



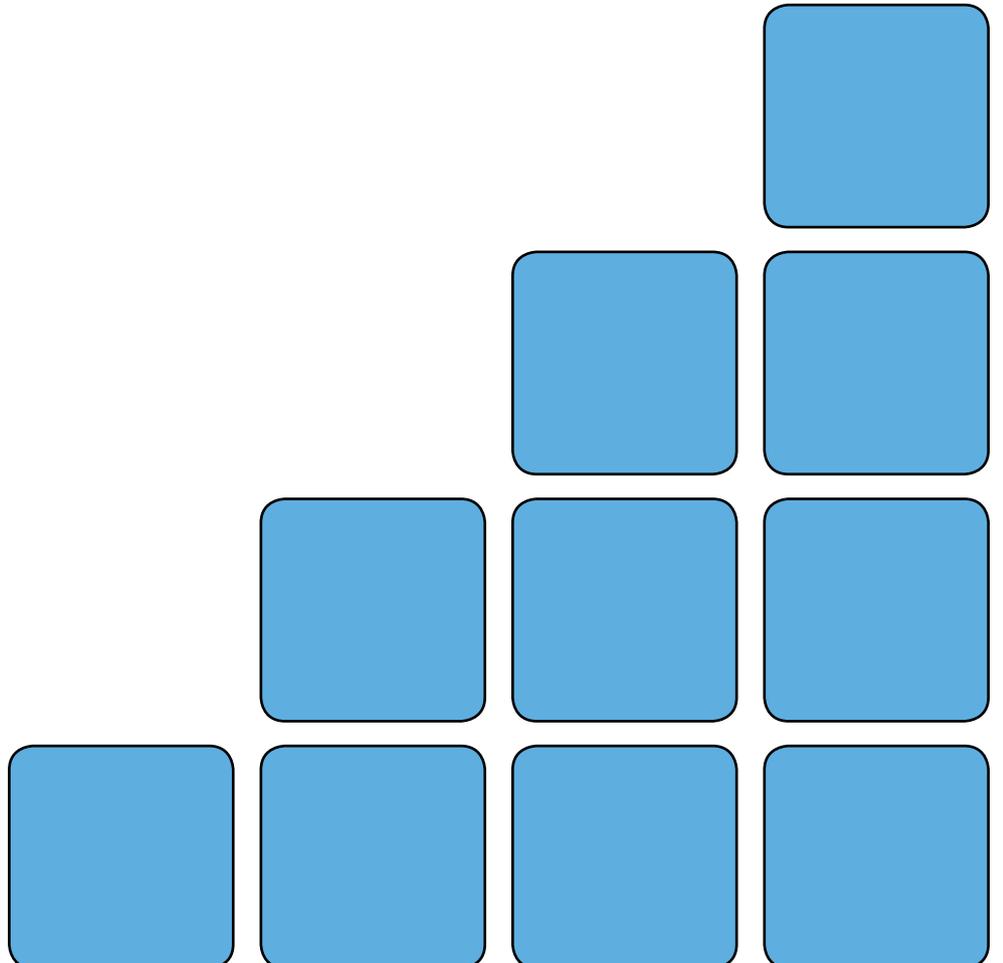
# Provide Indian head massage

UBT169

Learner name:

Learner number:

SVQ





# UBT169

## Provide Indian head massage

This unit is about the skills involved in providing Indian head massage treatment. The ability to adapt massage techniques to suit individual client's needs and the environment in which the massage takes place is a crucial requirement. The ability to perform Indian head massage with and without the use of oils is also required.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this unit are:

1. Maintain safe and effective methods of working when providing Indian head massage treatments
2. Consult, plan and prepare for Indian head massage treatments
3. Perform Indian head massage treatments

NOS

# SKABT18

SCQF Level

**6**

SCQF Credit Points

**7**

Observation(s)

**3**

External paper(s)

**1**



# Provide Indian head massage

## Learning outcomes

On completion of this unit you will:

1. Be able to maintain safe and effective methods of working when providing Indian head massage treatments
2. Be able to consult, plan and prepare for Indian head massage treatments
3. Be able to perform Indian head massage treatments
4. Know and understand how to maintain safe and effective methods of working when providing Indian head massage treatments
5. Know and understand how to consult, plan and prepare for Indian head massage treatments
6. Know and understand how to perform Indian head massage treatments

## Evidence requirements

1. *Environment*  
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*  
Simulation is not allowed in this unit.
3. *Observation outcomes*  
Competent performance of Observation outcomes must be demonstrated on **at least three separate occasions, each on three different clients**. One massage must **include** the use of massage oil and one massage which must **exclude** the use of oil.  
  
Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.

4. *Range*  
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. *Knowledge outcomes*  
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
6. *Tutor/Assessor guidance*  
Your tutor **must** refer to the '**Habia Assessment Strategy**' when delivering this unit to ensure that you cover all the requirements for this unit. This can be found on [www.vtct.org.uk](http://www.vtct.org.uk) under the relevant qualification page.  
  
You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*  
Knowledge and understanding in this unit will be assessed by an external paper. **There is one external paper that must be achieved.**

# Achieving observations and range

## Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

## Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.

## National Occupational Standards (NOS)

All observation evidence and knowledge requirements from the NOS SKABT18 are included in this record of assessment. You must demonstrate in your everyday work that you have met this standard for providing Indian head massage. This can be found on the NOS website [www.ukstandards.co.uk](http://www.ukstandards.co.uk).



# Observations

## Learning outcome 1

### Be able to maintain safe and effective methods of working when providing Indian head massage treatments

You must be able to:

- a. Maintain your responsibilities for health and safety throughout the treatment
- b. Prepare your client and yourself to meet legal and organisational requirements
- c. Maintain your client's modesty and privacy at all times
- d. Position your client to meet the needs of the treatment without causing them discomfort
- e. Ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
- f. Ensure environmental conditions are suitable for the client and the treatment
- g. Use working methods that minimise the risk of cross-infection
- h. Ensure the use of clean equipment and materials
- i. Promote environmental and sustainable working practices
- j. Follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
- k. Dispose of waste materials to meet legal requirements
- l. Complete the treatment within a commercially viable time

\* *May be assessed by supplementary evidence.*

Observation	1	2	3
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



## Learning outcome 2

### Be able to consult, plan and prepare for Indian head massage treatments

You must be able to:

- a. Use consultation techniques to determine the client's treatment plan
- b. Ensure that informed and signed parental or guardian consent is obtained for minors prior to any treatment
- c. Ensure that a parent or guardian is present throughout the service for minors under the age of 16
- d. Recognise any contra-indications and take the necessary action
- e. Carry out a sensitivity test to establish suitability for use of pre-blended aroma therapy oils and record the results
- f. Obtain signed, informed consent from the client prior to carrying out the treatment
- g. Adapt your preparation procedures to suit the environment in which the massage is to be undertaken
- h. Assess the client's physical characteristics and agree treatment objectives that meet the client's needs

*\*May be assessed by supplementary evidence.*

Observation	1	2	3
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



### Learning outcome 3

## Be able to perform Indian head massage treatments

You must be able to:

- a. Provide suitable support and cushioning to the required areas of the body during the treatment
- b. Adapt your massage techniques, sequence and massage medium to meet the client's physical characteristics and treatment areas
- c. Vary the depth, rhythm and pressure of massage techniques to meet treatment objectives, treatment areas and the client's physical characteristics and preferences
- d. Co-ordinate your breathing techniques with that of the client
- e. Take remedial action if contra-actions or discomfort occurs during the course of treatment
- f. Check the client's well-being throughout the treatment and allow the client sufficient post-treatment recovery time
- g. Ensure the finished result is to the client's satisfaction and meets the agreed treatment objectives
- h. Give your client advice and recommendations on the treatment provided
- i. Ensure your client's records are completed and signed by you and the client

\*May be assessed by supplementary evidence.

