



## **ITEC Level 3 Diploma in Massage QAN 600/5503/0 Specification**

### **Aims and Objectives**

The main aim of the ITEC Level 3 Diploma in Massage is to enable Learners to gain the necessary practical and theoretical skills in order to provide Massage treatments to the general public and to gain employment in the Massage Industry. This qualification is suitable for Learners aged 16 and over and is designed to provide occupational competence at Level 3. It also provides a sound platform into further training at Level 3 and 4

### **Content**

This qualification is for Learners who want to work within the Massage Industry. The qualification consists of 4 mandatory units with a total of 296 hours of Guided Learning (GL) to achieve the full qualification and 1 additional optional elective unit

The main skills the Learner will perform are:

- Consultation techniques – to include understanding the needs of clients and when and when not to treat them, identifying general body types and skin types, different types of fat and common postural faults, contraindications, explaining possible contra-actions and providing aftercare and home care
- Health, safety and hygiene – contextualised to the environment in which the Learner is working
- Body Massage techniques – to include selecting a suitable massage medium for the client's skin type, classical massage movements and adapting the treatment to the client's specific needs

The Learner will also develop knowledge about current legislation and working practice requirements and client care and communication which is essential to work and be successful in the Industry

This qualification also provides:

- The related knowledge and understanding required to perform the Massage skills listed above effectively, in particular the anatomy and physiology of the body and common diseases and disorders that may affect when a client should or should not receive treatment
- Knowledge and understanding of the principles and practice of complementary therapies
- Knowledge and understanding of business practice in a complementary therapies context
- Opportunities for Learners to focus on the development of their wider skills in a Massage setting such as communicating with clients, working with others and problem solving
- Opportunities for Learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a Massage therapist

### **Why Choose the ITEC Level 3 Diploma in Massage?**

1. This Qualification combines the full range of skills and knowledge for the Learner seeking employment or self-employment as a Massage Therapist at Level 3. There are other Diplomas in Massage at Level 3; however they also cover the skills of Aromatherapy, Massage and

Reflexology. This qualification enables the Learner to become specialised in Massage, ready for employment in Industry

2. This Qualification is listed in the Ofqual Register of Qualifications
3. This Qualification contains all the skills and knowledge required for employability at Level 3
4. Learners may progress on to qualifications at Level 3 and 4 such as the ITEC Level 3 Diploma in Aromatherapy, the ITEC Level 3 Diploma in Reflexology and the ITEC Level 4 Diploma in Spa and Salon Management
5. This qualification does not form part of an Apprenticeship
6. This qualification is recognised by all relevant professional bodies within the Complementary Therapies Industry for membership and insurance purposes at Level 3

<b>ITEC Unit Number</b>	<b>Unit Title</b>	<b>Credit Value</b>	<b>Guided Learning (GL)</b>
380	Provide Body Massage for Complementary Therapies	19	112
383	Knowledge of Anatomy, Physiology and Pathology for Complementary Therapies	13	94
384	Principles and Practice of Complementary Therapies	13	30
385	Business Practice for Complementary Therapies	12	60

**Total Guided Learning for the Mandatory Units – 296**

**Total Qualification Time for the Mandatory Units (TQT) – 567**

**Total Credit Value for the Qualification - 57**

Learners may also select the additional optional elective unit

<b>ITEC Unit Number</b>	<b>Unit Title</b>	<b>Credit Value</b>	<b>Guided Learning (GL)</b>
386	Healthy Eating and Well-Being for the Complementary Therapy Client	6	30

**Total Guided Learning including the Additional Optional Elective Unit - 326**

**Total Qualification Time (TQT) including the Additional Optional Elective Unit - 627**

### **Guided Learning (GL)**

Guided Learning is ‘the activity of a Learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a Lecturer, Supervisor, Tutor or other appropriate provider of education or training.’ This includes ‘the activity of being assessed if the assessment takes place under the immediate guidance or supervision of a Lecturer, Supervisor, Tutor or other appropriate provider of education or training’

### **Total Qualification Time (TQT)**

Total Qualification Time is the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required, in order for a Learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification

### **Total Credit Value**

The total Credit Value for the qualification is equal to one tenth of the Total Qualification Time rounded to the nearest whole number.

