able to demonstrate knowledge of three contemporary spa massage methods and plan for, perform and evaluate the effectiveness of one of these contemporary spa massage methods. This Unit will be beneficial for those who wish to pursue a career within the spa industry and candidates in beauty therapy wishing to broaden their knowledge and skills.

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

- 1 Demonstrate knowledge of three contemporary spa massage methods.
- 2 Plan and prepare for one contemporary spa massage treatment.
- 3 Perform and evaluate the effectiveness of one contemporary spa massage method.

**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:** Access to this Unit is at the discretion of the centre. It would be beneficial if the candidate had prior competence in anatomy and physiology. It is also recommended that candidates either possess or are working towards a classical massage therapy qualification.

**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)**

### **Assessment:**

#### **Outcome 1**

An assignment which clearly demonstrates knowledge of each of the following contemporary spa massage methods and includes detail of conditions which may prohibit treatment:

- ◆ Thai
- ◆ Balinese
- ◆ Hawaiian

#### **Outcome 2**

Performance evidence supported by an accurate treatment record and an assessor observation checklist demonstrating that the candidate can plan and prepare for one selected contemporary spa massage treatment on a minimum of three occasions.

#### **Outcome 3**

Performance evidence supported by an accurate treatment record and an assessor observation checklist demonstrating that the candidate can perform and evaluate the effectiveness of one contemporary spa massage method on a minimum of three occasions.

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

**Unit title:** Contemporary Spa Massage

**Unit code:** F2CL 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**

Demonstrate knowledge of three contemporary spa massage methods

#### **Knowledge and/or Skills**

- ◆ Research, gather and organise information on each contemporary spa massage method
  - Thai
  - Balinese
  - Hawaiian
- ◆ General and specific effects
- ◆ Conditions which may prohibit treatment [contra-indications]
- ◆ Contra-actions

#### **Evidence Requirements**

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

- ◆ complete an assignment which clearly demonstrates knowledge of each of the following contemporary spa massage methods and includes detail of conditions which may prohibit treatment:
  - Thai
  - Balinese
  - Hawaiian

#### **Assessment Guidelines**

The assessment method used in Outcome 1 should allow the candidate to clearly demonstrate their knowledge of Thai, Balinese, Hawaiian spa massage methods. Centres are encouraged to use a creative approach when assessing this Outcome.

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

**Unit title:** Contemporary Spa Massage

### Outcome 2

Plan and prepare for one selected contemporary spa massage treatment

#### Knowledge and/or Skills

- ◆ Personal preparation
- ◆ Treatment environment preparation
- ◆ Equipment preparation and positioning
- ◆ Comprehensive consultation techniques
- ◆ Treatment planning
- ◆ Conditions which may prohibit treatment [Contra-indications]
- ◆ Client preparation

#### Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can demonstrate by practical activity on a minimum of **three** occasions that they are able to:

- ◆ prepare self appropriately
- ◆ prepare treatment environment appropriately following current industry and organisational requirements
- ◆ prepare equipment in accordance with good practice
- ◆ demonstrate an effective consultation technique
- ◆ devise an appropriate treatment plan which meets client aims
- ◆ identify conditions which may prohibit treatment [contra-indications]
- ◆ position, cover and protect the client appropriately

An assessor observation checklist should be used to provide evidence of practical performance supported by a comprehensive client record completed by the candidate.

#### Assessment Guidelines

Performance evidence for Outcomes 2 and 3 should be gathered concurrently over a realistic timeframe, which will give candidates the opportunity to develop good working practices.

### Outcome 3

Perform and evaluate the effectiveness of one contemporary spa massage method

#### Knowledge and/or Skills

- ◆ Products required
- ◆ Correct technique for one of the following contemporary spa massage methods
  - Thai
  - Balinese
  - Hawaiian
- ◆ Timing, sequence and duration
- ◆ Client comfort and safety

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

**Unit title:** Contemporary Spa Massage

- ◆ Relevant current health and safety legislation
- ◆ Aftercare and homecare advice
- ◆ Recording client data
- ◆ Treatment evaluation

### Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can demonstrate by practical activity on a minimum of **three** occasions that they are able to:

- ◆ carry out the selected contemporary spa massage method using the correct products and techniques
- ◆ carry out the selected contemporary spa massage following organisations timing, sequence and duration
- ◆ ensure client comfort and safety throughout treatment
- ◆ comply with relevant current health and safety legislation throughout treatment
- ◆ give appropriate aftercare and homecare advice to client
- ◆ record treatment accurately
- ◆ evaluate the effectiveness of the spa treatment in relation to the client's aims

An assessor observation checklist should be used to provide evidence of performance supported by a comprehensive client record completed by the candidate, which will include an evaluation of the treatment in relation to client's aims. The evaluation should include adaptations which would be recommended for subsequent treatments.

### Assessment Guidelines

Performance evidence for Outcomes 2 and 3 should be gathered concurrently over a realistic timeframe, which will give candidates the opportunity to develop good working practices.

