



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

**Unit title:** Wellness Therapies: An Investigation

**Unit code:** FR0E 12

**Superclass:** HK

**Publication date:** July 2011

**Source:** Scottish Qualifications Authority

**Version:** 01

### **Summary**

This Unit has been designed as a mandatory Unit in the National Certificate Group in Wellness Therapies at SCQF level 6, but can also be taken as a free- standing Unit.

In this Unit, candidates will gain a basic understanding of research sources and skills and how these can be used in the investigation of Wellness therapies, their benefits and effects. They will learn how to obtain information and report their findings through the application of appropriate research skills. The knowledge and skills gained may serve as an introduction to research.

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

### **Outcomes**

- 1 Investigate therapies within a Wellness environment using a variety of research sources.
- 2 Describe the benefits and effects of Wellness treatments in relation to physical and psychological requirements.
- 3 Evaluate the findings of the investigation.

### **Recommended entry**

While access to this Unit is at the discretion of the centre, candidates would normally be expected to have attained an appropriate level of skills in Communication, IT and Numeracy.

## **National Unit specification: general information (cont)**

**Unit title:** Wellness Therapies: An Investigation

### **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**

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:** Wellness Therapies: An Investigation

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 therapies within a Wellness environment using a variety of research sources.

#### **Performance Criteria**

- (a) Identify a range of research sources.
- (b) Identify a range of therapies.
- (c) Investigate a range of therapies.
- (d) Present findings of the investigation.

### **Outcome 2**

Describe the benefits and effects of Wellness treatments in relation to physical and psychological requirements.

#### **Performance Criteria**

- (a) Describe the benefits of the selected therapies.
- (b) Describe the effects of the selected therapies in relation to physical and psychological requirements.

### **Outcome 3**

Evaluate the findings of the investigation.

#### **Performance Criteria**

- (a) Evaluate the findings of the research carried out.
- (b) Evaluate the effectiveness of the research sources used.
- (c) Identify own strengths and areas of improvement in relation to research skills developed.

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

**Unit title:** Wellness Therapies: An Investigation

### Evidence Requirements for this Unit

Evidence is required to demonstrate that candidates have achieved all Outcomes and Performance Criteria.

Written and/or recorded oral evidence and product evidence should be produced to demonstrate that the candidate has achieved all of the Outcomes and Performance Criteria.

The Unit should be assessed holistically over the three Outcomes. This should be evidenced in the form of a folio to demonstrate that the candidate has carried out research of Wellness therapies, evaluated the findings and the effectiveness of the process. This assessment will be completed under open-book conditions.

#### Outcome 1

Candidates must demonstrate their knowledge of a range of research methods and apply these to establish the range of Wellness therapies. Research, primary and secondary sources of information gathered should include:

- ◆ books
- ◆ publications
- ◆ internet

#### Outcome 2

Candidates will be required to demonstrate knowledge of the benefits and physical and psychological effects of a minimum of **six** Wellness therapies, **two** of which must be spa related.

#### Outcome 3

Candidates will be required to demonstrate that they have evaluated the effectiveness of the research process in terms of both the findings of the research applied. Candidates will be required to identify their own strengths and areas for improvement in relation to carrying out the research process.

## National Unit specification: support notes

**Unit title:** Wellness Therapies: An Investigation

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 primarily intended to introduce candidates to basic research methods and their application. Candidates will be able to identify and investigate a range of Wellness therapies. They will focus on the benefits of the treatments and their psychological and physical effects. They will also be able to apply skills to evaluate the outcome of the investigation and the effectiveness of the process. Candidates will be able to identify their own strengths and specify areas for improvement.

**Outcome 1** introduces the candidate to basic research methods and sources for gathering information such as books, publications, internet, surveys, and questionnaires.

**Six** therapies must be selected for investigation and should include **two** spa related therapies. The selected therapies can be any from a range or drawn from the following examples:

- ◆ acupressure
- ◆ acupuncture
- ◆ Alexander technique
- ◆ aromatherapy
- ◆ Bach flower remedy;
- ◆ Bowen techniques
- ◆ colour therapy
- ◆ crystal therapy
- ◆ homeopathy
- ◆ Indian head massage
- ◆ iridology; kinesiology
- ◆ light therapy
- ◆ magno therapy
- ◆ massage
- ◆ Reiki
- ◆ reflexology
- ◆ shiatsu
- ◆ stone massage

## National Unit specification: support notes (cont)

**Unit title:** Wellness Therapies: An Investigation

### Spa therapies

- ◆ body wrapping
- ◆ floatation (wet and dry)
- ◆ hydrotherapy (spa pool, hydro pool, hydro bath, swimming pool, power jet massage)
- ◆ sauna (Finnish, laconium)
- ◆ steam (caldarium, steam cabinet, hamman)
- ◆ relaxation room (tepidarium)

**Outcome 2** focuses on the benefits of the selected therapies and the effects of these from a physical and psychological aspect.

**Outcome 3** requires the candidate to evaluate the findings of the investigation and the effectiveness of the research methods applied. They will also be aware of their own personal development, identify their strengths and set out a plan for improvement.

### 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.

The main approach to the learning should be candidate-centred. Candidates should have the opportunity to learn and develop basic research and evaluative skills. They should be encouraged to source information through the mediums listed.

Candidates may require lecturer guidance when choosing the therapies for investigation.

Candidates will be encouraged to address their own personal development through actively reviewing their approach to gathering the required evidence and the subsequent outcome of the process.

### Guidance on approaches to assessment for this Unit

Product evidence in the form of a folio is required which demonstrates that the candidate has achieved the complete Unit. Evidence of the candidates approach to researching, collating and analysing the information and of approach to evaluation should be gathered over time. Candidates should be given guidance on the folio compilation. An assessor marking scheme/guide should be produced setting out clearly the key components which must be addressed by candidates in order to meet the Evidence Requirements of the three Outcomes.

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

**Unit title:** Wellness Therapies: An Investigation

### **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**

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

Throughout the Unit, candidates are required to carry out some investigative work on selected therapies. This can be oral, text, or internet based. All materials gathered through this investigation are required to be analysed in order to present the findings of the research. These activities offer opportunities to develop aspects of the Core Skills of Communication, Problem Solving and Information Technology.

### **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

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