

St Cuthbert Mayne School Curriculum Map 2023-2024



Department: Beauty Therapy Year 13

The VTCT Level 3 Diploma in Massage Therapies is a technical level qualification aimed at 16-18 learners who are in a full-time Level 3 education programme and wish to pursue a career as an employed and/or self-employed massage therapist. This qualification will develop learners' knowledge and understanding of relevant anatomy and physiology, health and safety, the history and origins of massage therapies and how to effectively contribute to the overall running of a business. Learners will also develop the knowledge, understanding and skills to consult with clients, successfully promote and retail products, whilst also providing a variety of massage therapies.

Learners who achieve this qualification are eligible to become members of the British Association of Beauty Therapy and Cosmetology (BABTAC) or Federation of Holistic Therapists (FHT). As a massage therapist, learners could progress directly into employment in a variety of contexts, which include:

- Commercial salons
- Destination/day spas
- Massage clinics
- Independent/self-employed/mobile/home-based settings
- Cruise liners
- Airlines or hotel chains
- Care homes

Whilst the primary purpose of this qualification is to prepare learners for employment, learners may choose to develop their knowledge and skills further by completing a specialist qualification at Level 4 in one or more of the following areas:

- Salon management
- Holistic therapies
- Sports massage

Year 13 Autumn Term 1

Topic/Unit	Unit 1: History and origins of massage therapies Unit 2: Introduction to anatomy and physiology Unit 3: Swedish massage					
Knowledge (Content covered)	Know the history and origins of massage therapies	Understand the philosophy and role of different massage therapies	Understand the anatomy and physiology of the human body	Know the salon requirements for Swedish massage treatments	Understand the effects and indications of Swedish massage treatments	Practical
Skills	<ul style="list-style-type: none"> • This unit will enable learners to develop the underpinning theory knowledge of the history and origins of massage therapies. Learners will further develop their understanding of the history, the philosophy, the role of massage therapies and other massage traditions. • This unit will provide all of the necessary underpinning knowledge of anatomy and physiology to enable learners to understand the human body and its structures and functions, in order that they might safely and confidently apply a range of health and beauty treatments. This unit will enable learners to develop the knowledge and skills required to prepare for and provide a professional Swedish massage treatment to clients, whilst following salon requirements. Learners will also develop an understanding of classical massage movements, the possible contra-indications to treatment, appropriate aftercare advice and the effects and indications of Swedish massage treatments. 					
Assessment Two exams will need to be completed for this course. All treatments will be assessed as a summative assessment and synoptic test.	Exam	In class tests & Home Learning Exam	In class tests & Home Learning Exam	Practical Exam	Practical Exam	Practical Exam

Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	These units will provide an introduction to common pathologies for each system to assist the learners in identifying when and how a client may be contra-indicated to a treatment. This is vital within the industry to ensure that it is safe for treatments to go ahead.
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Year 13 Autumn Term 2						
Topic/Unit	Unit 3: Swedish Massage Unit 4: Client Care and Consultation					
Knowledge (Content covered)	Know the salon requirements related to client care and consultations	Know the principles of client care	Know the principles of consultation	Be able to conduct a client consultation	Practical	Practical
Skills	<ul style="list-style-type: none"> • This unit will enable learners to develop the underpinning theory knowledge of the history and origins of massage therapies. Learners will further develop their understanding of the history, the philosophy, the role of massage therapies and other massage traditions. • This unit is about understanding the principles of client care when providing professional consultations prior to and following treatments. Learners will develop the knowledge and skills required to prepare for and carry out consultations, demonstrating a high standard of client care. 					

Assessment Two written exams and summative assessments will be completed for these units.	Practical Exam	Practical Exam	Practical Exam	Practical Exam	Practical Exam	Practical Exam
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	The aim of this unit is to ensure that students are able to complete a Swedish body massage. Learners will further develop their communication skills and know how to identify and communicate realistic and appropriate treatment objectives.					

