



National Unit specification: general information

Unit title: On-site Acupressure Massage

Unit code: FR0F 12

Superclass: HK

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Version: 02

Summary

This Unit has been designed as an optional Unit in the National Certificate in Wellness Therapies at SCQF level 6.

Candidates will learn about principles of on-site massage. This will include structure of the spine, bones, muscles of the forearm and hand, bones and muscles of the hip and the back.

Understand limitations of on-site massage.

Carry out client consultation, prepare treatment plans and develop suitable treatments.

Candidates will identify the resources for on-site massage used in the treatment.

Candidates will develop practical skills in on-site massage techniques to include hands, thumbs, elbows and forearms.

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

Outcomes

- 1 Investigate and evaluate the principles and required resources of on-site acupressure massage.
- 2 Consult with client to develop a suitable treatment plan.
- 3 Prepare and perform on-site acupressure massage treatment.
- 4 Evaluate the on-site acupressure massage treatment.

Recommended entry

Access to this Unit is at the discretion of the centre. It would be beneficial if the candidate had an appropriate level of Communication, ICT and Numeracy skills.

National Unit specification: general information (cont)

Unit title: On-site Acupressure Massage

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

Achievement of this Unit gives automatic certification of the following Core Skills component:

- ◆ Critical Thinking at SCQF level 6
- ◆ Planning and Organising at SCQF level 6

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this Unit specification.

National Unit specification: statement of standards

Unit title: On-site Acupressure Massage

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 and evaluate the principles and required resources of on-site acupressure massage.

Performance Criteria

- (a) Research the principles of on-site acupressure massage.
- (b) Describe resources required for on-site acupressure massage.
- (c) Identify the benefits and effects of the treatment.
- (d) Identify any contra indications or contra actions of the treatment.

Outcome 2

Consult with client to develop a suitable treatment plan.

Performance Criteria

- (a) Consult with client to determine suitability for on-site acupressure massage.
- (b) Determine the client's expectation of the on-site acupressure massage.
- (c) Follow health and safety procedures throughout treatment.

Outcome 3

Prepare and perform on-site acupressure massage treatment.

Performance Criteria

- (a) Prepare client for on-site acupressure massage.
- (b) Prepare required resources.
- (c) Carry out massage following appropriate techniques, which should include use of hands thumbs, elbows and forearm.
- (d) Ensure client comfort throughout the treatment, and obtain client feedback after treatment.

Outcome 4

Evaluate the on-site acupressure massage treatment.

Performance Criteria

- (a) Collate information from client feedback for on-site acupressure massage treatment.
- (b) Record treatment and give relevant aftercare and homecare to client.
- (c) Gather feedback from tutor/lecturer on own skills and abilities.

National Unit specification: statement of standards (cont)

Unit title: On-site Acupressure Massage

Evidence Requirements for this Unit

Performance evidence and written/oral evidence which covers the outcome and Performance Criteria is required for this Unit.

Outcome 1

Evidence should be in the form of a report and be carried out in open-book assessment conditions.

Prepare a report on the following:

- ◆ the principles of on-site acupressure massage to include:
 - structure of the spine
 - bones and muscles of the forearm and hands
 - bones and muscles of the hip and back
- ◆ techniques to include use of hands thumbs elbows and forearm
- ◆ resources required to carry out on-site massage (to include type of equipment)
- ◆ benefits and effects of on-site massage
- ◆ Identify any contra-indications or contra-actions to the treatment

Outcome 2 and 3

Performance evidence for Outcome 2 and 3 must be evidenced on the same assessment occasions by Assessor observation checklist and client consultation records.

Candidate evidence should take the form of **three** completed written consultation records (single treatments) on **three different** clients including:

- ◆ existing back problems
- ◆ record of any contra-indications
- ◆ suitability of treatment for the client
- ◆ client preparation
- ◆ resources used
- ◆ techniques used
- ◆ client feedback
- ◆ aftercare and homecare advice

Assessor practical observation checklist will show how candidates:

- ◆ communicated with client
- ◆ prepared client for on-site acupressure massage
- ◆ prepared resources for on-site acupressure massage correctly
- ◆ client seated correctly on chair
- ◆ performed the on-site acupressure massage treatment using correct procedures and techniques (to include use of hands thumbs elbows and forearm)
- ◆ ensured client comfort throughout
- ◆ followed health and safety procedures throughout
- ◆ completed client consultation record correctly

National Unit specification: statement of standards (cont)

Unit title: On-site Acupressure Massage

Outcome 4:

Evidence requirements for Outcome 4 should take the form of completed candidate evaluation form.

