



ASSESSMENT MATERIAL EVIDENCE GUIDE	<h1>PERFORM BODY MASSAGE WITH VARIOUS MOVEMENTS</h1>
Qualification Skin Care CS Code: Level: 2 Credit: 4 Version: 1	

CONTENTS	1. Assessment Summary and Record 2. Candidate Assessment 3. Assessor Judgement Guide 4. List of required tools/equipment, material and context of assessment
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ASSESSMENT AND ASSESSOR DETAILS	Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>																
	Assessment <input type="checkbox"/> Re-Assessment <input type="checkbox"/>																
	Assessor's Name: Assessor's Code Assessor's Signature Date <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td colspan="4"></td> <td style="text-align: center;">YYYY</td> </tr> </table>											DD	MM				
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CANDIDATE DETAILS	Candidate's Name: <small style="margin-left: 100px;">First Name</small> <small style="margin-left: 150px;">Last Name</small>																				
	Father's Name																				
	Institute Name and District																				
	CNIC/BFORM # <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>																				
	Registration Number Issued by Assessment Body:																				
	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/>																				
	Candidate's Consent I agree to the time and date of the assessment and am aware of the requirements of the assessment. I fully understand my rights of appeal.																				
	Candidate's Signature:																				

ASSESSMENT RESULTS SUMMARY FORM	You can use this coversheet as an <i>Assessment Results Summary Form</i> . Simply post a photocopy of this completed coversheet to NAVTTCC
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NAVTTCC OFFICE ONLY	1. DATE FORM RECEIVED: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td colspan="4"></td> <td style="text-align: center;">YYYY</td> </tr> </table>											DD	MM					YYYY	2. DATE ENTERED INTO DATABASE: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">DD</td> <td style="text-align: center;">MM</td> <td colspan="4"></td> <td style="text-align: center;">YYYY</td> </tr> </table>											DD	MM					YYYY
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ASSESSMENT SUMMARY & RECORD

ACTIVITY	WRITTEN	METHOD			DESIRED OUTCOMES	RESULT	
		ORAL	PORTFOLIO	OBSERVATION		COMPETENT	NOT YET COMPETENT
NATURE OF ACTIVITY					DESIRED OUTCOMES FOR SUCCESSFUL ASSESSMENT OF COMPETENCY STANDARD: PERFORM BODY MASSAGE WITH VARIOUS MOVEMENTS		
Practical Skill Demonstration				✓	<ul style="list-style-type: none"> Perform body massage with various movements 		
Knowledge Assessment		✓			<ul style="list-style-type: none"> Answer any questions your Assessor may have during the practical assessment. 		
Other Requirements			✓		<ul style="list-style-type: none"> All completed course assignments Client consultation (form) Contingency plan for an unusual situation (Written Report) 		

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CANDIDATE ASSESSMENT

Candidate's Name.....Father's Name

ALL WORK ASSESSED IN THIS COMPETENCY STANDARD MUST BE YOUR OWN WORK.

GUIDANCE TO CANDIDATE

To meet this standard you are required to perform the following tasks within **two(2) hours** timeframe:

- Perform any **three (3)** of the below given massage treatments as per client's requirements and industry standards :
 - ✓ Heat massage
 - ✓ Swedish massage
 - ✓ Aroma therapy
 - ✓ Deep tissue massage
 - ✓ Reflexology

Important Note: The following general performance criteria will be followed and performed in all the tasks (where applicable) by the candidate in order to meet this standard.

