



Course Information, Curriculum and Modules

Diploma in Swedish Massage

27 Craigs Avenue, Corstorphine,
Edinburgh, EH12 8HS

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Email: info@scottishmassage.co.uk

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www.facebook.com/scottishmassage/



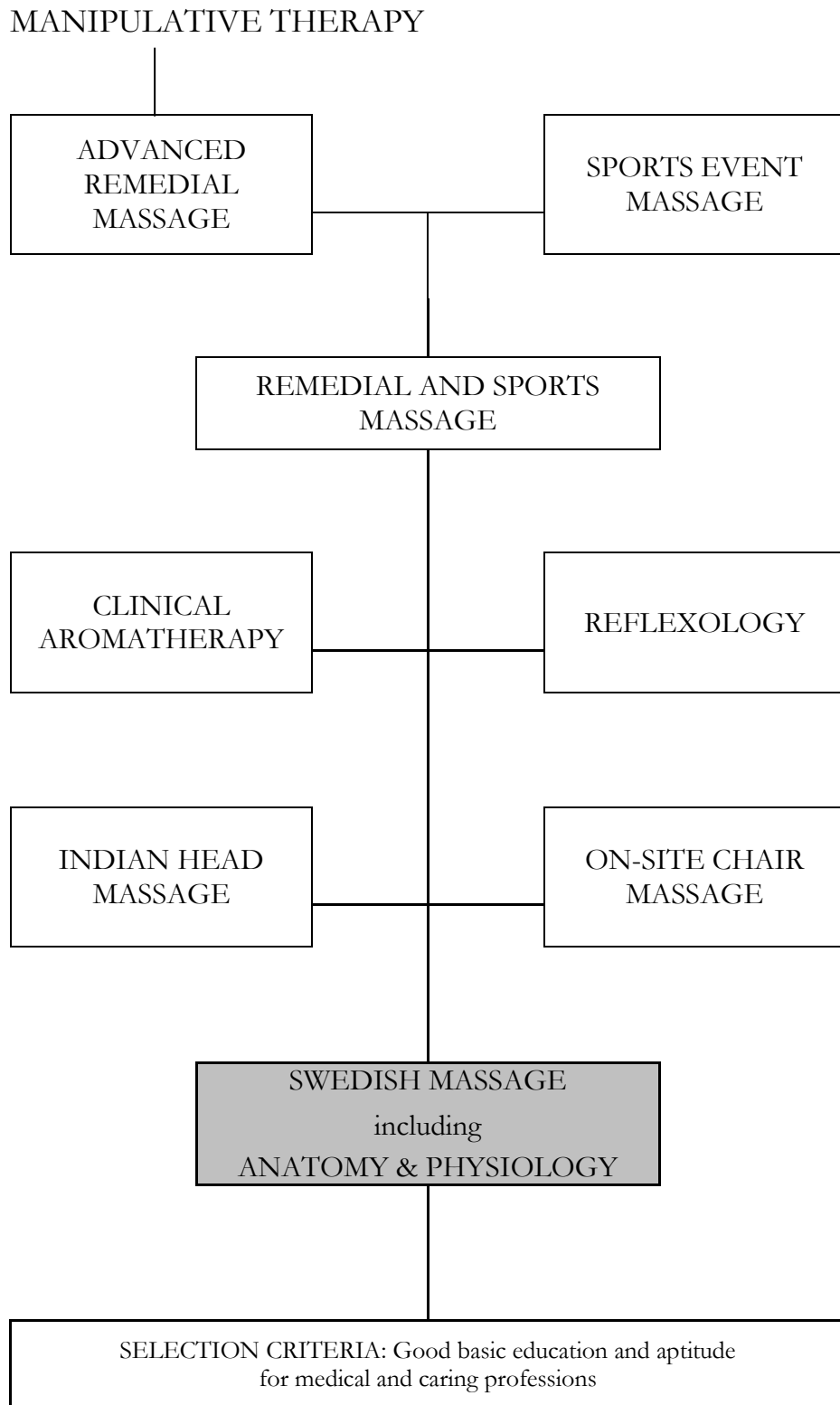
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CAREER PROGRESSION

