

## Course Description and Outline

<b>Course Title</b>	Further Massage		
<b>Level of Course</b>	Improvers	<b>Course Code</b>	B2613
<b>Duration in Weeks</b>	5		
<b>Brief Description of Course What will the course cover?</b>	This course is for those who have already completed an introductory course in massage. You will further develop your massage skills and learn new techniques to enable you to give a safe and effective massage.		
<b>Entry Requirements</b>	<p>You will need to have completed a basic massage course before enrolling for this course.</p> <p>You will be able to speak English clearly and follow verbal and written instructions.</p> <p>Some medical conditions are not suitable to receive massage, please check with your health professional if unsure. In some circumstances your tutor may require you to provide evidence that you are fit to take part in the class or suggest an alternative, more appropriate option.</p>		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Deliver advanced friction techniques safely and effectively		
<b>2</b>	Learn the application of some soft tissue release techniques		
<b>3</b>	Learn myofascial release techniques		
<b>4</b>	Develop use of elbows and knuckles in treatment to prevent the hand becoming overly tired.		
<b>5</b>	Learn to support joints and perform passive range of movements		
<b>Equipment Required What will I need to bring to class?</b>	Pen and paper for taking notes. 2 large towels and 2 hand towels to every class. Wear comfortable clothing.		
<b>What courses can I go on to?</b>	Students can progress onto further massage courses		

**What examination or assessment will there be and what will it involve?**

There is no formal examination or assessment, but you will be asked to monitor your own progress.

**How will I know I am making progress?**

You will receive on-going feedback from your tutor. Students are also encouraged to monitor their own progress through use of an Individual Learning Plan. You will also gain more from the course if you commit time to it outside the classroom. Students will be expected to do a little background reading.

**Is there anything else I need to know?**

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Children are not allowed in our health & fitness courses unless they are specifically family learning classes. Please do not ask your tutor to give your child access as they do not have the authority to do this.

Health and Safety requirements demand that all learners participating in health classes must be present for instructions on safe working practices. Therefore, latecomers who miss the first part of the session will be refused entry.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

If you are pregnant please seek advice from a health professional before enrolling on this course. This course may not be suitable for those with certain medical conditions, please obtain advice before enrolling.

**What if I want extra support?**

Come and see one of our experienced and friendly advisors. For further information, email [ideastore@towerhamlets.gov.uk](mailto:ideastore@towerhamlets.gov.uk) and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