Observation	1	2	3
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



# Observation range

You must practically demonstrate that you have:

Used <b>all</b> consultation techniques		Portfolio reference
Questioning		
Listening		
Visual		
Manual		
Written		
Dealt with a <b>minimum of 1</b> necessary action		Portfolio reference
Encouraging the client to seek medical advice		
Explaining why the treatment cannot be carried out		
Modification of treatment		
Dealt with <b>all</b> the client's physical characteristics		Portfolio reference
Posture		
Muscle tone		
Age		
Health		
Skin condition		
Hair condition		
Scalp condition		
Met <b>all</b> treatment objectives		Portfolio reference
Relaxation		
Sense of well-being		
Uplifting		
Improvement of hair and scalp condition		

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Used <b>all</b> massage techniques	Portfolio reference
Effleurage	
Petrissage	
Tapotement	
Friction	
Marma point acupressure	
Covered <b>all</b> treatment areas	Portfolio reference
Face	
Head	
Chest and shoulders	
Arms and hands	
Back	
Chakras	
Provided <b>all</b> advice and recommendations	Portfolio reference
Suitable aftercare products and their uses	
Avoidance of activities which may cause contra-actions	
Present and future products and treatments	
Post-treatment advice	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

# Developing knowledge

## Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below\*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

*\*This is not an exhaustive list.*

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

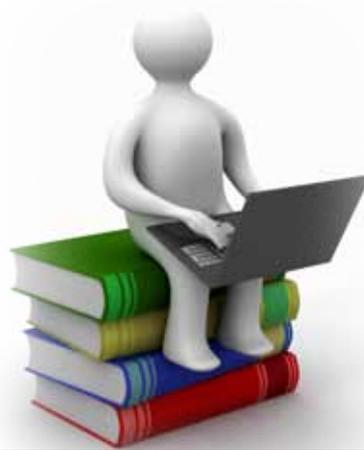
## Achieving the external paper

The external paper will test your knowledge of all criteria in this section. **A pass mark of 70% must be achieved.**

Your assessor will complete this table when the 70% pass mark has been achieved.

Paper	Date achieved	Assessor initials
1 of 1		

# Knowledge



## Learning outcome 4

### Know and understand how to maintain safe and effective methods of working when providing Indian head massage treatments

You must know and understand:	Portfolio reference
a. Your responsibilities for health and safety as defined by any specific legislation covering your job role	
b. The legal and organisational requirements for client protection and preparation	
c. The legal and organisational requirements for your own personal hygiene, protection and appearance	
d. The responsibilities under local authority licensing regulations for yourself and your premises	
e. The reasons for maintaining the client's modesty and privacy during the treatment	
f. Safe positioning techniques for yourself and your client and why these are important	
g. The necessary environmental conditions for services such as heating and ventilation and why these are important	
h. Methods of cleaning, disinfection and sterilisation	
i. Methods of working safely and hygienically to avoid cross-infection	
j. The hazards and risks which exist in your workplace and the safe working practices which you must follow	
k. The different types of working methods that promote environmental and sustainable working practices	
l. Suppliers' and manufacturers' instructions, which you must follow, for the safe use of equipment, materials and products	
m. The legal requirements for waste disposal	
n. The reasons for completing the treatment in a commercially viable time	

Requirements highlighted in white will be assessed in the external paper.



## Learning outcome 5

### Know and understand how to consult, plan and prepare for Indian head massage treatments

You must know and understand:	Portfolio reference
a. Why it is important to communicate with clients in a professional manner	
b. How to complete a consultation taking into account the client's diverse needs	
c. The legal requirements for providing treatment to minors under 16 years of age	
d. The age at which an individual is classed as a minor and how that differs nationally	
e. The importance of agreeing the treatment that meets the client's needs	
f. The legal significance of gaining signed, informed client consent to carry out the treatment	
g. The legislative requirements for storing and protecting client data	
h. How to recognise contra-indications that would prevent or restrict the treatment	
i. The contra-indications requiring medical referral and why	
j. The necessary action to take in relation to specific contra-indications when referring clients	
k. The reasons for not naming specific contra-indications when referring clients	
l. How to visually assess the client's physical characteristics	
m. The causes of postural faults and conditions	
n. Massage selection criteria for different skin, scalp and hair conditions	

Requirements highlighted in white will be assessed in the external paper.



