

## Course Description and Outline

<b>Course Title</b>	Introduction to Massage		
<b>Level of Course</b>	Beginners	<b>Course Code</b>	A2374, B2392
<b>Duration in Weeks</b>	5		
<b>Brief Description of Course What will the course cover?</b>	You will be introduced to the benefits of massage and how it can be used to promote relaxation and a sense of well-being. You will learn how to give a basic full body massage safely in a discrete environment. This course is open to men and women.		
<b>Entry Requirements</b>	You will be able to speak English clearly and follow verbal and written instructions. Some medical conditions are not suitable to receive massage. This course may not be suitable for those with certain skin conditions. Please check with your health professional if unsure. If you suffer from any allergies, please notify your tutor at the start of the first session		
<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>	Identify the key benefits of massage.		
<b>2</b>	Apply basic massage techniques safely and effectively.		
<b>3</b>	Know the reasons why a treatment might not be carried out (contraindications).		
<b>4</b>	Know which oils are suitable for use in body massage.		
<b>5</b>	Communicate clearly when giving and receiving a massage.		
<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, plus wipes for feet.		
<b>What courses can I go on to?</b>	Students can progress onto Further Massage Techniques		

**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?**

Learners are expected to arrive on time and attend every class.

Students are encouraged to comment on the course. The tutor will distribute a learner satisfaction surveys during the course and 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 skin conditions, please obtain advice before enrolling.

**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.