Candidates must identify their strengths and areas for improvement on the practical skills contained in this Unit and get feedback client lecturer/tutor. They will then identify areas, which could be improved following reflection,

National Unit specification: support notes

Unit title: On-site Acupressure 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

Candidates will learn about principles of on-site massage. Carry out client consultation, prepare treatment plans and develop suitable treatment. Identify the resources for on-site massage.

Candidates will learn about the structure of the spine, bones and muscles of the forearm and hands, bones and muscles of the hip and back as part of the principles of on-site acupressure massage. Candidates will learn about types of resources used in on-site massage, ie type of chairs used in on-site massage, disposable headrest covers, and hygiene products.

Candidates will develop the practical skills needed ensure client is seated correctly to perform on-site massage techniques/procedures which could include the use of hands thumbs elbows and forearms, using correct pressure, ensuring client comfort and safety throughout.

Client confidentiality must also be adhered to and clients name, address, etc should not appear anywhere on the case study. Number and date may reference client's age.

Key areas of knowledge are:

- ◆ effective communication with clients
- ◆ principles of on-site massage to include:
 - structure of the spine
 - bones and muscles of the forearm and hands
 - bones of the hip and muscles of the back
- ◆ understand limitations of on-site massage in comparison with massage performed in a salon
- ◆ how to devise a treatment suitable for the clients
- ◆ resources used in on-site massage
- ◆ techniques used in the massage, to include use of hands, thumbs, elbows and forearms
- ◆ benefits of the massage
- ◆ client evaluation
- ◆ knowledge of and importance of adhering to the requirements of appropriate current legislation and where to find further information on:
 - Health and Safety at Work Act
 - Personal Protective Equipment (PPE) at Work Regulations.
 - Data Protection Act.

National Unit specification: support notes (cont)

Unit title: On-site Acupressure Massage

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.

Outcome 1 should be gathered when the underpinning knowledge has been covered this will be evidenced by a project assessed in open-book conditions.

The main approach to learning in this Unit should be experiential, practical and candidate-centred. Candidates should have the opportunity to learn and develop practical skills in a salon environment where they will experience workplace conditions and will learn to work with others.

Due to the practical nature of this Unit, each part of learning and teaching should incorporate both theory and practical, to facilitate learning. Candidates will therefore understand the relevance of the knowledge and understanding more easily as they experience the practical application. The learning and teaching should arise naturally throughout the practical activities.

Practical demonstration on the principles and techniques of on-site acupressure massage ensuring that client is seated correctly and techniques are applied following correct procedure methods, followed by supported role play (initially with peers) will enable candidates to practice and gain confidence before progressing to work on clients, with the emphasis placed on working safely in the working environment. Formative work throughout will enhance performance.

Candidates should be shown and allowed to practice consultation techniques.

Candidates should be shown how to prepare the client appropriately for treatment ensuring client comfort.

Candidates should be able to give homecare advice relative to the treatment.

Achievement of this Unit will be dependent on the candidate being able to carry out practical activities in a realistic working environment which involves working with others and will develop good working practice.

Guidance on approaches to assessment for this Unit

The evidence requirements are fully expressed in the mandatory section of this Unit specification.

Evidence should be gathered at appropriate points throughout the Unit. The evidence for Outcome 1 should be gathered when the research and underpinning knowledge has been covered this will be evidenced by a project assessed in open-book conditions.

National Unit specification: support notes (cont)

Unit title: On-site Acupressure Massage

Outcome 2 and 3 will be assessed by:

- ◆ practical observation
- ◆ assessor checklist will show evidence of candidate carrying out the treatments on three different clients

Candidate will need to provide evidence of client record cards which must include a treatment plan.

Recorded evidence should take the form of completed written client records (single treatments) on a **minimum of three clients**.

There are good opportunities for formative assessment in this Unit, including self and peer assessment and for collecting feedback from teacher/lecturer.

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

In the Unit candidates will interact with each other and clients. These are good opportunities for developing aspects of the Core Skill of Communication and also interpersonal skills.

Candidates will use oral communication during the consultation process, discussing clients' different needs and expectations. Written communication will be evidenced when candidates are completing client record cards.

This Unit has the Problem Solving components of Critical Thinking and Planning and Organising embedded in it, so when the candidate achieves this Unit their Core Skills profile will be updated to show they have achieved Critical Thinking and Planning and Organising at SCQF level 6.

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	Core Skills Components Critical Thinking and Planning and Organising at SCQF level 6 embedded.	19/01/2012

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