The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





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Scotland's leading provider of complementary therapies training

DIPLOMA IN SWEDISH MASSAGE

**Welcome to the Scottish Massage Schools'
Diploma in Swedish Massage course held in
Aberdeenshire, Inverness, Edinburgh and the Scottish Borders.**

Please find enclosed information about our Diploma in Swedish Massage course, an outline of the weekends and the contents of the modules. As well as being a qualification in its own right, the Swedish Massage course is the first step in a full career progression to Remedial & Sports Massage, Advanced Remedial Massage, Sports Event Massage, and Manipulative Therapy, as well as Reflexology, Aromatherapy, On-Site Chair Massage and Indian Head Massage.

We are an SQA Approved Centre. Our Swedish Massage course contains two SQA Higher National Units: F9T5 34 - Human Anatomy & Physiology at SCQF level 7 and DN6C33 - Body Massage at SCQF level 6.

The course is a lot of fun, and as Swedish Massage is so beneficial to health, you will not only be learning new skills, but also maintaining and restoring your own health!

We include a brochure, which contains the dates of the current course, and an application form.

We look forward to hearing from you.

Best wishes,

Lorna Forrester

Lorna Forrester
Principal



DIPLOMA IN SWEDISH MASSAGE

The Scottish Massage Schools' Swedish Massage Diploma course serves both as a Diploma course in its own right in that the graduating Massage Therapist may join a professional body approved by the General Council for Massage Therapy (GCMT). This will allow the therapist to obtain the necessary professional insurance and then set up in practice as a sole-trader, home-visiting or work for a gym, hotel or health clinic etc.

To gain a Diploma in Swedish Massage the student must:

- (i) attend 125 hours of training over 8 weekends as stipulated
- (ii) complete home assignments and essay, and practice the practical skills learned at each weekend
- (iii) attain the required standard, passing the final written and practical examinations
- (iv) compile the required case studies to the standard required
- (v) have the attitude and professionalism required to become a professional Massage Therapist

This Course is designated as Part I of the progression 'tree', by Scottish Massage Schools

Part I: consists of eight (8) weekends (120 hours) of anatomy, physiology, practice management and Swedish Massage to SVQ Level 3.

ENTRY REQUIREMENTS

Part I: A good basic education and an interest and enthusiasm for the caring professions. Time and motivation are necessary for the home study required, as well as a reasonable level of fitness!

It is suggested that students hold English and Maths at Nat 5/ Standard Grade / O'Grade / GCSE / O'Level or equivalent. Students for whom English is a second language should be confident about learning in English.

If you have any queries about whether this course is right for you, please get in contact with the SMS Principal

FURTHER TRAINING

On completion of Part I – Swedish Massage Diploma course, graduates will have the entry requirements for one of the Part II courses, which follow on in:

- Remedial and Sports Massage (which leads on to Part III - Advanced Remedial Massage or Sports Event Massage Diploma course);
- Clinical Aromatherapy
- Reflexology
- On-Site Massage
- Indian Head Massage

AFFILIATION

This course is affiliated to the Scottish Massage Therapists Organisation (SMTTO), the pre-eminent Organisation in Scotland working to unite Scotland's Massage Therapists, Remedial and Sports Massage Therapists, Advanced Remedial Massage Therapists, Clinical Aromatherapists and Reflexologists.

Graduates are invited to join the SMTTO for membership and insurance to practice, on completion of the Diploma in Swedish Massage.

SCOTTISH MASSAGE SCHOOLS

Aberdeen: **The Studio**, New Inn Courtyard, Market St, Ellon, AB41 9JD

Inverness: **Chieftain Hotel**, Millburn Road, Inverness, IV2 3PS.