## Assessment

This qualification will be internally and externally assessed using a range of assessment methods as set out in the table below:-

Table 1

ITEC Unit Number	Unit Title	Assessment	Grading
380	Provide Body Massage for Complementary Therapies	Practical examination  Evidence of 20 treatments and 16 case studies	Pass – 60-74% Merit – 75-89% Distinction –90-100%  Pass or Refer
383	Knowledge of Anatomy, Physiology and Pathology for Complementary Therapies	50 MCQ – Paper or online	Pass – 50-74% Merit – 75-89% Distinction –90-100%
384	Principles and Practice of Complementary Therapies	Assignment	Pass or Refer
385	Business Practice for Complementary Therapies	Assignment	Pass or Refer

Additional Optional Elective Unit

Table 2

ITEC Unit Number	Unit Title	Assessment	Grading
386	Healthy Eating and Well-Being for the Complementary Therapy Client	Assignment	Pass or Refer

All assessment criteria and sample assessment materials for this qualification can be found [here](#)

### Grading of the Qualification

All assessment tasks required for each unit of the qualification (detailed in table 1 of the specification) must be completed and awarded a Pass mark before the complete qualification can be certificated

The overall qualification is graded, Pass - 60% - 74%, Merit - 75% - 89%, Distinction – 90%-100%. This is formed by the aggregate of the multiple-choice questions and the Final Practical Assessment

### Controlled Assessment

All theory tests must be conducted in a controlled environment and follow the procedures defined by ITEC [here](#). The theory tests will be set and marked by ITEC

All practical assessments must be conducted in a controlled environment as defined by ITEC [here](#). The practical examination will be conducted by an ITEC Examiner; however, the Centre is responsible for ensuring the examination can operate seamlessly by organising the process as defined by ITEC in the Lecturer Guidance Notes [here](#). The marking criteria and marking scheme can be found under each individual unit within the qualification [here](#). How to operate a practical examination can be found [here](#).

Failure to operate ITEC Examinations as documented in the ITEC policies and guidance notes may result in sanction(s) against the Centre e.g., withdrawal by ITEC for a particular qualification and/or withdrawal of

ITEC recognition from the Centre due to Maladministration and/or Malpractice. Please see our policy [here](#).

### **Recommended Prior Learning**

It is recommended that Learners have achieved a level of education equivalent to five GCSEs at grades A\*-C prior to commencing the ITEC Level 3 Diploma in Massage; however exemptions may be made for adult returners with experience of the workplace

### **Opportunities for Progression**

Once Learners have achieved the ITEC Level 3 Diploma in Massage they may progress on to other ITEC or equivalent qualifications at Level 3 and 4 for example:

- Level 3 Certificate in Indian Head Massage
- Level 3 Certificate in Stone Therapy Massage
- Level 3 Diploma in Aromatherapy
- Level 3 Diploma in Reflexology
- Level 3 Diploma in Yoga Teaching
- Level 3 Diploma in Thai Massage
- Level 3 Diploma in Infant and Child Massage
- Level 3 Diploma in Reiki
- Level 3 Diploma in Spa Treatments
- Level 4 Diploma in Spa and Salon Management
- Level 4 Certificate in Sports Massage Therapy

For further Awards, Certificates and Diplomas please go to [www.itecworld.co.uk](http://www.itecworld.co.uk)

### **Opportunities for Employment**

There are opportunities for Massage Therapists to find employment in a variety of areas:

- Complementary health clinics
- Primary health trusts
- Beauty salons
- Spa
- Cruise ships
- Hotels or resorts
- Own clinic

Please see the letters of support from employers within the industry, including [Steiner Trading Ltd](#), [The Carlton Group](#), [Champneys](#), [Room B](#), [Senses Skin Care Centre](#), [Alexandra House](#), [House of Beauty](#) and [LYS Love Your Skin](#)

### **Relationship to National Occupational Standards**

ITEC has mapped to National Occupational Standards where they exist and has ensured that best practice in the workplace has been reflected in the qualification. ITEC has linked the qualification to the

relative job roles as well as ensuring that the qualification reflects the required level of knowledge and ability for the Massage Therapist at Level 3

### **Professional Body Membership and Insurance**

Professional Indemnity and Public Liability Insurance can be obtained via The Complementary Therapist Association ([www.CThA.com](http://www.CThA.com)) and other Industry Associations who recognise the ITEC Diploma