



National Unit specification: general information

Unit title: Wellness Therapies: Body Structures and Benefits of Treatments

Unit code: FT92 12

Superclass: HJ

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Summary

This Unit introduces candidates to the broad nature of Anatomy and Physiology within the context of named Wellness Therapies. It also introduces candidates to the importance of the structure and function of the named body systems, and how Wellness therapy treatments may benefit the functions of these

Outcomes

On completion of this Unit, the candidate will be able to:

- 1 Describe Skin structures and functions.
- 2 Describe the structure and function of the skeletal and muscular systems.
- 3 Describe the structure and function of the circulatory, respiratory and lymphatic systems.
- 4 Investigate benefits in the function of body systems as result of treatments by named Wellness therapies.

Recommended entry

While entry is at the discretion of the centre, candidates would normally be expected to have attained one of the following, or equivalent:

Credit points and level

2 National Unit credits at SCQF level 6: (12 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.*

General information (cont)

Unit title: Wellness Therapies: Body Structures and Benefits of Treatments

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: Body Structures and Benefits of Treatments

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

Describe skin structures and functions.

Performance Criteria

- (a) Describe skin structures
- (b) Describe skin functions

Outcome 2

Describe the structure and function of the skeletal and muscular systems.

Performance Criteria

- (a) Identify the structure of the skeleton
- (b) Describe the muscular system
- (c) Describe the functions of the muscular system

Outcome 3

Describe the structure and function of the circulatory, respiratory and lymphatic systems.

Performance Criteria

- (a) Describe the structure and function of the circulatory system
- (b) Describe the structure and function of the respiratory system
- (c) Describe the structure and function of the lymphatic system

Outcome 4

Investigate benefits in the function of named body systems as result of treatments by named Wellness therapies.

Performance Criteria

- (a) Investigate benefits of two Wellness Therapy treatments
- (b) Investigate and describe how the function of the named body systems is improved by Wellness Therapy treatments
- (c) Use a variety of sources during the investigation

National Unit specification: statement of standards (cont)

Unit title: Wellness Therapies: Body Structures and Benefits of Treatments

Evidence Requirements for this Unit

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

Outcome 1

Evidence in the form of **closed-book questions and diagrams** to show candidate has achieved PC (a) and (b).

Structure

Layers of skin:

- ◆ Epidermis
- ◆ Dermis
- ◆ Subcutaneous

Functions:

- ◆ Sensation
- ◆ Heat regulation
- ◆ Protection
- ◆ Excretion
- ◆ Absorption

Outcome 2

Performance Criteria (a) Evidence in the form of **closed-book diagrams** to allow the candidate to identify the structure of the:

- ◆ major bones of the skeleton
- ◆ bones of the skull and face
- ◆ bones of the hands
- ◆ bones of the feet

Performance Criteria (b), (c) and Outcome 3 PC (a), (b), (c)

Evidence in the form of an assignment (**open-book**) is required which demonstrates that the candidates have achieved the evidence required

To achieve these Performance Criteria, candidates will require written/oral evidence to demonstrate their understanding on all aspects of the Knowledge and/or Skills section. Candidate will be required to describe the structure **and 2 functions of all named** body systems.

National Unit specification: statement of standards (cont)

- ◆ Key functions muscles and bones in movement and support.
- ◆ The structural arrangement of muscles as antagonistic pairs in relationship to function
- ◆ Skeletal
- ◆ Muscular

Key functions of:

- ◆ Circulatory system
- ◆ Respiratory system
- ◆ Lymphatic system

Outcome 4

To achieve evidence for this Outcome: candidates must complete an **(open-book assignment)** which covers evidence of benefits from **two of** the following Wellness therapies and describe how the function of the related body system may be improved by treatment. The assignment must show various sources of material (this could be case studies, information gathered from text books or internet)

- ◆ Body massage
- ◆ Scalp head and shoulder massage
- ◆ Thai foot massage
- ◆ On site massage
- ◆ Facial massage using Wellness therapies

National Unit specification: support notes

Unit title: Wellness Therapies: Body Structures and Benefits of Treatments

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 is a mandatory Unit within the National Certificate in the Wellness Therapies Award (SCQF level 6) but is also suitable as a freestanding Unit. It is intended to provide candidates with knowledge of named body systems structure, functions, and benefits which may occur from the named Wellness Therapy treatments.