Edinburgh: **Edinburgh Academy Junior School**, 10 Arboretum Road, Edinburgh EH3 5PL

Borders: **St Boswell's Village Hall**, Jenny Moore's Rd, St Boswells, Melrose TD6 0AA

For course details at all schools, please contact Lorna Forrester, Principal, Scottish Massage Schools, on:

08454-757871 or 07917-757871 or info@scottishmassage.co.uk

PART I – SWEDISH MASSAGE

DATES

These are found enclosed in the course letter. Swedish Massage course dates for all courses can be found on Scottish Massage Schools' website <http://www.scottishmassage.co.uk/diploma/swedishDates.html>

DURATION

Each course runs one weekend a month for 8 months. Each weekend is 8.30am – 5pm both days.

FEES

There is a non-refundable registration fee to be paid when you apply. Then tuition fees can either be paid at the beginning of the course, in two payments, or paid monthly by banker's order over 6 months. It is cheapest to pay the fees up front.

Should a course not run, the registration fee and any tuition fees paid, will be returned. All fees must be paid by weekend six (6). Failure to comply will result in exclusion from the final exams.

Where full tuition fees have been paid at the beginning of the course, there are no refunds after weekend one (1). However, if due to illness or a family death, students can defer onto the next course and the fees will move with them, over to the next course, subject to an admin fee of £100.

REGISTRATION

Please complete an application form and return it to Scottish Massage Schools (SMS), along with your non-refundable registration fee, as soon as possible to avoid disappointment.

ATTENDANCE

We recommend 100% attendance, however a minimum of 7 weekends must be attended to be award the diploma. Weekend 7 with first aid training **cannot** be missed. Attendance can usually be made up at another venue, or if you already hold a first aid certificate perhaps through your work, that can be used instead.

ABSENCE

Please discuss any planned absences before the start of the course. Attendance at another venue or a 'catch-up' of the practical aspect of the course can be arranged for one (and only one) weekend missed, however, there will be a charge of £50 to cover the tutor's time.

REQUIREMENTS

Please **bring two pillows in pillowcases, 1 bath sheet, 2 bath towels, and 2 small hand towels to each weekend**, plus a portable couch (if you own one). We do have some stored at each of our venues. A notebook and pen would also be useful.

COURSE BOOKS

“**Anatomy, Physiology and Pathology for the Massage Therapist**” by Su Fox and Darien Pritchard ISBN 1903333075 (available online from Amazon).

HANDOUTS

You will receive handouts each weekend, which we hope will help you in your studying.

TEACHING METHODS

Though beginners are catered for, the range of knowledge and background obviously varies. With this in mind the course is structured to include a variety of teaching methods. The theoretical part of the course tends to take place in the mornings and is mainly powerpoint lectures.

The Practical in the afternoons takes place in small groups so that students can also observe their peers learning the techniques. The teacher-student ratio in practical work is usually 1:8.

SPECIAL LEARNING NEEDS

SMS is experienced in supporting students with physical, auditory, visual and learning needs. If you have particular physical, auditory, visual or learning needs that you would like to discuss, please call SMS on 08454-757871 or 07917-757871 or speak to your Course Leader at weekend 1.

HOME STUDY & PRACTICE

It is estimated that home study will involve 5-10 hours per week though this will obviously vary from student to student. Students are encouraged to meet between weekends to study and practice. In addition, it is expected that a student practises the practical skills taught.

HOMEWORK

There will be homework set at the end of weekends 1-5; homework forms part of the course. This is posted or emailed to a course tutor (details will be given at the beginning of the course) within 14 days of each course weekend.

CASE STUDIES

A record of clients receiving massage treatments is required and will be done as homework. There are also case studies done in class, three of which will be assessed. (Guidelines and checklists will be given to assist).

ESSAY

You are required to write an essay as part of the course, the subject of which will be the effects of Swedish Massage Therapy on the 11 systems of the body. Though this is covered on the course, some internet research will be required. We will suggest some good websites to look at, which will help you with your research. Students will be provided with clear and detailed guidelines about how to research the subject and construct the essay.