- ✓ Follow health and safety procedure as per the requirements of given task
- ✓ Prepare work station as per the requirements of task
- ✓ Select tools/ equipment as per the requirements of task
- ✓ Report to supervisor in case of any contingency after taking necessary actions
- ✓ Complete the work by following sequence of operations
- ✓ Perform task(s) within standard timeframe

ACTIVITIES	CANDIDATE RESPONSE
<p>1. Complete practical task of performing body massage with various movements under observation by an assessor</p>	<p>During a practical assessment, under observation by an assessor, I will correctly perform the following tasks :</p> <p>Perform any three body massage services, in accordance with salon SOPs, including:</p> <ul style="list-style-type: none"> • Heat massage <ul style="list-style-type: none"> ✓ Demonstrate the use of heat, electrical equipment or heated stones using standard procedures. ✓ Remove toxic waste from the lymphatic system by applying required pressure • Perform Swedish massage <ul style="list-style-type: none"> ✓ Apply long smooth strokes for clients 'comfort ✓ Apply kneading and circular movements on superficial layers of muscles with lotions and oils ✓ Apply massage gently and relax the client by using comfortable hand techniques. ✓ Provide sufficient treatment recovery time in a relaxing environment. ✓ Select different oils and massage creams available in market ✓ Apply required pressure on the face, neck and décolleté area. • Perform aroma therapy <ul style="list-style-type: none"> ✓ Incorporate essential oils into the oil that is massaged on skin. ✓ Diffuse essential oils into the air to relieve tension. ✓ Provide sufficient time for relaxation of muscles. ✓ Satisfy the client by relaxing the muscles. • Perform deep tissue massage <ul style="list-style-type: none"> ✓ Select different oils and massage creams according to massage requirements. ✓ Apply required pressure on the muscles that have been strained or related to chronic pain or posture problems. ✓ Apply massage on deep layers of muscles and connective tissue by using short strokes and intense pressure • Perform reflexology <ul style="list-style-type: none"> ✓ Demonstrate mixing of different base oils and cream with aroma oil ✓ Illustrate different aroma concentrates and their use ✓ Describe the use of oils on some specific pressure points. ✓ Select and sequence reflexology relaxation techniques according to tissue condition and clients sensitivity. ✓ Discuss the use of leverage and pressure on clients feet as required to apply specific techniques,

	<ul style="list-style-type: none"> • Below mentioned points must be followed for all massages: <ul style="list-style-type: none"> ✓ Demonstrate the setup of service area to meet standard requirements of massage and provide gowns to the clients ✓ Apply standard massage techniques for required service ✓ Monitor client's response and vary the procedure according to the situation. ✓ Identify & record effects of massage. ✓ Select the products according to the client's requirement and salon policy. ✓ Manage time throughout the massage treatment. ✓ Perform cleansing face/body before starting massage. ✓ Remove toxic waste from the lymphatic system by applying required pressure. ✓ Select products according to client's requirement and salon policy. ✓ Identify pressure points, major bones and muscle groups. ✓ Apply body massage technical skills including strokes, movements and pressure points in accordance with massage techniques. ✓ Apply knowledge of when face and décolleté are included in a body massage. ✓ Communicate with client during body massage service. ✓ Meet industry set timeframes. ✓ Follow OHS standards all the time during service. ✓ Report relevant person in case of any unusual situation. ✓ Ensure client's satisfaction ✓ Effleurage, vibrating and tapotement movements must be demonstrated: • General performance criteria: <ul style="list-style-type: none"> ✓ Follow health and safety procedure as per the requirements of given task ✓ Prepare work station as per the requirements of task ✓ Select tools/ equipment as per the requirements of task ✓ Report to supervisor in case of any contingency after taking necessary actions ✓ Complete the work by following sequence of operations ✓ Perform task(s) within standard timeframe
<p>2. Any other Requirements</p>	<ul style="list-style-type: none"> • All completed course assignments • Client consultation (form) • Contingency plan for an unusual situation (Written Report)
<p>3. Answer any questions your Assessor may have during the practical assessment</p>	<p>My answers to questions are correct and demonstrate my understanding of the topics and their application:</p>

Candidate's Name Father's Name

**INSTRUCTIONS
FOR
ASSESSOR**

This section contains minimum evidence requirements. Oral questioning may be used to clarify candidate understanding of the topic and its application.

