

ITEC LEVEL 3
MARKING CRITERIA
Unit 380 – Provide Body Massage for Complementary Therapies

APPEARANCE – 10 MARKS (1 mark each)

The candidate demonstrated:

1. Clean, ironed, professional uniform
2. Clean, neat hair - tied back/up if long and off the collar and face
3. Clean, short nails, well manicured with no varnish and clean hands
4. Clean, sensible, full, flat shoes worn with socks or tights
5. Tights were 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 undershirts/underwear
10. Trousers cropped no higher than calf/trousers not trailing on the floor and skirts to the knee

CLIENT CARE – 5 MARKS (1 mark each)

The candidate:

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

HYGIENE AND STERILISATION – 5 MARKS (1 mark each)

The candidate:

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

PRESSURE – 10 MARKS (2 marks each)

The candidate:

1. Established 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)

The candidate:

1. Assessed areas to be treated for contraindications
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)

The candidate:

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

PERCUSSION – 10 MARKS (2 marks each)

The candidate:

1. Assessed areas to be treated for contraindications
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)

The candidate:

1. Supported the joint
2. Used an appropriate range of movement

CONTINUITY OF MASSAGE – 10 MARKS (2 marks each)

The candidate:

1. Maintained contact during massage of each area
2. Used 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 contraindications
5. Completed the massage in a commercially acceptable time

POSTURE – 10 MARKS (2 marks each)

The candidate:

1. Maintained good posture throughout
2. Maintained good position of shoulders and back
3. Maintained good position of elbows
4. Demonstrated good flexibility of knees
5. Demonstrated good flexibility/position of back (stance)

ORAL QUESTIONS – 5 MARKS

Samples of the types of oral questions that could be asked

1. What risks should be considered when preparing the massage environment?
2. Why is it necessary to do a thorough consultation before massage?
3. When doing a consultation, if you discovered a client was very nervous what would you do?
4. How would you store client confidential information after the consultation and treatment?
5. What are the general contraindications to massage?
6. What are the specific contraindications to that area?
7. What is the benefit of that movement?
8. What are the contraindications to that movement?
9. What muscles are you working over?
10. How can you detect a tense/tired muscle? What has caused this tension?
11. Why is a good knowledge of anatomy and physiology relevant to massage?
12. What are the effects of massage?
13. Where is the problem area on this client's back? What muscles are involved?
14. What movements would you perform to alleviate this tension?
15. How would you approach a client with a lumbar back pain?
16. How would you adapt your pressure to suit an elderly client?
17. What would you do if a client:
 - Fainted?
 - Had a nosebleed?
 - Felt sick?
 - Felt dizzy during a massage?
18. How does client feedback after a session help the ongoing treatment plan?
19. How would you store your treatment consumables safely?
20. How does reflective practice help your development as a massage therapist?