STANDARDS

A programme of continuous assessment is in situ. In order to sit the final assessments, all homeworks, case studies and essay must have been completed and submitted, before students are allowed to undertake the final assessments at weekend 8.

FORMAL ASSESSMENTS

Examinations are sat on weekends 5-8. The examinations consist of practical and written assessments. Guidelines to the assessments will be given out weekend 4.

INTERNAL VERIFICATION

All assessments will be Internally Verified to ensure that standards are upheld. We may also be externally verified by SQA.

PLAGIARISM

Intentional plagiarism will not be tolerated and will result in disciplinary action will be taken, most likely resulting in the student being removed from the course.

RESITS

If the required standard is not reached and the examinations are not passed; resits will be organised within one month of the examination date. Resit fee £50 per assessment.

APPEALS

There is an appeals procedure. Please ask for details if required.

DIPLOMA

A Diploma in Swedish Massage is awarded to those candidates who are successful on the course, assuming that all criteria have been satisfied and fees paid. The candidate is considered to be a professional Massage Therapist and Graduates will be entitled to use the letters DSM (Diploma in Swedish Massage) after their name.

DISCONTINUATION OF TRAINING

The Principal and/or Head of Studies reserve the right to discontinue the training with any trainee therapist who is likely to bring disrepute to the profession or is not keeping studies & finances up to date. If the trainee decides to defer training, this can only be to the next running course, without further charges being incurred. Training will pick up from where they previously stopped. Joining a later course means starting from the beginning again with additional fees to pay.

INSURANCE

Insurance to work as a massage therapist to treat clients on completion of the Diploma in Swedish Massage course can be obtained through various organisations. We will talk to you about this weekend 8 of the course.

FIRST AID

A certificate of First Aid will be completed during the course, usually at weekends 7.

PROFESSIONAL BODY

Graduates are actively encouraged to join a Professional Body. There are many, but the Scottish Massage Therapists Organisation (SMTO), the leading body here in Scotland, and who SMS is affiliated to. The CNHC is another body that SMS supports.

SWEATSHIRTS/POLOSHIRTS

School sweatshirts and poloshirts are available in various colours, as well as oils and waxes, consultation forms and treatment records. Sometimes muscle charts and audio CDs are also available.

POST-GRADUATE TRAINING

Post-graduate workshops and training days will be arranged, and graduates will be informed. To further develop confidence and competence it is important to update skills and attend anatomy and pathology lectures. These are available through Scottish Massage Schools, SMTO and each of the individual schools. Details are publicised on www.scottishmassage.co.uk.

FURTHER TRAINING

Remedial and Sports Massage:	Courses held in Aberdeen, Edinburgh and Inverness
Advanced Remedial Massage:	Courses held in Edinburgh
Sports Event Massage:	Courses held in Perth
Reflexology:	Courses held in Aberdeen, Edinburgh, and Inverness
Clinical Aromatherapy:	Courses held in Edinburgh
On-Site Massage:	Courses held in Aberdeen, Edinburgh and Inverness
Indian Head Massage:	Courses held in Aberdeen, Edinburgh and Inverness

Please ask for course dates, details and modules, or they can all be found on the SMS website www.scottishmassage.co.uk

COURSE TUTORS

Lorna Forrester BSc MBA RMT DCA DIR DOSM DSM SMTO TQFE- Principal of Scottish Massage Schools. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

Lori Smith DSM DRSM DSEM Med Acup SMTO CNHC STO - Leader of the Swedish Massage course in Aberdeen. Lori runs busy clinics in Ellon and Peterhead where she practices Swedish, Remedial & Sports Massage, Hot Stone & Aromatherapy Facial Massage, Kinesio Taping and Medical Acupuncture. She also works closely with local sport clubs.

Gary Morrison DARM DRSM DSM Med Acup SMTO - Leader of the Swedish Massage course in Inverness. Gary runs a busy clinic in Huntly using Advanced Remedial Massage & Medical Acupuncture. He also offers Oncology Massage and most recently Baby Massage.

