



## **On the Spot Training School**

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### **Seated Event Massage Training Course**

This is a 2-day (15-hour contact tuition) training course

Foundation workshop – 7.5 hours contact tuition

Advanced workshop – 7.5 hours of contact tuition

A CPD certificate of attendance will be provided upon completion of the 1-day foundation training. A certificate of competence will be issued upon successful completion of the full training, which includes a minimum of 10 case-study, treatment records and an internal practical assessment.

### **Entry Requirements**

Students must:

- a. Be over 18 years of age
- b. Have an adequate level of written and spoken English
- c. Have adequate physical and mental health (no contra-indications to giving or receiving upper body massage)
- d. If physically challenged, have sufficient ability to perform the massage techniques listed in the syllabus
- e. Have previous qualification that includes examined study of Anatomy, Physiology & Pathology to level 3 with Massage, for example; M.T.I. Diploma in Holistic Massage, I.T.E.C. Anatomy Physiology & Massage

### **Equal Opportunities**

On the Spot Training School is committed to the principles of equal opportunities and will strive to ensure that no one using the service will be treated less favourably on the following grounds: Age, disability, sex or gender, race or religion, sexual orientation, nationality, social background, or by any other condition that cannot be shown to be justifiable.

We welcome trainees from all communities and will protect them from abuse or harassment. Any trainee should be able to undertake the course or use the service provided they meet any entrance requirements. The same assessment standard must be applied equally to all trainees. Students can expect their tutors to be aware of this policy statement and be non-discriminatory in their teachings.



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### **Aims:**

- 1. To develop a safe and professional approach to the delivery of seated massage**
- 2. To develop the underpinning knowledge and practical skills necessary for the provision of seated massage treatments using on-site chairs**
- 3. To develop the ability to apply skills safely and effectively with a range of clientele**

### **Outcomes:**

By the end of the course students will know:

- ◆ The influences and benefits of seated massage
- ◆ Contra-indications and special care considerations for seated massage
- ◆ Appropriate consultation and record keeping process
- ◆ Massage skills and techniques that result in safe and competent on-site, seated massage treatments
- ◆ Professional considerations when working outside of a clinic environment
- ◆ Health & safety requirements
- ◆ Hygiene requirements
- ◆ How to manage client care & handling of equipment

By the end of this course students will be able to:

- ◆ Demonstrate techniques for seated massage
- ◆ Determine and select techniques and skilfully apply these as appropriate
- ◆ Demonstrate good posture and dynamic body use in the application of skills
- ◆ Demonstrate care, consideration and respect towards receiver(s)
- ◆ Present themselves in a professional and competent manner
- ◆ Take appropriate consultation and treatment notes
- ◆ Provide written evidence of treatments
- ◆ Recognise and list the benefits of seated massage
- ◆ Identify circumstances in which massage is contra-indicated
- ◆ Identify safe treatment options and techniques to suit a range of needs
- ◆ Safely and competently use a range of seated massage equipment
- ◆ Demonstrate how to sit comfortably and safely using Oakworks on-site massage chairs



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### **Syllabus:**

#### **1. Know the influences of seated massage**

Students should be able to:

- ◆ Explain how traditions such as Indian Head Massage and On-site Acupressure Massage have influenced seated massage practice

#### **2. Understand cautions, contra-indications and individualised treatments**

Students should be able to:

- ◆ Identify safe treatment options and techniques that are appropriate to a range of needs
- ◆ Apply appropriate massage skills safely and effectively to a range of clients
- ◆ Produce treatment notes that show evidence of massage practice
- ◆ Work within own capabilities and areas of expertise
- ◆ Identify circumstances in which massage may be contraindicated
- ◆ Identify and take action in circumstances where referral to G.P. or other therapists is appropriate
- ◆ Discuss rationales for treatment or referral options
- ◆ Explore the alternative approaches that are required to address special needs

**Please note – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their GP or specialist.**

#### **3. Preparation for treatment**

Students should be able to:

- ◆ Explain the appropriate conditions for massage work, including temperature, decor, ventilation, privacy, hygiene and appropriate clothing
- ◆ Demonstrate how to prepare seating equipment for safe use
- ◆ Show how they prepare themselves physically and mentally before engaging with a client

#### **4. Massage Theory and Practice**

Students should be able to:

- ◆ Demonstrate the following techniques and identify the physiological and psychological effects of each:  
Effleurage / Petrissage / Percussion / Vibrations / Compression (friction) / Holds / Passive Movements / Stretches / Connection & Completion Strokes
- ◆ List the possible benefits of seated massage including:  
Reduction of stress – improved circulation and lymphatic flow – reduced muscle tension – improved hair and scalp condition – improved sinus conditions – improved sleep pattern – relief of eye strain – improved joint mobility – increased levels of alertness and concentration
- ◆ Understand and explain the possible side effects of seated massage treatments, to include:  
Emotional reactions – tiredness – increased energy – increased micturition – light headedness & fainting – nausea - aching muscles – increased nasal mucus – healing process (crisis) – headache – skin responses
- ◆ Understand and explain the importance of working within own capabilities and areas of expertise and using referral procedures when circumstances dictate this is required
- ◆ Show satisfactory standards of hygiene
- ◆ Demonstrate how to seat a client safely and comfortably using on-site chairs
- ◆ Use effective body use & posture in the execution of massage
- ◆ Show competence in an appropriate range of massage skills



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- ♦ Demonstrate a clear, friendly professional manner when giving treatments
- ♦ Demonstrate client care by making effective use of supports and showing sensitivity to receiver's responses
- ♦ Demonstrate and explain the importance of giving appropriate after care advice, which may include the following:
  - Self-massage, posture, relaxation and breathing advice
  - Stretches and/or exercise advice
  - Lifestyle advice
  - Hydration
  - Light diet after treatment
  - Avoiding alcohol for 24 hours before or after treatment

### 5. Managing client consultations

Students should be able to:

- ♦ Design and use an appropriate consultation sheet for use with clients
- ♦ Demonstrate the ability to consult with clients to identify their treatment requirements
- ♦ Provide written evidence of treatment practice

**A parent or guardian must be present throughout the massage treatment of any minor under the age of 16 and is required to give written consent to the treatment of the minor under their care**

#### Please note:

It is assumed that students have prior knowledge that has been previously examined and/or assessed in the following areas:

- ♦ Practice Management:
  - Setting up, managing, marketing and promoting a therapy practice including -
    - The responsibilities under local authority licensing regulations for the practitioner and his/her premises
    - Manufacturers and organisational requirements for waste disposal
  - Business planning
  - Record keeping and keeping accounts including -
    - The importance of the correct storage of client records in relation to the Data Protection Act
  - Legal issues including -
    - Practitioner responsibilities under current health & safety legislation, standards and guidance, e.g. the Care Standards Act, the Health & Safety at Work Act (and any other relevant legislation)
    - The importance of not discriminating against clients with illnesses and disabilities and why (e.g. Disability Discrimination Act)
    - The age at which an individual is classified as a minor, how this differs nationally, why informed consent by a parent or guardian is essential for minors under 16 and the legal significance of gaining such consent
- ♦ Professional insurance and registration
- ♦ First Aid
- ♦ Anatomy, Physiology and Pathology:
  - Knowledge of basic biochemistry and physics, cells, tissues, organs and systems of the body

### Major Topics

1. The influences of seated massage
2. Health & safety considerations and risk assessments



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3. Cautions, contra-indications and individualised treatments
4. Preparation for treatment
5. Managing appropriate client consultations
6. Body use and self-care for practitioners
7. The limitations and possibilities of different types of seating and environments
8. Handling, set up and adjustment for the Portal Pro Oakworks Massage Chair
9. Massage skills and techniques without oil – demonstration and practice
10. Adapting massage for 10, 20 and 30 minute treatments
11. Practise with informal assessment
12. Treatment records and Practical examination - criteria for success

### **Learning Hours:**

Guided learning is work set by a tutor for students to undertake outside class contact time, which is subsequently assessed by a tutor. This includes the 50 treatment records

Guided learning hours for this course = **15**    Contact Tuition hours = **15**    Total learning hours = **30**

Students are also expected to familiarise themselves with the course booklet, the videos of techniques and some of the course recommended reading material.

### **Teaching hours**

The total hours which qualify as teaching include lunch and tea breaks. For example, a 9.30 am -5.00 pm day with an hour for lunch and half an hour of breaks counts as 7.5 hours' teaching. As students will talk about their work during breaks this is therefore counted as part of the learning experience.

### **Course completion: 12 months**

Students must complete the course within 12 months from registering on a course. If students wish to complete the course after this time, the tutor and student will need to draw up a plan for further training and/or retaking exams.

Students who have postponed taking the practical assessment, or who need to retake this, must do so within 6 months from the end of the course.

### **Teaching/Learning Methods**

Within the course there is an element of structured delivery that ensures students receive the basic theoretical knowledge and practical skills they require.

Students are expected to undertake some independent reading and complete home study assignments in order to achieve the learning outcomes. The treatment record requirement assumes that students will have access to clients with ranging needs in order to demonstrate the application of theory and knowledge to practice.

### **Teaching methods include:**

Demonstrations / Group discussions / Experiential learning / Observed practise  
Home study assignments / Individual tutorials and supervision as required



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### Recommended Textbooks & References

Handout information relating to the course content is provided for all participants.

#### Suggested titles for additional reading:

##### Anatomy, Physiology & Pathology

Darien Pritchard

*Anatomy Physiology & Pathology for Massage*  
Dynamic Massage Publication - ISBN 9780 9576 3950 7  
An electronic book from [www.dynamicmassage.co.uk](http://www.dynamicmassage.co.uk)

Su Fox

*Practical Pathology for the Massage Therapist*  
Corpus Publishing - ISBN 1903333199

Chris Jarmey

*The Concise Book of Muscles*  
Lotus Publishing - ISBN 0954318811

##### Other Titles that may be of interest

Helen McGuinness

*Indian Head Massage*  
Hodder Education

Narendra Mehta

*Indian Head Massage – Discover the power of touch*  
Thorsons Press - ISBN 0722537913

Andrew Parfitt

*Seated Acupressure Bodywork: A Practical Handbook for Therapists*  
Lotus Publishing

Brad Walker

*the Anatomy of Stretching*  
Lotus Publishing

Simeon Niel-Asher

*the Concise Book of Trigger Points*  
Lotus Publishing

##### Other Resources

Basic equipment will be provided for training; candidates will be expected to provide some of the consumables and towels that will be used in the treatment process, such as:

Hand Wipes

Pillow for support

Hand towel

Writing materials

Students will also be expected to wear appropriate clothing throughout their training: Flat shoes (trainers), clothing that allows free movement such as tracksuit or casual trousers and a T-shirt; further layers are recommended to keep warm between activities.

### Generating Evidence for Seated Event Massage Course



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Evidence of outcomes for the course is generated through a combination of formative and summative assessment techniques. These take the forms of; informal practical assessment, treatment records demonstrating diverse practise, practical examination, opportunities for discussion, debate and question and answer sessions.

The course is internally assessed by appropriate treatment records and informal and formal practical assessments.

### **Treatment records**

Students must complete a written presentation of 10 treatments, to be completed and handed in on the advanced seated massage workshop.

We recommend that students consider the following:

Records should demonstrate treatments on as wide a range of clients as possible in terms of age, gender, ethnicity, sexual orientation, physical conditions or emotional states, to demonstrate an ability to work with a range of clientele.

**Forms will be provided for this purpose.**

**Please note: To preserve confidentiality clients must not be identifiable in treatment records.**

### **Internal practical assessment**

Students will be informally assessed by their tutor during their training.

### **Practical Examination**

Students will be expected to give a 30-minute session to a fellow student or model provided by the tutor. This will include a brief consultation, treatment of 20 minutes and any aftercare advice required. Oral and written feedback will be given.

**Candidates must achieve a pass in all assessed areas and will be expected to repeat any assignment or examination that falls below a pass. In such cases candidates shall be referred. Referrals should be completed within one year.**