



ASSESSMENT MATERIAL

EVIDENCE GUIDE

Qualification

Beauty Therapy

CS Code

Level: 2

Credit: 9

Version: 1

PERFORM MASSAGE THERAPY

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ASSESSMENT AND ASSESSOR DETAILS

Competent

Not Yet Competent

Assessment

Re-Assessment

Assessor's Name: _____

Assessor's Code _____

Assessor's Signature _____

Date

DD		MM		YYYY					

CANDIDATE DETAILS

Candidate's Name: _____

First Name

Last Name

Father's Name _____

Institute Name and District _____

CNIC/BFORM #

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Registration Number issued by Assessment Body _____

Gender

Male

Female

Transgender

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 *Assessment Results Summary Form*. Simply post a photocopy of this completed coversheet to **NAVTTTC**

NAVTTTC OFFICE ONLY

1. DATE FORM RECEIVED:

DD		MM		YYYY			

2. DATE ENTERED INTO DATABASE:

DD		MM		YYYY			

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ASSESSMENT SUMMARY & RECORD

ACTIVITY	METHOD				DESIRED OUTCOMES	RESULT	
	WRITTEN	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 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 do the following within **2 hours**:

- Perform any two (2) of following massage treatments to meet client requirements and industry standards
 - ✓ Face massage
 - ✓ Head massage
 - ✓ Body/ Swedish massage
 - ✓ Thai massage
 - ✓ Reflexology
 - ✓ Stone therapy
 - ✓ Aromatherapy

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 massage therapy under observation by an Assessor</p>	<p>During practical assessments of set duration according to massage therapy type, under observation by an assessor, I will correctly perform the following tasks:</p> <ul style="list-style-type: none"> • Perform face massage <ul style="list-style-type: none"> ✓ Set up service area to start treatment with respect to selected massage type ✓ Use massages products as per manufacturer's guidelines and client requirement. ✓ Provide gown to the client to ensure safety. ✓ Apply appropriate massage techniques according to client's record card ✓ Monitor client's response and vary the procedure according to the situation ✓ Allow sufficient treatment recovery time in a relaxing environment • Perform head massage <ul style="list-style-type: none"> ✓ Prepare the client and work area for head massage ✓ Adopt the consultation techniques used to identify treatment objectives ✓ Identify contraindications ✓ Explain anatomy of the head ✓ Demonstrate basic steps of head massage ✓ Provide suitable aftercare advice • Perform body/ Swedish massage <ul style="list-style-type: none"> ✓ Set up and monitor service area to meet workplace requirements ✓ Recognize and respond timely to contradictions and adverse effects ✓ Use silky smooth powder during preparation and subsequent massage process ✓ Provide private environment and draping to ensure clients comfort ✓ Apply massage mediums and massage techniques according to client's record card ✓ Apply necessary massage movements and routines according to treatment plan ✓ Identify the massage points and massage them properly ✓ Identify major bones and muscle groups ✓ Effectively communicate all necessary information to the client ✓ Monitor and manage time throughout the body massage treatment ✓ Monitor client's response and vary the procedure according to the situation • Perform Thai massage

	<ul style="list-style-type: none"> ✓ Identify client's objectives of massage through consultation ✓ Explain the factors that may prevent or restrict the massage procedure ✓ Set up service area to meet standard requirements of massage and provide gowns to the client ✓ Apply massage medium and massage techniques according to clients' record card ✓ Monitor clients' response and vary the procedures according to the situation ✓ Allow sufficient treatment recovery time in a relaxing environment • Perform reflexology <ul style="list-style-type: none"> ✓ Set up and monitor service area to meet workplace requirements ✓ Prepare clients for treatment according to the defined plan and standard procedures ✓ Provide an appropriate environment and draping to the client for warmth and privacy keeping hands and feet exposed ✓ Apply massage movements in line with standard operating procedure ✓ Treat zones of body according to the schedule mentioned in client record card ✓ Select and sequence reflexology relaxation techniques according to client treatment schedule, tissue condition and client sensitivity ✓ Use leverage and pressure on client's feet as required to apply specific techniques, while holding and supporting feet with care ✓ Work on reflexology points of both feet according to body systems or using an appropriate sequence while gently holding feet ✓ Recognize reactions of procedure and respond properly if necessary ✓ Explain post adverse effects to the clients and their remedies • Perform Stone therapy <ul style="list-style-type: none"> ✓ Identify the common contraindication to stone therapy massage ✓ Prepare the client for stone therapy massage ✓ Demonstrate correct hygienic procedure ✓ Demonstrate the selection and placement of the stones ✓ Demonstrate stone therapies massage movement in sequence ✓ Select the appropriate medium for the treatment and client's skin type • Perform aromatherapy <ul style="list-style-type: none"> ✓ Set up and monitor service area to meet workplace requirements ✓ Select pre-blended oils according to individual product specifications and the client record card ✓ Provide a private environment and draping for the client ✓ Apply required massage movements and routines according to massage plan ✓ Recognize reactions of massage and respond as necessary ✓ Allow sufficient treatment recovery time in a relaxing environment ✓ Handle and store pre-blended oils properly • Below mentioned points must be followed for all massage treatments: <ul style="list-style-type: none"> ✓ Observe OHS (Occupational Health & Safety) precautions as required ✓ Meet industry set timeframe for massage therapy service ✓ Complete Client consultation form while analysing sensitivity of client's skin for before starting the service. ✓ Select product(s) for skin type, condition and sensitivity and agreed massage type ✓ Prepare work area to demonstrate agreed massage techniques ✓ Demonstrate seven types of massage movements including strokes, connecting, effleurage, circular, and feather kneading and pressure application. ✓ Provide home care advice as per service requirement. • 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. 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>
<p>3. Any other Requirements</p>	<ul style="list-style-type: none"> • Complete all course assignments. • Client consultation (form) • Contingency plan for an unusual situation (Written Report)

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. Completes practical task of massage therapy under observation by an assessor	During practical assessment under observation by an assessor, the candidate correctly carried out the following tasks			
Perform face massage	Set up service area to start treatment with respect to selected massage type			
	Use massages products as per manufacturer's guidelines and client requirement.			
	Provided gown to the client to ensure safety.			
	Applied defined massage techniques according to client's requirement.			
	Monitored client's response and varied the procedure according to the situation			
	Allowed sufficient treatment recovery time in a relaxing environment			
Perform head massage	Prepared the client and work area for head massage.			
	Recognized the consultation techniques used to identify treatment objectives			
	Recognized environmental conditions suitable for head massage treatment			
	Identified contraindications			
	Explained anatomy of the head to the client			
	Demonstrated basic steps of head massage.			
Perform Body/ Swedish massage	Set up and monitored service area to meet workplace requirement.			
	Recognized and responded timely to contradictions and adverse effects			
	Used silky smooth powder efficiently during preparation and subsequent massage process			
	Provided appropriate private environment and draping to the client.			
	Applied massage mediums and massage techniques according to client's record card			
	Applied different massage movements and routines according to treatment plan.			
	Identified the massage points and did massage properly.			
	Identified major bones and muscle groups			

	Communicated all necessary information to the client			
	Monitored and managed time throughout the body massage treatment services			
	Monitored client's response and vary the procedure according to the situation			
Perform Thai Massage	Identified client's objectives of massage			
	Explained the factors that may prevent or restrict the massage procedure			
	Set up service area to meet standard requirements of massage			
	Provided gowns to the client for safety purpose.			
	Applied massage medium and massage techniques according to clients' record card.			
	Monitored clients' response and vary the procedures according to the situation			
	Allowed sufficient treatment recovery time in a relaxing environment			
Perform Reflexology	Set up and monitored service area to meet workplace requirement.			
	Prepared client for treatment according to the defined plan and standard procedures			
	Provided favourable environment and draping to the client for warmth and privacy keeping hands and feet exposed			
	Applied massage movements in line with standard operating procedure and clients requirements			
	Treated zones of body according to the schedule mentioned in client record card			
	Selected and sequenced reflexology techniques according to client treatment schedule, tissue condition and client sensitivity.			
	Used leverage and pressure on required to apply specific techniques, while holding and supporting feet with care			
	Worked on reflexology points of both feet according to body systems or using an appropriate sequence while gently holding feet			
	Recognized reactions of procedure and responded properly if necessary			
	Explained post adverse effects to the clients and their remedies			
Perform stone Therapy	Identified the common contraindication to stone therapy massage.			
	Prepared the client for stone therapy massage			
	Ensured hygienic procedure throughout the service.			
	Ensured proper selection and placement of the stones for massage.			
	Demonstrated stone therapies massage movement in sequence			
	Selected the medium for the treatment and client's skin type			
	Provided suitable homecare advice after treatment			
Perform Aromatherapy	Set up and monitor service area to meet workplace requirements			

	Selected pre-blended oils according to individual product specifications and the client record card			
	Provided a private environment and draping for the client			
	Applied the defined massage movements and routines according to massage plan			
	Recognized reactions of massage and respond as necessary			
	Allowed sufficient treatment recovery time in a relaxing environment			
	Provided home care advice to the clients after service.			
	Handled and stored pre-blended oils properly			
	Provided suitable aftercare advice to the client.			
These mentioned criteria must be followed for all massage treatments:	Observed OHS (Occupational Health & Safety) precautions as required			
	Complete Client consultation form while analysing sensitivity of client's skin for before starting the service.			
	Demonstrate seven types of massage movements including strokes, connecting, effleurage, circular, and feather kneading and pressure application			
	Provide home care advice as per service requirement			
	Meet industry set timeframe for massage therapy service			
	Select product(s) for skin type, condition and sensitivity and agreed massage type			
	Prepare work area to demonstrate agreed massage techniques			
	Met industry set timeframe for massage therapy service type			
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 Requirements	Complete all course assignments			
	Client consultation (form)			
	Contingency plan for an unusual situation (Written Report)			

3. Answer any questions their Assessor may have during the practical assessment

Candidate answers to questions are correct and demonstrate understanding of the topics and their application.

Assessor to document all questions asked and candidate answers below. Use extra sheets if required and at

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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 required		
S. No	Name of Items (tools and equipment)	Quantity
1	Towel	1
2	Head Band	1
3	Bowl	2
4	Sponge	2
5	Applicator Brush	1
6	Plastic Glove	1 Pair
7	Head Steamer	1
8	Apron	1
9	Gown	1

3. List of consumable items required		
S. No	Consumable Items	Quantity
	Essential (Message) oils (According to service)	Equal volume.
	Message Creams	