

Module specification

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Refer to the module guidance notes for completion of each section of the specification.

Module code	CMP418
Module title	Introduction to Massage Techniques
Level	Level 4
Credit value	20
Faculty	Faculty Social Life Sciences
Module Leader	Gemma Jones
HECoS Code	100739
Cost Code	GACM

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Standalone module aligned to BSc (Hons) Sports Injury Rehabilitation for QAA purposes	Option

Pre-requisites

None

Breakdown of module hours

Type of Module hours	Amount
Learning and teaching hours	18 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	18 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	36 hrs
Placement / work based learning	0 hrs
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	28/09/2021
With effect from date	01/11/2021
Date and details of revision	
Version number	1

Module aims

1. To equip the student with the skills required to demonstrate competencies in the application of basic massage with consideration to safety.
2. To develop the students' skills in adaptability and organisation.
3. To equip the student with the foundation skills to evaluate their treatments, creativity, engagement and reflection.
4. To develop the students' knowledge and understanding of the personal skills required by practitioners within the clinical environment.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Describe the history and current practice of Massage.
2	Demonstrate competence in undertaking a treatment whilst acknowledging contra actions / contra indications
3	Display understanding of the physiological and psychological effects of massage
4	Demonstrate knowledge of fixed oils (carrier oils) with regard to safety, functions and effects.
5	Demonstrate a competent use of massage techniques and their performance

Assessment

Indicative Assessment Tasks:

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

An in class test examination will take place on completion of the practical assessment to assess the students competency and knowledge on Massage techniques, safety, physiological and psychological effects of massage, contra actions / indications to treatment.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	3 & 5	30 minute Practical	50%
2	1, 2 & 4	30 minute In-class test	50%

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 both elements of assessment. To ensure safe practice.

Learning and Teaching Strategies

It is the intention the delivery of this module will be developed through a range of teaching strategies including: 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. Students will usually work in pairs and will be encouraged to work with different students throughout the short course so that the skills and knowledge can be applied to different body types and genders. Ahead of the students applying practical skills on one another a consent form will be completed.

Students will be expected to give feedback to one another during practical sessions.

On completion of the course the student will not gain a practitioner status therefore is not able to treat the general public as a qualified practitioner.

Indicative Syllabus Outline

- Principles of safe, professional, ethical, practice
- Massage techniques
- Communication skills and the consultation process
- Treatment protocols
- Contraindications and Contra-actions to treatment
- Psychological and physiological effects
- Evaluation and reflection of clinical practice
- Self-care: correct posture when delivering treatments
- Patient modesty & towel etiquette
- Moving & handling of patient
- Hand washing

Indicative Bibliography:

Essential Reads

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

Other indicative reading

Pyves, G. (2000), *No hands Massage*. London: Shi'Zen Publications

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

Kaoverii Weber, K., 2015. *Complete Self Massage Workbook Over 100 Simple Techniques for Re-energizing Body and Mind*, New York: Pavilion Books Company Limited

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication