Higher National Unit specification: general information

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

Unit code: F9T5 34

Superclass: RH

Publication date: August 2010

Source: Scottish Qualifications Authority

Version: 02

Unit purpose

This Unit is designed to enable the candidate to develop their understanding of human anatomy and physiology. Candidates will also be able to analyse and discuss the effects of various therapies on these functions.

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

1 Identify and describe the characteristic structures of the major systems of the body.
2 Describe the functions of the major systems of the body.
3 Analyse and describe the effects of a selected therapy on the major systems of the body.

Recommended prior knowledge and skills

It is highly recommended that candidates have studied Human Biology, Biology, or Anatomy and Physiology at SCQF level 6 before enrolling in this class.

Credit points and level

2 Higher National Unit credits at SCQF level 7: (16 SCQF credit points at SCQF level 7*)

**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.*

General information (cont)

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.

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

This Unit will be assessed using specified forms of appropriate assessments in order to present sufficient evidence showing that candidates have met all of the requirements, for each Outcome within the knowledge and/or skills specified. Candidates must achieve all of the Evidence Requirements for each Outcome in order to pass this Unit successfully.

Higher National Unit specification: statement of standards

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

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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

Identify and describe the characteristic structures of the major systems of the body.

Knowledge and/or Skills

- Skeletal system
- Muscular system
- Nervous system
- Endocrine system
- Cardiovascular system
- Respiratory system
- Lymphatic system
- Urinary system
- Digestive system
- Integumentary system
- Reproductive system

Evidence Requirements

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

- identify the major structures of the six major systems of the body from diagrams and anatomical descriptions
  - the assessment will be unseen by candidates and will be assessed under closed-book, supervised conditions

- describe the characteristic structures of six major systems of the body

This will be assessed on a sampling basis which must always include:

- skeletal system
- muscular system
- cardiovascular system

Higher National Unit specification: statement of standards (cont)

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

These assessments will be unseen by candidates and will be assessed under closed-book supervised conditions.

The three optional systems from the remaining eight systems which have to be assessed must be unseen by the candidate and assessed under closed-book supervised conditions.

Outcomes 1 and 2 may be assessed holistically. The description of the functions of six major systems of the body (Outcome 2) can be included with the description of the characteristic structure of the six major systems (Outcome 1). The six major systems should be the same for both Outcomes.

Centres assessing in this way must ensure candidates achieve a minimum 70% to pass the assessment. Centres assessing the Outcomes in isolation must ensure candidates achieve 70% for each Outcome.

Candidates who achieve below 70% must be re-assessed using a different paper but from the same body system.

Assessment Guidelines

The information provided in the section Guidance on the content and context for this Unit offer relevant information as a source of key issues and structures for the assessment of this Outcome. Diagrammatic labelling should be used to assess anatomical knowledge of these systems labelling structures within each.

The major structures of the body systems should be identified. The characteristic structures should be descriptions of the major body systems must assessed on a sample basis and must include six of the major body systems. Three body systems skeletal, muscular and cardiovascular must always be covered.

Three optional systems from the remaining eight systems have to be assessed. Assessments must be unseen by the candidate and assessed under closed-book supervised conditions.

Higher National Unit specification: statement of standards (cont)

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

Outcome 2

Describe the function of the major systems of the body.

Knowledge and/or Skills

- Skeletal system
- Muscular system
- Nervous system
- Endocrine system
- Cardiovascular system
- Respiratory system
- Lymphatic system
- Urinary system
- Digestive system
- Integumentary system
- Reproductive system

Evidence Requirements

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

- describe the functions of six major systems of the body

This will be assessed on a sampling basic which must always include:

- skeletal system
- muscular system
- cardiovascular system

These assessments will be unseen by candidates and will be assessed through extended response questions under closed-book supervised conditions. The assessment will provide evidence of a candidates understanding of the physiological activities of the major systems of the body.

The three optional systems from the remaining eight systems have to be assessed through extended response questions must be unseen by the candidate and assessed under closed-book supervised conditions.

Outcomes 1 and 2 may be assessed holistically. The description of the functions of six major systems of the body (Outcome 2) can be included with the description of the characteristic structure of the six major systems (Outcome 1). The six major systems should be the same for both Outcomes.

Centres assessing in this way must ensure candidates achieve a minimum 70% to pass the assessment. Centres assessing the Outcomes in isolation must ensure candidates achieve 70% for each Outcome.

Higher National Unit specification: statement of standards (cont)

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

Candidates who achieve below 70% must be re-assessed using a different paper but from the same body system.

Assessment Guidelines

The information provided in the section Guidance on the content and context for this Unit offer relevant information as a source of key issues and structures for the assessment of this Outcome. Diagrammatic labelling should be used to assess anatomical knowledge of these systems labelling structures within each.

This Outcome may be assessed in conjunction with Outcome 1 where the description of the functions of **six** major systems of the body can be included with the description of the characteristic structures of six major systems. The **six** major systems should be the same for both of the Outcomes 1 and 2.

From the eight remaining systems three should be selected for assessment. Assessments must be unseen by the candidate and assessed under closed-book supervised conditions.