Barbara Fairbairn DRSM DSM SMTO - One of the leaders of the Swedish Massage course in Edinburgh. Barbara works in a busy practice using Swedish, Remedial and Sports Massage, Emotional Freedom Technique and Thai Foot Massage.

Katy Master DARM DRSM DSM Med Acup SMTO - Leader of the Swedish Massage course in the Borders. Katy runs a busy massage practice from her home in Coldingham, using Advanced Remedial Massage and Medical Acupuncture. She is also trained in Oncology Massage.

MODULES – DIPLOMA IN SWEDISH MASSAGE

- Module 1: Anatomy, Physiology and Pathology
- Module 2: Stress Management
- Module 3: Swedish Massage
- Module 4: Practice Management
- Module 5: First Aid

CONTENTS OF MODULES

MODULE 1 – ANATOMY, PHYSIOLOGY AND PATHOLOGY

MODULE 1-A CELLS, TISSUES AND FUNCTIONS; TERMINOLOGY

- (a) The make up and contents of a typical cell. The contents to include:
 - (i) basic structure of the cell
 - (ii) cell membrane
 - (iii) cytoplasm
 - (iv) the Golgi apparatus
 - (v) the mitochondria
 - (vi) lysosomes
 - (vii) organelles
- (b) Cell division: cell physiology
- (c) Types of tissues found in the human body to include:
 - (i) epithelial tissue – simple squamous, cuboidal, columnar, transitional and glandular
 - (ii) connective tissue – specialised cells, fibres, matrix, loose, dense, elastic and reticular connective tissues, adipose tissue, cartilage, bone, blood lymph and tissues which produce blood cells
 - (iii) muscle tissue – skeletal, cardiac, smooth
 - (iv) nervous tissue
 - (v) membranes – mucous, serous
 - (vi) neoplasms and abnormal growths
- (d) Terminology:
 - (i) words pertaining to parts of the body
 - (ii) basic medical terminology

MODULE 1-B THE SKELETAL SYSTEM

- (a) The role of the skeletal system - support, protection, production of blood cells, storage of tissue salts.
- (b) Types of bone: long, flat, short, irregular, sesamoid.
Macroscopic and microscopic anatomy and the development of bone.
- (c) Bones of the axial and appendicular skeleton.
- (d) Bone deformities and bone disorders.

MODULE 1-C THE ARTICULATORY SYSTEM

- (a) The classification of Joints:-
 - (i) fibrous
 - (ii) cartilaginous
 - (iii) synovial
- (b) Types of Synovial Joints:-
 - (i) ball and socket
 - (ii) condyloid
 - (iii) gliding
 - (iv) hinge
 - (v) pivot
 - (vi) saddle
- (c) Movements of joints – terminology
- (d) Anatomy of the:-
 - (i) shoulder joint and shoulder complex
 - (ii) shoulder girdle
 - (iii) elbow joint
 - (iv) wrist, hands and finger joints
 - (v) hip joint

- (vi) joints of the pelvic girdle
- (vii) knee joint
- (viii) ankle, foot and toe joints
- (ix) temporo-mandibular joint
- (x) sternum, clavicle and ribs
- (e) Anatomy of the vertebral column:-
 - (i) cervical spine
 - (ii) thoracic spine
 - (iii) lumbar spine
 - (iv) sacrum
 - (v) coccyx
- (f) The intervertebral disc and its functions
- (g) Diseases and abnormalities of joints

MODULE 1-D THE MUSCULAR SYSTEM

- (a) Types of muscle:
 - (i) smooth
 - (ii) cardiac
 - (iii) skeletal
- (b) Characteristics of muscle
- (c) Structure of muscle
- (d) The function of muscle
- (e) Principles of muscle contraction
- (f) The origins, insertions and actions of 50 major skeletal muscles
- (g) Muscle conditioning, strengthening and stretching
- (h) The relationship between muscle health and circulation
- (i) Effects of trauma and exercise

