

MODULE SPECIFICATION PROFORMA

<b>Module Title:</b>	Bodyworks	<b>Level:</b>	5	<b>Credit Value:</b>	40
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<b>Module code:</b>	CMP512	<b>Is this a new module?</b>	Yes	<b>Code of module being replaced:</b>	CMP507
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<b>Cost Centre:</b>	GACM	<b>JACS3 code:</b>	B300
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<b>Trimester(s) in which to be offered:</b>	1, 2	<b>With effect from:</b>	September 16
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<b>School:</b>	Social & Life Sciences	<b>Module Leader:</b>	Gemma Jones
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Scheduled learning and teaching hours	150 hrs
Guided independent study	250 hrs
Placement	0 hrs
<b>Module duration (total hours)</b>	<b>400 hrs</b>

<b>Programme(s) in which to be offered</b>	Core	Option
BSc (Hons) Complementary Therapies for Healthcare	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Pre-requisites</b>
None

Office use only  
 Initial approval August 16  
 APSC approval of modification *Enter date of approval*                      Version 1  
 Have any derogations received SQC approval?                      Yes  No

**Module Aims**

1. Develop the student's practical skills with the use of additional techniques in massage, reflexology and aromatherapy.
2. To provide a forum for case analysis in a multi-professional context with consideration given to legal, professional, ethical and safety issues that impact on the practice of massage, aromatherapy and reflexology.
3. Develop the student's reflective skills gained at Level 4, in the context of their clinical practice.

**Intended Learning Outcomes**

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Demonstrate the safe application of advanced massage, aromatherapy and reflexology techniques, with rationales for the techniques applied, treatment plans and aftercare advice, referring patients where appropriate.	KS1	KS2
		KS3	KS6
		KS9	
2	Demonstrate in depth knowledge of the functions and effects of massage and reflexology techniques.	KS1	KS2
		KS6	KS7
		KS9	
3	Demonstrate further development of knowledge of volatile and fixed oils with regard to properties, constituents, safety, functions and effect.	KS3	KS6
		KS9	KS10
4	Demonstrate competence in the recording and maintenance of professional case notes ensuring safe practice standards.	KS5	KS6
		KS8	KS9

5	Consider and evaluate the evidence base for reflexology, massage and aromatherapy and the implications for own practice.	KS1	KS4
		KS6	KS8
		KS9	
6	Demonstrate reflective writing skills and apply reflective practice skills to own practice with reference to legal, professional, ethical and safety perspectives.	KS1	KS2
		KS3	KS6
		KS9	
Transferable/key skills and other attributes			
<p>Communication skills Competency awareness relating to ethical considerations and independent practice Problem solving Reflective Practice Independent learning Establish and maintain collaborative working arrangements Seek guidance to enhance personal development IT Skills Data collection, evaluation and presentation</p> <p><b><i>Practical elements of this module have been designed to match the National Occupational Standards for Massage, Reflexology and Aromatherapy.</i></b></p>			

### Derogations

Credits shall be awarded by an Assessment Board for this module when a mark of at least 40%, or a pass grade, has been achieved in all elements of assessment.

### Assessment:

#### Assessment One:

An assignment in the form of case studies undertaken in the onsite clinic during that academic year. Three case studies in total: one each for massage, reflexology and aromatherapy.

#### Assessment Two:

A practical examination to be undertaken towards the end of Trimester 2. Students must demonstrate safety and competence of a full treatment protocol of a patient with detailed explanations and rationales for techniques and mediums applied.

#### Assessment Three:

Students must achieve a minimum of 150 clinical hours at Level 5 to pass this element of assessment.

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Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1, 3, 6	Case Study	50%		2 000 per Case Study
2	2, 3, 4, 5	Practical	50%	75 minutes	
3		Attendance	Pass	150 hours	

**Learning and Teaching Strategies:**

The module will be taught through a combination of lectures, group supervision and practical sessions. The practical sessions will be a forum for reflective practice, supervision, and action learning sets to assist the development of skills in a safe context.

**Indicative Syllabus outline:**

Advanced massage techniques (hand reflexology, lymphatic drainage techniques, seated massage).  
 Volatile (essential oil) and fixed oils (carrier oils), functions, properties, contraindications and blends)  
 Plant Biology  
 Categorising CAM  
 Chemistry of essential oils for therapists  
 Pharmacokinetics  
 Placebo  
 Hydrolats  
 Blending oils (essential and carrier)  
 Therapeutic relationship  
 Audit of practice  
 Models of reflection, reflective writing and reflection of clinical practice  
 Action learning sets  
 The use of supervision  
 Evidence based practice  
 Treatment plans and case management  
 Case analysis including legal, professional, ethical and safety perspectives

**Bibliography:**

**Essential reading**

Keet, L. and Kett, M. (2009), *Hand Reflexology*, London: Octopus.

Bassot, B. (2015), *The Reflective Practice Guide: An interdisciplinary approach to critical reflection*, Oxford: Routledge.

Dryden, T. and Moyer C. A. (20-12), eds, *Massage Therapy: Integrating Research and Practice*, Leeds: Human Kinetics.

Price, L. and Price, S. (2011), *Aromatherapy for Health Professionals*, 4<sup>th</sup> ed, London: Churchill Livingstone.

Pritchard, D. (2007), *Dynamic Body Use For Effective, Strain-free Massage*, Chichester: Lotus Publishing.

Riggs, A. (2007), *Deep Tissue Massage: A Visual Guide to Techniques*, United States: North Atlantic Books.

### **Other indicative reading**

Barracough, J. (2007), *Enhancing Cancer Care: Complementary therapy and support*, Oxford: Open University Press.

Borseth, K. (2008), *The Aromantic Guide to unlocking the powerful health and rejuvenation benefits of vegetable oils*, Moray: Aromantic.

Bensouilah, J. and Buck, P. (2008), *Aromadermatology*, Abingdon: Radcliff Publishing.

Foeldi, M. and Strossenreuther, R. (2005), *Foundations of Manual Lymphatic Drainage*, Oxford: Mosby.

Price, L. and Price, S. (2008), *Carrier Oils: For Aromatherapy and Massage*, Stratford upon Avon: Riverhead.

Wittlinger, H., Wittlinger, D., Wittlinger, A., and Wittlinger, M. (2010), *Dr. Vodder's Manual Lymph Drainage: A Practical Guide*, Thieme: Stuttgart.

### **Journals**

International Journal of Clinical Aromatherapy (Facebook page

<https://www.facebook.com/ijcaroma>)

Journal of Alternative and Complementary Medicine

International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice

Reflexions