Outcome 3

Analyse and describe the effects of a selected therapy on the major systems of the body.

Knowledge and/or Skills

- Define the aim(s) of a therapy on the systems of the body
- Understand the effects of a therapy on the systems of the body
- Describe the benefits of the therapy on the body

Evidence Requirements

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

- research and describe the aim(s) of a selected therapy and state the body system(s) involved in its application
- research and discuss the evidence to explain the effect(s) of the therapy on the structure and/or function of the specified body system(s)
- research the benefits of the therapy on the body

This assessment should be generated from research carried out by the individual candidate.

Higher National Unit specification: statement of standards (cont)

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

Assessment Guidelines

The evidence for Outcome 3 must include information gathered by candidates throughout their course. Candidates will be given guidance to include: how to conduct an effective literature search; analysing of reports and beauty therapy/complementary therapy research papers; the correct methods for referencing material. The assessment of the completed report should be holistic and will consider the candidates ability to meet the Evidence Requirements set out in the Outcomes.

Higher National Unit specification: support notes

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

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 provide knowledge of the anatomy and physiology of the human body that will help to prepare candidates for their role as a Therapist. The Unit will help the candidate to apply their knowledge of the anatomy and physiology of the human body to the range of therapies and be able to assess any benefits of treatments to their clients. It is strongly recommended that centres select three different optional body systems in each academic session to ensure that they assess the full range of major body systems over a period of time.

Outcome 1 (Anatomy)

Skeletal system

- bone anatomy
- bones of the axial skeleton
- joints of the skeletal system:
  - main articulation points in relation to muscle attachment

Muscular system

- structure of skeletal muscle
- location of the major superficial muscles

Nervous system

- brain
- spinal cord/spinal nerves
- central nervous system
- peripheral nervous system`

Endocrine system

- pituitary, thyroid, parathyroid, thymus, adrenals, pancreas, ovaries, testes

Cardio-vascular system

- heart:
- blood vessels:
- fluid and formed components of blood

Higher National Unit specification: support notes (cont)

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

Respiratory system

- nasal and oral cavities, pharynx, larynx, trachea; lungs, bronchi; bronchioles; alveoli, pleural cavity, muscles of respiration (diaphragm, internal and external intercostals)

Lymphatic system

- lymphatic capillaries, veins, ducts, lymph nodules, lymph nodes, thymus, spleen, tonsils

Urinary system

- kidneys ureter, bladder and urethra

Digestive system

- oral cavity, salivary glands, pharynx, oesophagus, stomach, accessory glands (liver, gallbladder, bile ducts), large and small intestines

Integumentary system

- skin, structure and appendages

Reproductive system

- male and female structures

Outcome 2 (Physiology)

Skeletal system

- bone tissue and ossification
- calcium homeostasis

Muscular system

- principles of skeletal muscle contraction
- types of contraction
- origin, insertion and action of the major superficial muscles

Nervous system

- functional divisions of the nervous system: Central nervous system (CNS) peripheral nervous system (PNS)
- homeostasis and reflex arcs
- neuronal pathways and circuits)
- neurons

Higher National Unit specification: support notes (cont)

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

Endocrine system

- functions of the endocrine system, interaction of hormones with their target tissue
- functions of the major endocrine organs

Cardio-vascular system

- the cardiac cycle
- heart and homeostasis

Respiratory system

- ventilation
- gas exchange
- O2 and CO2 transport around the blood
- control of respiration

Lymphatic system

- fluid balance
- fat absorption
- defence: filtration of lymph and blood, innate and adaptive immunity, acquired immunity

Urinary system

- formation of urine
- regulation of urine concentration and volume
- micturition reflex

Digestive system

- ingestion
- function and digestive secretions of the oral cavity, stomach, small and large intestine, the liver, gallbladder and pancreas
- mechanical and chemical digestion and absorption of proteins, fats and carbohydrates

Integumentary system

- the function of the skin
- effects of ageing on the integumentary system

Reproductive system

- the functions of the male and female reproductive systems

Higher National Unit specification: support notes (cont)

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

Outcome 3

Some suggested therapies for research include:

- aromatherapy
- reflexology
- massage (body, facial, Indian head massage)
- electro-therapy

Guidance on the delivery and assessment of this Unit

This Unit will be delivered as one of a number of mandatory Units that will fully prepare the candidate for work as a professional Beauty or Complementary therapist. This Unit is intended to provide candidates with a broad knowledge and understanding of the basic anatomy and physiology of the major systems of the body. This knowledge aims to enhance the skills of the beauty and complementary therapist by providing an awareness of how their profession can maintain and improve the quality of life of their clients.

Candidates should be aware of the requirement for integrated function to enable maintenance of a stable internal environment; therefore the learning and teaching process should involve a holistic approach where possible. The purpose of this Unit is also to encourage candidates to adopt a process of enquiry within their field of study and to apply the concept of an evidence-based approach. The Unit terminology is scientific in nature and it is important that students become comfortable and competent with medical terminology. Therefore, the use of the correct terminology should be an integral part of the learning, teaching and assessment process.