The systems which the Unit focuses on are skin, skeletal, muscular, circulatory respiratory and lymphatic. All systems should be taught and assessed. Structures and functions should be covered. Benefits of the chosen Wellness Therapies should be related to the system covered in the treatments carried out.

Outcome 1

Description of the structure and functions of the skin to cover

Structure

Layers of skin:

- ◆ Epidermis
- ◆ Dermis
- ◆ Subcutaneous

Functions:

- ◆ Sensation
- ◆ Heat regulation
- ◆ Protection
- ◆ Excretion
- ◆ Absorption

Outcomes 2 and 3

Locations of the component parts of each system to include: head, chest, abdomen, upper and lower limbs.

Key functions muscles and bones in movement and support.

National Unit specification: support notes (cont)

The structural arrangement of muscles as antagonistic pairs in relationship to function:

- ◆ Identify the structure of the skeleton
- ◆ Describe the muscular system
- ◆ Describe the functions of the muscular system

Describe the structure and function of the following systems:

- ◆ Circulatory
- ◆ Respiratory
- ◆ Lymphatic system

Outcome 4

- ◆ Investigate benefits of two Wellness Therapy treatments
- ◆ Investigate and describe how the function of the named body systems may be improved by Wellness therapy treatments
- ◆ Use a variety of sources during the investigation

This Unit is primarily intended to introduce candidate to the structures and functions of the human body. Candidates will be able to identify and investigate a range of wellbeing therapies. They will focus on the benefits of the named treatments to their related body systems

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.

This Unit should be delivered in the context of Wellness/Beauty Therapy and the systems are taught in ways relevant to the learner.

A candidate centred resource based approach is likely to be most suitable for this Unit. Use of visual aids such as posters, models and videos is recommended along with reference books and appropriate internet sites

Candidates may require tutor 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.

National Unit specification: support notes (cont)

Guidance on approaches to assessment for this Unit

Outcome 1 will be assessed through **closed-book** written/oral questions and diagrams (candidates will annotate) will provide the opportunity for candidates to demonstrate knowledge and understanding of the skin and its structure and function

Outcome 2 (a) will be assessed through **closed-book** written/oral and diagrams (candidates will annotate) which will provide the opportunity for candidates to demonstrate knowledge and understanding of the structure of the skeleton and the skull and bones of hand and feet

Outcome 2 b, c 3a,b,c will be assessed by a holistic assessment which will be in the form of **an open-book assignment** which will give candidates an opportunity to demonstrate knowledge and understanding of the structure and function of the Circulatory, respiratory and lymphatic Systems. This assessment will be after the learning and teaching of the systems are complete. Candidates will gather information on an ongoing basis to complete this assessment and the assignment will be presented nearer the end of the Unit.

Outcome 4 will be in the form of **an open-book assignment** which will give candidates an opportunity to demonstrate knowledge and understanding which covers evidence of benefits from **two of** the following Wellness therapies and describe how the function of the related body system may be improved by treatment. The assignment must show various sources of material (this could be case studies (centre generated or from treatments which have been carried out throughout the award) information gathered from text books or internet)

- ◆ Body massage
- ◆ Scalp head and shoulder massage
- ◆ Thai foot massage
- ◆ On site massage
- ◆ Facial massage using Wellness therapies

Candidates will gather information for this at appropriate points throughout the Unit.

This assignment could be submitted nearer the end of the award when candidate have the knowledge of and gained experience of the results of a number of treatments, If re-assessment is required for this Outcome is required this should be through remediation and resubmission of the original assignment

Candidates may require tutor guidance when choosing the therapies for 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)*.

National Unit specification: support notes (cont)

Opportunities for developing Core Skills

Throughout the Unit, candidates are required to carry out some investigative work body systems and functions and on selected therapies. This can be oral, text, or internet based. 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

History of changes to Unit

Version	Description of change	Date

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