ACTIVITIES	MINIMUM EVIDENCE REQUIRED	YES	NO	ASSESSOR COMMENTS
1. Complete practical task of performing body massage with various movements under observation by an assessor	During a practical assessment, under observation by an assessor, the candidate correctly carried out the following tasks:			
Heat massage	Demonstrated the use of heat, electrical equipment or heated stones for massage. Removed toxic waste from the lymphatic system by applying required pressure			
Swedish massage	Applied long smooth strokes as per clients 'comfort. Applied kneading and circular movements on superficial layers of muscles with lotions and oils Applied massage gently and relax the client by using comfortable hand techniques Provided sufficient treatment recovery time in a relaxing environment. Selected different oils and massage creams available in market Applied required pressure on the face, neck and décolleté area			
Aroma therapy	Mixed essential oils into the oil that is massaged on skin. Diffused essential oils into the air to relieve tension. Provided sufficient time for relaxation of muscles. Satisfied the client by relaxing the muscles.			
Deep tissue massage	Applied required pressure on the muscles that have been strained or related to chronic pain or posture problems. Applied Massage on deep layers of muscles and connective tissue by using short strokes and intense pressure Analysed the benefits of deep tissue massage.			
Reflexology	Demonstrated mixing different base oils and cream with aroma oil Illustrated different aroma concentrates and their use Illustrated different aroma concentrates and their use Selected and sequenced reflexology relaxation techniques according to tissue condition and clients sensitivity. Discussed the use of advantage and pressure on client's feet as required to apply specific techniques.			
Mentioned points are followed for all massages:	Selected different oils and massage creams according to massage requirements. Demonstrated the setup of service area to meet standard requirements of massage and provide gowns to the clients			

	Applied standard massage techniques for required service		
	Monitored client's response and performed the procedure according to the situation.		
	Identified & recorded effects of massage.		
	Selected the products according to the client's requirement and salon policy.		
	Managed time throughout the massage treatment.		
	Performed cleansing face/body before starting massage.		
	Removed toxic waste from the lymphatic system by applying required pressure.		
	Selected products according to client's requirement and salon policy.		
	Identified pressure points, major bones and muscle groups.		
	Applied body massage technical skills including strokes, movements and pressure points in accordance with massage techniques.		
	Communicated with client during body massage service.		
	Performed the service within industry set timeframes.		
	Followed OHS standards all the time during service.		
	Reported relevant person in case of any unusual situation.		
	Ensured client's satisfaction		
General performance criteria	Followed health and safety procedure as per the requirements of given task		
	Prepared work station as per the requirements of task		
	Selected tools/ equipment as per the requirements of task		
	Reported to supervisor in case of any contingency after taking necessary actions		
	Completed the work by following sequence of operations		
	Performed task(s) within standard timeframe		
2. Any other requirement	All completed assignments		
	Client consultation (form)		
	Contingency plan for an unusual situation (Written Report)		

<p>3. Answer any questions their Assessor may have during the practical assessment</p>	<p>Candidate's answers to questions are correct and demonstrate understanding of the topics and their application.</p> <p>Assessor to document below all questions asked and candidate answers. Use extra sheets if required and attach.</p>			
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LIST OF TOOLS, EQUIPMENT, MATERIAL AND CONTEXT OF ASSESSMENT

INSTRUCTIONS	<p>This section contains information regarding;</p> <ul style="list-style-type: none"> Context of the assessment List of required tools and equipment. List of consumable items required during the service
1. Context of Assessment	This task will be performed in real time

2. List of tools and equipment (for five candidates)		
S. No	Items	Quantity
1	Towel	10
2	Head Band	5
3	Bowl	5
4	Sponge	10
5	Applicator Brush	5
6	Plastic Glove	5 Sets
7	Head Steamer	2
8	Apron	5
9	Gown	5

3. List of consumable items (for five candidates)		
S. No	Items	Quantity
1	Essential (Message) oils (According to service)	5 bottles
2	Message Creams	5 bottles