

<b>Module Title:</b>	Foundations in Bodyworks	<b>Level:</b>	4	<b>Credit Value:</b>	40
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<b>Module code:</b>	CMP411	<b>Is this a new module?</b>	No	<b>Code of module being replaced:</b>	
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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>	October 18
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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>	400 hrs

<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 October 2018

Have any derogations received SQC approval?

Version 2

Yes  No

<b>Module Aims</b>
1. To equip the student practitioner with the skills required to demonstrate competencies in the application of basic massage, aromatherapy and reflexology techniques with consideration to safe, ethical and professional requirements.
2. To develop the students' skills in data interpretation.
3. To equip the student practitioner with the foundation skills to evaluate their treatments and reflect on their practice.
4. To develop the students' knowledge and understanding of the personal skills required by practitioners within the clinical environment.

<b>Intended Learning Outcomes</b>			
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
1	Outline the history and current practice of Massage and Reflexology and Aromatherapy.	KS1	KS4
		KS6	KS9
2	Demonstrate competence in undertaking a consultation whilst acknowledging the need to refer patients when necessary to the appropriate healthcare provider.	KS1	KS4
		KS9	
3	Explain the physiological and psychological effects of massage, reflexology and aromatherapy.	KS1	KS3
		KS4	KS6
		KS9	
4	Demonstrate knowledge of volatile oils (essential oil) and fixed oils (carrier oils) with regard to safety, functions and effects.	KS1	KS4
		KS6	KS9

		KS1	KS4
5	Explain health and safety regulations pertinent to clinical practice with reference to national and local legislation.	KS5	KS6
		KS9	
6	Demonstrate evaluative and reflective skills in relation to own clinical practice and the work of peers.	KS1	KS3
		KS7	KS9
7	Demonstrate an understanding of the impact of values, feeling and beliefs in a professional environment and discuss concepts of "self" and the application to working practice.	KS1	KS2
		KS3	KS7
8	Demonstrate an awareness of interpersonal skills and the therapeutic relationship whilst giving consideration to personal & professional boundaries.	KS3	KS7
		KS9	

**Transferable/key skills and other attributes**

Communication  
Presentation skills  
Group work  
IT skills  
Use of statistics  
Data Collection and presentation of information  
Problem solving  
Engage in managing own learning  
Establish and maintain collaborative working arrangements

***Practical elements of this module have been designed to match the National Occupational Standards for Massage, Reflexology and Aromatherapy.***

**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.

**Indicative Syllabus outline:**

Introduction and history of the three bodywork subjects.  
 Anatomy of the foot and foot care,  
 Practical techniques for reflexology  
 Referral areas & cross reflexes  
 Massage techniques: effleurage, petrissage, tapotement, vibration, frictions,  
 Essential oils: properties, safety, blends and contraindications,  
 Absorption. Distribution, metabolism and extraction  
 Olfaction (inhalation)  
 Introduction to hydrosols,  
 Glossary of essential oil properties  
 Concept of Self  
 Confidentiality and Data Protection

**Assessment:**

**Assessment One:**

A Portfolio of written evidence submitted part way through Trimester 2 will demonstrate an underpinning knowledge of the three modalities: massage, reflexology and aromatherapy and health and safety.

**Assessment Two:**

A Practical assessment will take place towards the end of Trimester 2 to assess students' competency and safe application of a full treatment protocol with a rationale for the treatment and medium(s) applied.

**Assessment Three:**

Students must achieve a minimum of clinical 100 hours at Level Four to pass this element of assessment.

Practical skills will also be formatively assessed throughout the year to ensure that the students are informed of their progress and meeting the accepted standards of competence.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1, 6 and 8	Portfolio	50%	N/A	2000
2	2, 3, 4, 5, 7	Practical	50%	75 minutes	N/A
3		Attendance	Pass	100 hours	

**Learning and Teaching Strategies:**

It is the intention during the delivery of this module to direct an equal proportion of taught hours to the individual disciplines encompassed in this module framework (Aromatherapy, Massage & Reflexology).

The module will be developed through a range of teaching strategies including: presentations, seminars, lectures, directed study, group work, peer evaluation, practical demonstrations, group supervision and the individual student experience. Moodle will act as a repository for session materials and supplementary resources.

**Indicative Syllabus outline**

Principles of safe, professional, ethical, practice and legal issues

Holistic paradigm

Communication skills and the consultation process

Treatment protocols

Contraindications and Contra-actions to treatment of the three bodywork therapies

Psychological and physiological effects of the three bodywork treatments

Evaluation and reflection of clinical practice

Self-care: correct posture when delivering treatments (all three bodywork treatments) Blood

Pressure monitoring

Health & Safety

Patient modesty & towel etiquette

Moving & handling of patient

Hand washing

**Bibliography:**

**Essential reading**

Battaglia, S, (2004), *The Complete Guide to Aromatherapy*, 2<sup>nd</sup> ed. Brisbane: International Centre of Holistic Aromatherapy.

Benjamin, B. E. and Sohnen, M. C. (2003), *The Ethics of Touch*. USA: SMA.

Crane, B. (1997), *Reflexology: The Definitive Practitioner's Manual*. Shaftesbury: Element Books.

Holey, E. and Cook, E. (2011), *Evidence-based Therapeutic Massage*. 3<sup>rd</sup> ed. Edinburgh: Churchill Livingstone.

**Other indicative reading**

Clarkson, P. (2003), *The Therapeutic Relationship*. 2nd ed. London: Whurr Publications.

Clarke, S. (2008), *Essential Chemistry for Aromatherapy*. 2<sup>nd</sup> ed. Edinburgh: Churchill Livingstone.

Cressy, S. (2002), *Reflexology*. Oxford: Heinmann

Davies, P. (2005), *Aromatherapy: An A-Z: The most comprehensive guide to aromatherapy ever published*. London: Vermillion.

Gillett, A., Hammond, A. and Martella, M. (2009), *Successful Academic Writing*. Harlow: Pearson Education Limited.

Neville, L. (2009), *Interpersonal Skills for the Peoples Professions: Learning from Practice*. Exeter: Reflect Press.

Norman, L. and Cowen, T. (2006), *The Reflexology Handbook*. London: Piatikus Books.

Rosser, M. (2004), *Body Massage: Therapy Basics*. 2<sup>nd</sup> ed. London: Hodder Stoughton.