

MODULE SPECIFICATION PROFORMA

Module Title:	Foundations in Bodyworks	Level:	4	Credit Value:	40
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Module code:	CMP411	Is this a new module?	Yes	Code of module being replaced:	CMP405
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Cost Centre:	GACM	JACS3 code:	B300
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Trimester(s) in which to be offered:	1, 2	With effect from:	September 16
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School:	Social & Life Sciences	Module Leader:	Gemma Jones
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Scheduled learning and teaching hours	150 hrs
Guided independent study	250 hrs
Placement	0 hrs
Module duration (total hours)	400 hrs

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

Pre-requisites
None

Office use only

Initial approval August 16

APSC approval of modification *Enter date of approval*

Have any derogations received SQC approval?

Version 1

Yes No

Module Aims

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.

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	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
5		KS1	KS4

	Explain health and safety regulations pertinent to clinical practice with reference to national and local legislation.	KS5 KS9	KS6
6	Demonstrate evaluative and reflective skills in relation to own clinical practice and the work of peers.	KS1 KS7	KS3 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 KS3	KS2 KS7
8	Demonstrate an awareness of interpersonal skills and the therapeutic relationship whilst giving consideration to personal & professional boundaries.	KS3 KS9	KS7
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 <i>Practical elements of this module have been designed to match the National Occupational Standards for Massage, Reflexology and Aromatherapy.</i>			
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:

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%		3,000
2	2, 3, 4, 5, 7	Practical	50%	75 minutes	
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:

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

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
<p>Battaglia, S. (2004), <i>The Complete Guide to Aromatherapy</i>, 2nd ed. Brisbane: International Centre of Holistic Aromatherapy.</p> <p><i>This book should be available from the library in Edward Llwyd Building, main campus.</i></p> <p>Benjamin, B. E. and Sohnen, M. C. (2003), <i>The Ethics of Touch</i>. USA: SMA.</p> <p><i>This book should be available from the library in Edward Llwyd Building, main campus.</i></p> <p>Crane, B. (1997), <i>Reflexology: The Definitive Practitioner's Manual</i>. Shaftesbury: Element Books.</p> <p><i>This book should be available from the library in Edward Llwyd Building, main campus.</i></p> <p>Holey, E. and Cook, E. (2011), <i>Evidence-based Therapeutic Massage</i>. 3rd ed. Edinburgh: Churchill Livingstone.</p> <p><i>This book is available as an e-book. Please note that you will need to be logged into Athens to access it. It should also be available in print in the library in Edward Llwyd Building, main campus:</i></p>
Other indicative reading
<p>Clarkson, P. (2003), <i>The Therapeutic Relationship</i>. 2nd ed. London: Whurr Publications.</p> <p><i>This book should be available from the library in Edward Llwyd Building, main campus.</i></p> <p>Clarke, S. (2008), <i>Essential Chemistry for Aromatherapy</i>. 2nd ed. Edinburgh: Churchill Livingstone.</p> <p><i>This book is available as an e-book. Please note that you will need to be logged into Athens to access it.</i></p> <p>Cressy, S. (2002), <i>Reflexology</i>. Oxford: Heinmann</p> <p><i>This book should be available from the library in Edward Llwyd Building, main campus.</i></p> <p>Davies, P. (2005), <i>Aromatherapy: An A-Z: The most comprehensive guide to aromatherapy ever published</i>. London: Vermillion.</p> <p><i>This book should be available from the library in Edward Llwyd Building, main campus.</i></p> <p>Gillett, A., Hammond, A. and Martella, M. (2009), <i>Successful Academic Writing</i>. Harlow: Pearson Education Limited.</p> <p><i>This book is available as an e-book. Please note that you will need to be logged in to Athens to access it. It should also be available in print in the library in Edward Llwyd Building, main campus:</i></p> <p>Neville, L. (2009), <i>Interpersonal Skills for the Peoples Professions: Learning from Practice</i>. Exeter: Reflect Press.</p>

This book should be available from the library in Edward Llwyd Building, main campus

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

This book should be available from the library in Edward Llwyd Building, main campus.

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

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