Outcome 1 should be assessed through diagrams and anatomical descriptions in an unseen, closed-book, supervised assessment. The characteristic structures of the systems should be assessed on a sample basis to include six major systems of the body, which must always include the skeletal, muscular and cardiovascular systems. The three other systems will be a different sample on each assessment occasion.

The assessment of Outcome 1 (Anatomy) can be linked to Outcome 2 (Physiology), where they can be assessed as an individual system. In this case the assessment(s) should also test the candidates understanding of the relationship between structure and function and a closed-book extended response question would be more appropriate.

If you achieve below 70% you must be re-assessed using a different paper but from the same body system.

Outcome 2 (Physiology)

For each system studied, candidates will complete a closed-book assessment of extended response questions.

If you achieve below 70% you must be re-assessed using a different paper but from the same body system.

Higher National Unit specification: support notes (cont)

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

Outcome 2 should be assessed through closed-book extended response questions based on a sample approach. Each attempt should comprise of a different sample of questions based on the information provided in the Guidance on the content and context for this Unit. The assessment should use a combination of approaches to provide appropriate evidence. Outcome 2 should be assessed through closed-book extended response questions that enable the candidate to describe the selected physiological activities of the individual systems and the interactions between them. The assessment of Outcome 2 (Physiology) can be linked to Outcome 1 (Anatomy), where they can be assessed as an individual system. In this case the assessment(s) should also test the candidates understanding of the relationship between structure and function and a closed-book extended response question would be more appropriate.

Candidates who achieve below 70% must be re-assessed using a different paper but from the same body system.

Outcomes 1 and 2 can be combined to enable the anatomy and physiology of individual systems to be assessed on completion of the mandatory theory. In this case the assessment(s) should also test the candidates understanding of the relationship between structure and function and a closed-book (essay) question would be appropriate.

Candidates who achieve below 70% must be re-assessed using a different paper but from the same body system.

Outcome 3 should be discussed at the start of the course to allow candidates to begin their research on their chosen beauty or complementary therapy. Guidance should be given on correct referencing. This assessment should be no less than 1,500 words and contain information gathered throughout the course. The completed report should show that the candidate has researched their chosen therapy and the aims and effects of the therapy. The candidates must show their ability to consider research evidence objectively and to analyse the effectiveness of their chosen therapy using this evidence based approach. All material used must be referenced correctly. Assessment of the evidence should be holistic.

This assessment must be generated from research carried out by the candidate. It must contain information gathered throughout the course and candidates will be given guidance regarding writing protocols and conventions, including how to conduct an effective literature search analysis of reports and research papers in addition to the correct method for referencing material.

Higher National Unit specification: support notes (cont)

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

Opportunities for developing Core Skills

This Unit has been signposted for *Communication* at SCQF level 6, Written Communication (produce well structured written communication on a complex topic), *Information and Communication Technology* at SCQF level 5 (use an IT system effectively and responsibly to process a range of information), *Problem Solving* at SCQF level 5.

Open learning

If this Unit is delivered by open learning methods, additional planning resources may be required for candidate support, assessment and quality assurance.

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
02	Pass mark throughout Unit has been reduced to 70%.	04/10/11

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General information for candidates

Unit title: Human Anatomy and Physiology for Beauty and Complementary Therapists

The Unit is intended to underpin and support other mandatory Units in the course that will help to prepare you for your role as fully qualified beauty or complementary therapist. The Unit is designed to allow you to build upon the knowledge and skills gained through previous, relevant programmes of study. The Unit will help you to apply your knowledge of human anatomy and physiology to a range of beauty and/or complementary therapies and to develop skills of analysis and evaluation of their field of study. This Unit is divided into three Outcomes each with their own style of evidence gathering. This will enable you to study the course notes and complete the coursework in a student led rate.

Outcome 1 (Anatomy)

For each system studied, you will be required to identify the major structures of the body systems, under closed-book conditions.

If you achieve below 70% you must be re-assessed using a different paper but from the same body system.

Outcome 2 (Physiology)

For each system studied, candidates will complete a closed-book assessment of extended response questions.

If you achieve below 70% you must be re-assessed using a different paper but from the same body system.

Outcome 3 should be discussed at the start of the course to allow you to begin your research on their chosen beauty or complementary therapy. Guidance should also be given on correct referencing. This assessment should be no less than 1,500 words and contain information gathered throughout your course. The completed report should show that you have researched your chosen therapy and the aims and effects of the therapy. You must show your ability to consider research evidence objectively and to analyse the effectiveness of your chosen therapy using this evidence based approach. All material used must be referenced correctly. Assessment of the evidence should be holistic.

This assessment must be generated from research carried out by you. It must contain information gathered throughout your course and you will be given guidance regarding writing protocols and conventions, including how to conduct an effective literature search, analysis of reports and research papers in addition to the correct method for referencing material.

Centres assessing Outcomes 1 and 2 holistically must ensure candidates achieve a minimum 70% to pass the assessment.

Centres assessing the Outcomes in isolation must ensure candidates achieve 70% for each Outcome.