

## Course Description and Outline

<b>Course Title</b>	Introduction to 5 Element Shiatsu Massage		
<b>Level of Course</b>	Beginners	<b>Course Code</b>	B2481, C2482
<b>Duration in Weeks</b>	5		
<b>Brief Description of Course What will the course cover?</b>	Shiatsu is a physical therapy designed to promote relaxation and healing. On this course you will learn about the principles of Shiatsu massage and how to apply basic techniques safely.		
<b>Entry Requirements</b>	<p>You will be able to speak English fluently and follow verbal instructions.</p> <p>Massage may not be suitable for people with certain medical conditions, please check with your health professional if unsure.</p> <p>This course is not suitable for pregnant women.</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>	Recognise the 5 Element theory in modern Shiatsu massage		
<b>2</b>	Describe key benefits of Shiatsu massage		
<b>3</b>	Identify the health and safety requirements in giving and receiving Shiatsu massage		
<b>4</b>	Learn warm up exercises to mobilise the body		
<b>5</b>	Give and receive back, front and side treatment safely		
<b>Equipment Required What will I need to bring to class?</b>	2 large towels and 2 hand towels, comfortable and loose fitting clothing, clean socks		
<b>What courses can I go on to?</b>	Other massage 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**

The Learner Support & Advice Team can support learners achieve their education and employment goals. Information, advice & guidance is given on a range of issues including, financial support and support available for learners who are disabled and learners with learning difficulties, Come and see one of experienced and friendly advisors who can help you make the next step. For further information, text **IDEA** and your name to **07950 080 341** or email

**ideastorelearning@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