

Marking Criteria

iUCT24 – Provide body massage for complementary therapies

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical assessment. This will be undertaken by the internal assessor using the internal assessment forms. These must be handed to the external examiner on the day of the final external practical examination.

Practical Examination sequence – approximately 45 minutes

- Consultation must be carried out prior to the examination
- Clients should be on the couch ready for the examination
- 45 minute body massage treatment covering all areas of the body to include:
 - One arm
 - One leg (front and back)
 - Abdomen
 - Back
 - Chest
 - Neck
 - Face
 - Scalp
- To be completed in whichever order the learner has been taught
- Only one limb is required to be massaged in the examination, repetition on the opposite side is not required
- Clients should be helped off the couch
- Oral questions may be asked at any time during the examination
- Consultation forms must be filled in by each learner and made available for the external examiner to check. These should be reviewed and completed at the end of the treatment and will be taken away by the examiner
- Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills
- The examiner may reduce the treatment timings, as the examination is a demonstration of the learner's professionalism and their accomplished technique
- Approximate time allocated for changeover of practical examination groups – 15 minutes

Learners must achieve a minimum of 3 marks for appearance and 3 marks for client care in order to pass the practical examination.

Learners must be able to demonstrate the following:

Appearance – 5 marks (0.5 marks each)

1. Clean, ironed, professional uniform
2. Clean, neat hair, tied back/up if long and off the collar and face
3. Short, clean, well-manicured nails with no varnish and clean hands
4. Clean, sensible full flat shoes, socks should be worn
5. Tights are an appropriate colour for the uniform, if wearing a skirt

6. No jewellery - with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
7. No body or breath odour
8. No chewing gum or sucking sweets
9. No visible underskirts/underwear
10. Skirts to the knee, trousers cropped no higher than calf/trousers not trailing on the floor

Client care – 5 marks (1 mark each)

1. Greeted and introduced self to the client
2. Assisted the client off the couch
3. Explained the treatment procedure to the client
4. Ensured the client's comfort/modesty throughout
5. Maintained a positive and professional approach to the client throughout

Hygiene and sterilisation – 10 marks (2 marks each)

1. Wiped equipment over with sanitiser before, during and after use as appropriate
2. Sanitised hands before, during and after treatment as appropriate
3. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
4. Sanitised client's feet
5. Ensured the client's footwear was stowed under the couch and that the client did not walk around barefoot

Pressure – 10 marks (2 marks each)

1. Established the client's preference regarding pressure of massage
2. Adapted the pressure to suit the client
3. Adapted the pressure to suit the area
4. Adapted the pressure to suit the movement
5. Moved the skin appropriately according to the movement applied

Effleurage – 10 marks (2 marks each)

1. Assessed areas to be treated for contra-indications
2. Maintained maximum contact with their hands and ensured the skin 'rippled' ahead of their fingers
3. Ensured the entire area was treated with effleurage
4. Applied the strokes with the direction of the blood flow
5. Maintained a slow and constant speed

Petrissage (kneading/frictions) – 20 marks (4 marks each)

1. Assessed areas to be treated for contra-indications
2. Performed movements displaying flexibility of the hands and wrists
3. Ensured the entire area was treated with petrissage
4. Manipulated the skin and muscles appropriately
5. Performed the movements in a rhythmical manner

Percussion – 15 marks (3 marks each)

1. Assessed areas to be treated for contra-indications
2. Performed movements displaying flexibility of the hands and wrists
3. Ensured the entire area was treated with percussion
4. Brought about an appropriate skin reaction
5. Performed the movements in a rhythmical manner, fast and audible when appropriate

Passive – 5 marks (2.5 marks each)

1. Supported the joint appropriately
2. Ensured each joint was taken through an appropriate range of movement

Continuity of massage – 10 marks (2 marks each)

1. Maintained contact during massage of each area
2. Demonstrated the use of effleurage to link movements
3. Performed the movements in a flowing, logical sequence and covered areas treated thoroughly
4. Demonstrated all classical movements, in the absence of contra-indications
5. Completed the massage in a commercially acceptable time

Posture – 10 marks (2 marks each)

1. Demonstrated appropriate standing/sitting position suitable for each area
2. Demonstrated correct working position of shoulders
3. Demonstrated correct working position of elbows
4. Demonstrated flexibility of knees and transference of weight
5. Demonstrated flexibility/correct working position of back (stance)

Sample oral questions

1. Why is it necessary to do a thorough consultation before massage?
2. When doing a consultation, if you discovered a client was very nervous what would you do?
3. What are the general contra-indications to massage?
4. What is the benefit of that movement?
5. What are the contra-indications to that movement?
6. What muscles are you working over?
7. How can you detect a tense/tired muscle? What has caused this tension?
8. What are the physiological effects of massage?
9. What are the psychological effects of massage?
10. Where is the problem area on the client's back? What muscles are involved?
11. How would you adapt your pressure to suit an elderly client?
12. How does client feedback after a session help the ongoing treatment plan?
13. How would you store your treatment consumables safely?
14. How does reflective practice help your development as a massage therapist?

Document History

Version	Issue Date	Changes	Role
v1	11/12/19	First Published	Subject Matter Expert- Assessment