Year 13 Spring Term						
Topic/Unit	Unit 5: Indian Head Massage Unit 2 (6): Anatomy and Physiology					
Knowledge (Content covered)	Know the salon requirements for Indian head massage treatments	Understand the effects and principles of Indian head massage treatments	Understand the benefits of and different techniques used in Indian head massage treatments	Be able to prepare the client, self and work area for an Indian head massage treatment Be able to provide an Indian head massage treatment	Understand and relate to the organisation of the human body	Understand the anatomy and physiology of the human body Understand the relevant pathologies associated with each system of the human body

Skills	<ul style="list-style-type: none"> • This unit will enable learners to provide Indian head massage services to clients, treating the required areas of the face and upper body. Learners will develop the knowledge and skills to prepare for and provide a professional Indian head massage treatment. Learners will also develop their understanding of possible contra-indications, along with indications for, and benefits and effects of professional Indian head massage treatments. • This unit will provide all of the necessary underpinning knowledge of anatomy and physiology to enable learners to understand the human body and its structures and functions, in order that they might safely and confidently apply a range of health and beauty treatments. This unit will enable learners to develop the knowledge and skills required to prepare for and provide a professional Swedish massage treatment to clients, whilst following salon requirements. 					
Assessment An exam for Anatomy and Physiology Practical assessment and synoptic assessment for Indian head massage.	Practical Exam	Practical Exam	Practical Exam	Practical Exam	In class tests and home learning Exam	In class tests and home learning Exam
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Learners will be able to perform an Indian Head massage within a professional salon. Learners will also develop an understanding of classical massage movements, the possible contra-indications to treatment, appropriate aftercare advice and the effects and indications of Swedish massage treatments.					

Year 13 Spring Term	
Topic/Unit	Unit 7: Stone Therapy

Knowledge (Content covered)	Know the salon requirements for providing stone therapy treatments	Understand the effects and indications for stone therapy treatments	Be able to prepare the client and work area for a stone therapy treatment	Be able to provide stone therapy treatments	Practical	Practical
Skills	<ul style="list-style-type: none"> This unit will enable learners to provide stone therapy treatments to clients, treating the face and body. Learners will develop the knowledge and skills in order to meet salon requirements and prepare for and provide professional treatments. Learners will also develop their understanding of possible contra-indications along with the benefits and effects of stone therapy. 					
Assessment Practical Assessment Synoptic assessment	Practical Exam	Practical Exam	Practical Exam	Practical Exam	Practical Exam	Practical Exam
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	On completion of this unit students will be ready to perform stone therapy treatments on clients within a professional environment.					

Year 13 Summer Term	
Topic/Unit	Unit 8: Promote and Sell Products and Services Unit 9: Contribute to the effective running of a business Unit 10: Health and Safety

Knowledge (Content covered)	Know the principles of promoting and selling products and services	Understand the benefits of promoting and selling for a beauty business Understand how to review and evaluate the effectiveness of promoting and selling	Understand effective methods of communication	Understand how to use resources to contribute to the effective running of a business Know how to work productively and develop targets	Know the principles of health and safety	Know health and safety requirements within the salon Understand the role of a health and safety supervisor
Skills	<ul style="list-style-type: none"> • This unit is about exploring the benefits and principles of selling and promoting products and services in the beauty industry. Learners will develop their knowledge on the theory of selling and using effective communication. Learners will also develop their skills in interpreting buying signals and managing client expectations. • This unit is about exploring how to run a business effectively. Learners will develop the knowledge and skills to effectively run a business. Learners will develop skills in effective communication and use of the salon's resources. Learners will also develop their understanding of target setting and a clear understanding of business practice and relevant legislation. • This unit will enable learners to secure their understanding of health and safety at work. Learners will improve their knowledge of the measures designed to protect the health and safety of people at work and that of others, such as visitors and members of the public. Learners will also develop their supervisory skills and be able to manage a safe and hygienic work environment that meets with the necessary regulations and legislation requirements. 					
Assessment Practical Assessment Synoptic assessment	Class tests and home learning Exam	Class tests and home learning Exam	Class tests and home learning Exam	Class tests and home learning Exam	Class tests and home learning Exam	Class tests and home learning Exam
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	On completion of these units students will be ready to work within a professional environment performing all treatments ensuring that they can follow the correct health and safety procedures. This will ensure their safety as well as their clients and colleagues.					