## Learning outcome 5 (continued)

### Know and understand how to consult, plan and prepare for Indian head massage treatment

You must know and understand:	Portfolio reference
O. The procedure for carrying out a skin sensitivity test prior to use of preblended aromatherapy oils and recording the results	
P. The reasons for carrying out a skin sensitivity test prior to using pre-blended aromatherapy oils and recording the results	
Q. How to prepare the treatment to suit different work environments	

*Requirements highlighted in white will be assessed in the external paper.*



## Learning outcome 6

### Know and understand how to perform Indian head massage treatments

You must know and understand:	Portfolio reference
a. The areas of the body that may require support and cushioning during the treatment and how to provide it	
b. The use and application of Indian head massage techniques to meet a variety of treatment objectives	
c. How to adapt the sequence, depth and pressure of massage techniques to suit different client's physical characteristics, areas of the body and client preferences	
d. How co-ordinating your own breathing techniques with that of the clients can enhance the effectiveness of the treatment	
e. The origins and traditions of Indian head massage and Ayurveda	
f. The principles and practices of marma points and their purpose	
g. The principles and practices of the seven primary chakras and their importance in relation to the Indian head massage treatment	
h. The benefits of Indian head massage treatment	
i. The remedial action to take if contra-actions or discomfort occur during the course of treatment	
j. The anatomy and physiology of the head, neck and shoulders	
k. Why it is important to check the client's well-being throughout the treatment and allow sufficient post-treatment recovery time	
l. The methods used to evaluate the effectiveness of Indian head massage treatments	
m. The advice and recommendations on products and treatments to your client	

*Requirements highlighted in white will be assessed in the external paper.*



# Knowledge range

You must know and understand:

Health and safety*	Portfolio reference
Health and Safety at Work Act	
The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)	
The Health and Safety (First Aid) Regulations	
The Regulatory Reform (Fire Safety) Order	
The Manual Handling Operations Regulations	
The Control of Substances Hazardous to Health Regulations (COSHH)	
The Electricity at Work Regulations	
The Environmental Protection Act	
The Management of Health and Safety at Work Regulations	
The Health and Safety (Information for Employees) Regulations	
Environmental and sustainable working practices*	Portfolio reference
Reducing waste and managing waste (recycle, reuse, safe disposal)	
Reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)	
Reducing water usage and other resources	
Preventing pollution	
Using disposable items	
Using recycled eco-friendly furniture	
Using low-chemical paint	
Using environmentally friendly product packaging	
Choosing responsible domestic products (Fairtrade tea and coffee)	
Encouraging carbon-reducing journeys to work	

\*Where specific legislation and regulations are stated, please make these relevant to your nation.



You must know and understand:

Diverse needs	Portfolio reference
Cultural	
Religious	
Age	
Disability	
Gender	
Contra-indications which prevent	Portfolio reference
Contagious skin diseases	
Dysfunction of the nervous system	
Recent scar tissue	
Undiagnosed lumps and swellings	
Contra-indications which restrict	Portfolio reference
Undergoing medical treatment	
Uncontrolled diabetes	
Epilepsy	
High/low blood pressure	
History of thrombosis or embolism	
Medication	
Pregnancy	
Piercings	
Cuts and abrasions	
During cancer treatment	
Contra-actions	Portfolio reference
Erythema	
Hyperaemia	
Allergic reaction to products	



You must know and understand:

Anatomy and physiology	Portfolio reference
Structure and functions of the skin	
Structure, function, position and action of muscles	
Position and function of bones	
Structure and function of the circulatory system	
Structure and function of the lymphatic system	
Basic principles of the central nervous system and autonomic nervous system	
Basic principles of the endocrine, respiratory, olfactory, digestive and excretory systems	
Advice and recommendations	Portfolio reference
Additional treatments	
Additional products	
The lifestyle factors and changes that may be required to improve the effectiveness of the treatment such as diet, exercise, stress and sleep	
Post-treatment restrictions and future treatment needs	
Post-treatment advice includes drinking plenty of water and relaxation	
Time intervals between treatments	

# Notes

Use this area for notes and diagrams



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