## Administrative Information

**Unit code:** F2CL 35

**Unit title:** Contemporary Spa Massage

**Superclass category:** HK

**Original date of publication:** August 2007

**Version:** 02 (November 2007)

### History of changes:

Version	Description of change	Date
02	Addition of Core Skills	November 2007

**Source:** SQA

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## Higher National Unit specification: support notes

### Unit title: Contemporary Spa 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

This Unit is designed to help candidates gain knowledge of contemporary spa massage methods. Candidates will have the opportunity to research the three contemporary spa massage methods identified in this Unit. Candidates will then gain practical skills in one of these contemporary spa massage methods, as selected by the centre where they are studying, then plan for, perform and evaluate its effectiveness.

Key areas of knowledge will be:

- ◆ contemporary spa massage methods
  - Thai
  - Balinese
  - Hawaiian
- ◆ general and specific effects
- ◆ conditions which may prohibit treatment [contra-indications]
- ◆ contra-actions
- ◆ personal preparation
- ◆ treatment environment preparation
- ◆ equipment preparation and positioning
- ◆ comprehensive consultation techniques
- ◆ treatment planning
- ◆ client preparation and positioning
- ◆ products required
- ◆ correct technique for selected contemporary spa massage method
- ◆ correct timing, sequence and duration
- ◆ client comfort and safety
- ◆ relevant current health and safety legislation
- ◆ how to give appropriate aftercare and homecare advice
- ◆ method of recording client data
- ◆ how to evaluate the effectiveness of the spa treatment in relation to the clients aims

Candidates should be given the opportunity and time to develop good working practice in the contemporary spa massage method selected by the delivering centre in a realistic working environment or real workplace.

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

**Unit title:** Contemporary Spa Massage

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

It is recommended that an induction to the Unit be given enabling the candidate to understand fully what is required and the approaches which will be adopted.

Practical demonstration followed by supported role-play, initially with peers will enable the candidate to practise and gain confidence before progressing to the working environment. Formative work throughout will enhance performance.

The candidate should be encouraged to develop good working practices which meet both organisational and current national health and safety policies and procedures.

The candidate should be shown how to prepare for and perform the contemporary massage method selected by the delivering centre, from those identified within the Unit Specification.

Centres are encouraged to establish links with industry representatives, who may be willing to offer support in the form of visits from a member of staff to give demonstrations of contemporary massage methods. It may be possible for centres to arrange visits to spas as part of the candidates' learning experience. In this way, candidates will build knowledge and understanding.

Achievement of this Unit will be dependant on the candidate being able to carry out practical activities either in a realistic working environment or real workplace, which involves working with customers, working with others in a team and will develop good working practice.

The Unit, therefore, should incorporate a variety of approaches to learning and teaching, including:

- ◆ tutor presentations
- ◆ group work and discussion
- ◆ practical activities
- ◆ visits to spas
- ◆ visiting speakers
- ◆ handouts
- ◆ individual and group research
- ◆ reflection and evaluation

#### ***Assessment***

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

Performance evidence for Outcomes 2 and 3 should be gathered concurrently over a realistic timeframe, which will give candidates the opportunity to develop good working practices. There are good opportunities for formative assessment within these Outcomes, including self and peer assessment.

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

**Unit title:** Contemporary Spa Massage

### *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 spa massage is planned and safely undertaken. In planning treatment candidates will identify and analyse a range of factors including suitable products and techniques to ensure client comfort and satisfaction. Application of safe and appropriate forms of treatment to meet specific client needs taking account of timing, sequence and duration will require good planning and organising skills. Compliance with health and safety legislation is integral to achievement. Analytical evaluation of the effectiveness of treatments in relation to identified aims could be enhanced by formative group discussion of case studies.

Although skills in Communication are not formally assessed candidates will be expected to present oral and written communication to an acceptable professional standard. Skills in accessing and analysing complex information on contemporary massage methods should be developed to provide underpinning knowledge on professional issues and resources. Analytical evaluation of information accessed should be encouraged in order to assure that information is accurate and current.

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

### **Open learning**

Elements of the theory involved in this Unit could be delivered by open/distance learning.

For all modes of delivery, assessment conditions and quality assurance arrangements must ensure that the same standard is applied for all candidates.

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

## General information for candidates

### Unit title: Contemporary Spa Massage

This Unit is designed to help you gain knowledge of three contemporary spa massage methods. You will have the opportunity to research Thai, Balinese and Hawaiian massage methods. You will also gain practical skills in one of these contemporary spa massage methods, as selected by the centre where you are studying then plan for, perform and evaluate its effectiveness.

This Unit has three Outcomes:

Outcome 1 — Demonstrate knowledge of three contemporary spa massage methods

Outcome 2 — Plan and prepare for selected contemporary spa massage treatment

Outcome 3 — Perform and evaluate the effectiveness of one contemporary spa massage method

You should be given the opportunity and time to develop good working practice in the contemporary spa massage method selected by the delivering centre in a realistic working environment or real workplace.

You will be required to:

- ◆ research, gather and organise information to demonstrate knowledge of three contemporary spa massage methods
- ◆ complete a comprehensive client record
- ◆ demonstrate by practical activity on a minimum of three occasions that you are able to plan, prepare for, perform and evaluate the effectiveness in relation to client's aims, the contemporary spa massage method selected by the centre. Your treatment evaluation should include adaptations which would be recommended for subsequent treatments.

In order to successfully complete this Unit, you will be required to achieve a satisfactory level of performance on all written assessments and practical observations.