MODULE 1-E THE INTEGUMENTARY SYSTEM

- (a) The structure and function of the skin:-
 - (i) epidermis
 - (ii) dermis
 - (iii) subcutaneous layer
- (b) Accessory organs of the skin:-
 - (i) hair follicles
 - (ii) sebaceous glands
 - (iii) nails
 - (iv) sweat glands
- (c) Functions of the skin: protection, absorption, excretion, secretion and temperature control
- (d) Skin Disorders

MODULE 1-F THE CARDIOVASCULAR SYSTEM

- (a) The structure and function of:-
 - (i) heart
 - (ii) arteries
 - (iii) arterioles
 - (iv) capillaries
 - (v) venules
 - (vi) veins
- (b) Blood:-
 - (i) function and composition

- (ii) the coagulation of blood
- (iii) disorders of the blood
- (c) The physiology of circulation:
 - (i) pulmonary circulation
 - (ii) systemic circulation
 - (iii) blood pressure
- (d) Disorders of the cardiovascular system
- (e) Exercise and its effects on the cardiovascular system

MODULE 1-G THE LYMPHATIC SYSTEM

- (a) The structure and function of the lymphatic system
 - (i) lymph
 - (ii) vessels, capillaries and trunks
 - (iii) collecting ducts
 - (iv) lymphatic nodes
- (b) Organs connected with the lymphatic system:-
 - (i) spleen
 - (ii) thymus gland
 - (iii) tonsils and adenoids
 - (iv) Peyers' patches
- (c) Immunity
- (d) Disorders of the lymphatic system

MODULE 1-H THE NERVOUS SYSTEM

- (a) The general function and role of the nervous system
- (b) The nerve:
 - (i) structure
 - (ii) nerve pathways and transmission
 - (iii) the synapse
- (c) The reflex arc
- (d) The central nervous system - the brain and cranial nerves
- (e) The peripheral nervous system - the spine and spinal nerves
- (f) The autonomic nervous system - sympathetic and parasympathetic
- (g) The nervous system and related pathology

MODULE 1-I THE ENDOCRINE SYSTEM

- (a) The endocrine and exocrine glands
- (b) Hormones, their actions and interactions with the nervous system and their regulation and transport
- (c) The position, structure and function of:-
 - (i) pituitary gland
 - (ii) thyroid gland
 - (iii) parathyroid glands
 - (iv) adrenal glands
 - (v) pancreas
 - (vi) pineal gland
 - (vii) thymus gland
 - (viii) testes and ovaries
- (d) Disorders of the endocrine system

MODULE 1-J THE RESPIRATORY SYSTEM

- (a) The organs of the respiratory system:-
 - (i) nasal cavity
 - (ii) pharynx
 - (iii) larynx
 - (iv) trachea
 - (v) bronchi
 - (vi) lungs
- (b) The physiology of respiration:-
 - (i) pulmonary ventilation
 - (ii) inspiration
 - (iii) exhalation
 - (iv) modified respiratory movements
- (c) The exchange of gases
- (d) Internal and external respiration
- (e) The transport of gases
- (f) Control of respiration
- (g) Factors influencing the respiratory system
- (h) Disorders of the respiratory system

MODULE 1-K THE DIGESTIVE SYSTEM

- (a) The digestive processes and organisation of the gastro-intestinal tract
- (b) The position, structure and function of:-
 - (i) oral cavity, tongue and pharynx
 - (ii) salivary glands
 - (iii) oesophagus
 - (iv) stomach
 - (v) pancreas
 - (vi) liver
 - (vii) gallbladder
 - (viii) small intestine - duodenum, jejunum, ileum
 - (ix) large intestine
 - (x) rectum and anus
- (c) The actions of enzymes and digestive secretions on:-
 - (i) carbohydrates
 - (ii) proteins
 - (iii) fats
- (d) Nutrition
- (e) Disorders of the digestive system

MODULE 1-L THE URINARY SYSTEM

- (a) The position, structure and function of:-
 - (i) kidneys
 - (ii) ureters
 - (iii) bladder
 - (iv) urethra
- (b) The formation and elimination of urine
- (c) Disorders of the urinary system

MODULE 1-M THE REPRODUCTIVE SYSTEM

- (a) The position, structure and function of:-
 - (i) ovary
 - (ii) uterine tubes
 - (iii) uterus
 - (iv) vagina
 - (v) mammary glands
 - (vi) testes
 - (vii) epididymus
 - (viii) prostate gland
 - (ix) scrotum
 - (x) penis
- (b) Pre-menstrual tension, menstruation and menopause.
- (c) Disorders of the male and female reproductive systems.

MODULE 1-N PATHOLOGY

- (a) Definition of pathology
- (b) The inflammatory response
- (c) The acute condition
- (d) The chronic condition
- (e) The emergency condition
- (f) Pathological conditions as related to the different systems; referral protocols

MODULE 2 – STRESS MANAGEMENT

- (a) Stress
 - (i) definition
 - (ii) recognising stressors
 - (iii) signs and symptoms of stress
- (b) General Adaptation Syndrome:
 - (i) the alarm reaction - 'fight or flight'
 - (ii) the resistance reaction
 - (iii) final phase - exhaustion
- (c) Effects of long-term stress
- (d) Stress and disease
- (e) Stress Management
- (f) Stress and relaxation – some techniques

MODULE 3 – SWEDISH MASSAGE

- (a) The history, philosophy and role of Swedish Massage
- (b) The benefits and physiological effects of massage - general and specific including the effects of massage on the different systems of the body
- (c) How to present oneself professionally with due regard to hygiene, manner and posture
- (d) The preparation and maintenance of the working area with due regard to the safety and comfort of the client.
- (e) The consultation, history taking and evaluation of the client, checking for cautions and contra-indications and assessing the client's needs, referring clients where appropriate.
- (f) The safe and practical application of the movements of massage incorporating safe and efficient posture and the uses and effects of the different moves:-
 - (i) effleurage
 - (ii) petrissage
 - (iii) friction

- (iv) vibration
- (v) mobilisation
- (vi) tapotement
- (g) Relating the manual techniques of massage to knowledge of anatomy and physiology
- (h) Swedish massage to legs, feet, arms & hands, back & hips, neck & shoulders (seated and prone), abdomen, face & head, and full body massage.
- (i) Care of clients with special needs:
- (j) The evaluation of the effectiveness of the Swedish Massage, aftercare and advice, common client reactions to massage treatment.

MODULE 4 – PRACTICE MANAGEMENT

- (b) Ethics and Professionalism – how to interpret and apply rules and ethics of professional practice and codes of conduct
- (c) Setting up and managing and promoting a Massage Therapy Practice:
 - (i) advantages and disadvantages of the different types of employment
 - (ii) the legal requirements to establish and maintain a practice
 - (iii) managing a business in the capacity of a sole trader
 - (iv) financial considerations and calculating charges for treatment
 - (v) the importance of effective marketing
- (d) Record keeping – taking and keeping client’s notes, keeping accounts, legalities, insurance and public liability

MODULE 5 – FIRST AID

- (a) Identifying the emergency condition
- (b) Emergency procedures and immediate action response
- (c) Cardio-pulmonary resuscitation
- (d) First Aid management of burns, head injuries, strokes, heart attacks, fainting, choking, shock and haemorrhage
- (e) First Aid treatment of sprains and strains.

