

Course Description and Outline

Course Title	Further Shiatsu Massage		
Level of Course	Improvers	Course Code	C2615
Duration in Weeks	5		
Brief Description of Course What will the course cover?	<p>On this course you will further develop your knowledge of Shiatsu Massage and apply basic diagnostic principles to your treatment. Please note this course does not lead to a professional qualification and is for personal interest only.</p>		
Entry Requirements	<p>You will need to have completed the introductory course or have previous knowledge of Shiatsu Massage before enrolling for this course. You will be able to speak English fluently and follow verbal instructions. Massage may not be suitable for people with certain medical conditions, 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. This course is not suitable for pregnant women.</p>		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Learn organ pairs in association with the 5 Element cycle		
2	Learn basic pressure points for common ailments		
3	Recognise contraindications to treatment		
4	Learn body positions to facilitate optimum meridian position for treatment		
5	Give and receive treatment using key points along the meridian		
Equipment Required What will I need to bring to class?	2 large towels and 2 hand towels, comfortable and loose fitting clothing, clean socks		
What courses can I go on to?	Other massage and Reiki courses		

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

There is not examination or formal assessment, but you will be asked to monitor your own progress using an Individual Learning Plan.

How will I know I am making progress?

Your tutor will provide support and feedback throughout the course.
You will be asked to complete a Health Screening Questionnaire and an Individual Learning Plan to help monitor your progress

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.

This course is not suitable for pregnant women or for those with certain medical conditions.

What if I want extra support? Contact the Learner Support & Advice Team

Come and see one of our experienced and friendly advisors. For further information, email 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.

Course Outline V.3