

## **Rationale for ITEC Level 3 Diploma in Indian Head Massage**

### **Aims and objectives**

The ITEC Level 3 Diploma in Indian Head Massage comprises of ITEC units:

- Unit 30-40 Anatomy and Physiology
- Unit 6 Indian Head Massage
- Unit 22.1 & 22.2 Professional Conduct and Business Awareness

All the units are mandatory and each has 3 elements– theory, practical and case studies except for Units 30-40 and 22 which are theory only.

The main aim of the ITEC Level 3 Diploma is to enable candidates to provide treatments for the purposes of relaxation and stress release.

It also aims:

- to provide skills at Level 3 in the National Qualification Framework for those interested in the Beauty Therapy industry
- to provide opportunities for staff in the Beauty Therapy industry to gain a Level 3 qualification
- to qualify candidates as Indian Head Massage Therapists at Level 3 in the Beauty Therapy industry
- to sustain the interest of candidates wanting to work in the Beauty Therapy industry
- to encourage knowledge and understanding for the Beauty Therapy industry at Level 3
- to provide opportunities for candidates to focus on the development of the major Key skills and the wider Key skills in a Beauty Therapy context such as communicating with clients, working with others and problem solving
- to provide opportunities for candidates to develop a range of skills and techniques, personal qualities and attitudes essential for successful performance in employment as an Indian Head Massage Therapist.

The candidate will study the theory of all treatments as well as the anatomy of the whole body. Contraindications and recognition of skin diseases and disorders are also a vital part of their training as well as the underpinning knowledge and skills required to successfully perform the treatments: Indian Head Massage.

Case studies are also required to be completed for this award. The case studies form the internal assessment and should be assessed throughout the training by the tutor using the ITEC Case Study Assessment sheet. The case studies are then verified by an ITEC Examiner at the end of the course during the visit for invigilating the practical examination. The case studies ensure that a variety of clients must be consulted and treated in all of the above areas and the outcomes of the treatments must be documented in order to gain experience of working with a variety of clients and conditions whilst candidates are still under supervision. Detailed rationales for the choice of treatment and outcomes must be shown, as well as after care.

All units are mandatory and should be taught concurrently and examined concurrently. The examinations are conducted as follows;

- Unit 30-40 Anatomy and Physiology a paper of 1 hour duration with a total of 50 questions
- Unit 6 Indian Head Massage a paper of 30 minutes duration with a total of 25 questions
- Units 22.1 and 22.2, Professional Conduct and Business Awareness, have a combined paper of 1 hour duration of 25 questions each, with a total of 50 questions
- A Practical exam conducted by an ITEC Practical Examiner for Unit 6
- Internal Assessment of ALL case studies by the College Lecturer and External Verification by the ITEC Practical Examiner.

As indicated above all aspects of the award are examined externally by ITEC Practical Examiners.

The Level 3 Diploma in Anatomy & Physiology is the same as that contained in Unit 30-40 of the Level 3 Diploma in Body Treatments and colleges may APL candidates where appropriate.

The Level 2 Unit 22 Professional Conduct and Business Awareness is the same as that contained in many other ITEC Diplomas and colleges may APL candidates where appropriate.

### **Recommended prior learning**

It is recommended that candidates should have achieved a level of education equivalent to five GCSEs at grades A\*-C or GNVQ's prior to commencing the ITEC Level 3 Diploma in Indian Head Massage. However, exemptions may be made for adult returner's with experience of the work place.

### **Opportunities for progression**

Once candidates have achieved the ITEC Level 3 Diploma in Indian Head Massage they may progress on to other ITEC or equivalent (VTCT, City and Guilds, BTEC) awards at level 3, for example:

- Holistic Massage
- Body Treatments
- Diet and Nutrition for Complementary Therapists

This award qualifies graduates to operate their own clinic or home visiting practice. Graduates can also gain employment in Beauty Salons, Health Club, Health Farms, Spas and Liners.

Professional indemnity and public liability insurance can be obtained via several different Industry Associations who recognise the ITEC Diploma.

### **Relationship to National Occupational Standards**

As there are currently no National Occupational Standards for Unit 6 Indian Head massage, by which to map the massage unit, ITEC has ensured that best practice in the workplace has been reflected in the syllabus. ITEC has linked the qualification to the relative job role as well as ensuring that the syllabus reflects the required level of knowledge and ability for the Therapist.