



**ITEC Level 3 Diploma in Massage**  
**QAN 600/5503/0**  
**Learner Guidance Notes**

**General Advice**

**1. Requirements for Undertaking this Qualification**

ITEC recommend that you should have achieved a level of education equivalent to five GCSEs at grade A\*-C prior to commencing the ITEC Level 3 Diploma in Massage; however, your Centre may make exemptions for adult returners with experience of the workplace

**2. Structure of the Qualification, Guided Learning (GL)**

The ITEC Level 3 Diploma in Massage is comprised of 4 mandatory units with a total of 296 hours of Guided Learning (GL) in order to achieve the full qualification. However, you will also be required to complete further study and generate evidence of your learning in your own time. This is known as Total Qualification Time (TQT), please see Table 1 and 2 below:-

Table 1

<b>ITEC Unit Number</b>	<b>Unit Title</b>	<b>Assessment</b>	<b>Grading</b>
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

**Total Guided Learning (GL) - 296**  
**Total Qualification Time (TQT) - 567**  
**Total Credit Value for the Qualification – 57**

Additional optional elective unit

Table 2

<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	Assignment	Pass or Refer

**Total Guided Learning including the Additional Optional Elective Unit - 326**  
**Total Qualification Time (TQT) including the Additional Optional Elective Unit - 627**

### 3. Grading of the Qualification

All assessment tasks required for each unit of the qualification (detailed in Table 1 and 2 above) must be completed and awarded a Pass mark before the full qualification can be certificated

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

Your results and Certificates will be sent to your Centre by ITEC. Therefore, you will need to collect your results and Certificates from your Centre

### 4. Assessment of the Qualification

The ITEC Level 3 Diploma in Massage will be internally and externally assessed using a variety of assessment methods as set out in Table 1 and 2 above

Once you have completed all the specified assessments for the qualification and your Lecturer has awarded a Pass mark for all the evidence you have submitted, you will have a Final External Practical Examination carried out by an ITEC Examiner, who will also verify a sample of all the evidence you have completed during your training to ensure it meets the ITEC standard

#### Practical Examination Sequence

Once all aspects of the mandatory units have been completed, you will complete a Final Internal Practical Assessment. This will be observed by your Lecturer using the ITEC Internal Assessment forms. The results will be reviewed by the ITEC External Examiner on the day of your Final External Practical Examination

- a. You will perform the following treatments in sequence for your internal and external practical examinations:
- b. Practical examination sequence – approximately 45 minutes

You will need to supply a client that can receive all the following treatment in order to complete your examination:-

Unit 380 – Provide Body Massage for Complementary Therapies

- Consultation must be carried out prior to the examination
  - Clients should be on the couch ready for the examination
  - The ITEC External Examiner will see massage performed on one arm, one leg (front and back), abdomen, back, chest, neck, face and scalp in whatever order the Learner has been taught
  - Clients should be helped off the couch
- c. You will be asked oral questions during the Final Practical Examination
  - d. You will need to complete Consultation Forms for your client for each unit of the ITEC External Examination. They should be reviewed and completed at the end of the treatment and will be taken away by the Examiner
  - e. You will need to demonstrate excellent hygiene and client care throughout your examination as well as competence in all your skills
  - f. The ITEC Examiner may reduce the treatment timings, as the examination is a demonstration of your professionalism and your accomplished skills

#### Multiple-choice Tests

Each question is formatted in the same way:

- 1 stem (the question)

- 1 key (the correct answer)
- 3 distractors (incorrect answers)
- You must indicate the answer you believe is correct by placing a mark in the appropriate box on your answer sheet

Multiple-choice tests are used for unit 383 - Online testing of all relevant units is also available

### Assignments

- Units 384, 385 and 386 are assessed by the completion of an assignment
- Your assignments form part of your internal assessment and should be assessed throughout your training by your Lecturer using the ITEC Guidance Forms
- The criteria for the assignments are detailed on the Assignment Guidance and Assessment Form
- Your Lecturer will complete the ITEC Assessment Forms and ensure they are ready for verification by the ITEC External Examiner
- The internal assessment(s) will be conducted by the Centre's Lecturer/Internal Verifier(s) and will be sampled by the ITEC External Verifier

### Treatment Evidence/Case Studies

You are required to provide evidence of treatments that you have performed on clients during your training under the supervision of your Lecturer who will monitor the quality of your treatments in order to ensure that they meet the ITEC criteria

- The criteria are detailed on the Treatment Evidence Guidance Forms. They are graded Pass or Refer
- You will need to complete a Client Consultation Form as evidence that you performed the required number of treatments during your training (see Table 1 and 2) as they form part of your internal assessment for the qualification. They can be stored in your ITEC E-portfolio

## 5. Resources

Your Centre must provide a suitable environment for teaching the ITEC Level 3 Diploma in Massage as well as all equipment both fixed and free standing to complete all aspects of the qualification. You may need to supply some consumables and/or towels in order to complete your training

## 6. Opportunities for Progression

Once you have achieved the ITEC Level 3 Diploma in Massage you may progress on to other ITEC or equivalent qualifications at Level 3 or 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 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)

## **7. 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. The ITEC Level 3 Diploma in Massage also enables Graduates to apply for membership of The Complementary Therapist Association

## **8. Support from Industry**

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

## **9. Book List**

A full book list can be found [here](#)

## **10. E-learning Resources**

A full list of E-learning resources can be found [here](#)