WEEKEND 1	WEEKEND 2	WEEKEND 3	WEEKEND 4
<p>Introduction to SMS / house-keeping</p> <p>Introduction to the human body – cells, organs & systems – overview</p> <p>Anatomical terms and movements of the body.</p> <p>Cautions and contraindications</p> <p>Introduction to pathology</p> <p>The skeletal system</p> <p>Anatomy of the</p> <ul style="list-style-type: none"> • Lower limb <p>Practice Management:</p> <ul style="list-style-type: none"> • the therapist, treatment room and choosing a couch • Intro to Swedish Massage • Intro to Massage, its effects and benefits • Holistic Approach <p><u>Practical Assignment</u></p> <p>Movements of massage: effleurage, friction, petrissage, vibrations, tapotement.</p> <p>Swedish massage to the</p> <ul style="list-style-type: none"> • lower limb <p>Landmarks of the lower limb.</p>	<p>Tissues of the body</p> <p>The muscular system</p> <p>The integumentary system</p> <p>Anatomy of the</p> <ul style="list-style-type: none"> • Ankle & foot • Pelvis & Hips <p>Essay guidelines</p> <p>Practice Management:</p> <ul style="list-style-type: none"> • the consultation: assessing the client's needs • treatment records • advice and aftercare <p>Case study guidelines</p> <p><u>Practical Assignment</u></p> <p>Movements of massage: mobilisation</p> <p>Swedish massage to the:</p> <ul style="list-style-type: none"> • lower leg and feet • pelvic & hip area <p>Landmarks of the ankles & feet and pelvis & hips</p>	<p>The nervous system</p> <p>The endocrine system</p> <p>The cardiovascular system</p> <p>The respiratory system</p> <p>Anatomy of the</p> <ul style="list-style-type: none"> • back • neck • shoulders <p>Body Analysis (Somatypes)</p> <p>Practice Management:</p> <ul style="list-style-type: none"> • treatment records • advice and aftercare <p>Body Massage written exam</p> <p><u>Practical Assignment</u></p> <p>Swedish massage to the back, neck & shoulders (lying / seated)</p> <p>Landmarks of the back, neck and shoulders</p> <p>Case Study 1 – treatment 1 - observation</p>	<p>The digestive system</p> <p>The urinary system</p> <p>The lymphatic system</p> <p>The reproductive system</p> <p>Anatomy of the</p> <ul style="list-style-type: none"> • upper limb • abdominal area <p>Hand fitness & importance of good posture.</p> <p><u>Practical Assignment</u></p> <p>Swedish massage to the upper limb (supine & seated)</p> <p>Landmarks of the back, neck, shoulder and abdominal areas</p> <p>Case Study 1 – treatment 2 - observation</p>

WEEKEND 5	WEEKEND 6	WEEKEND 7	WEEKEND 8
<p>Homeostasis:</p> <ul style="list-style-type: none"> • Calcium homeostasis • Blood Sugar homeostasis • Cardiovascular homeostasis • Respiratory homeostasis • General Adaptation Syndrome <p>Stress:</p> <ul style="list-style-type: none"> • effects on health, and some ways to manage it. • Benefits of relaxation <p>The Inflammatory Response.</p> <p>Anatomy of the</p> <ul style="list-style-type: none"> • Abdomen area <p>Group revision session.</p> <p>Assessment guidelines</p> <p><u>Practical Assignment</u></p> <p>Swedish Massage to the Abdomen Relaxation Techniques</p> <p>Case Study 1, treatment 3 - Assessment</p>	<p>Final written assessments</p> <p>Paper 1 (Sk, Ms, CV)</p> <p>Anatomy of the</p> <ul style="list-style-type: none"> • Head • Face <p>Group revision session</p> <p><u>Practical Assignment</u></p> <p>Swedish Massage to the Face & Head</p> <p>Case study 2, treatment 1</p> <p>Case study 3, treatment 1</p>	<p>Final written assessments</p> <p>Paper 2 (remaining 8 systems)</p> <p>First Aid – the emergency condition</p> <p>Care of the pregnant client and other restricted clients</p> <p><u>Practical Assignment</u></p> <p>Case study 2, treatment 2</p> <p>Case study 3, treatment 2</p> <p>Cardio-Pulmonary Resuscitation.</p>	<p>Practice Management:</p> <ul style="list-style-type: none"> • setting up in business • professionalism, ethics and code of conduct. • the importance of Continual Professional Development (CPD) • Scottish Massage Therapists Organisation (SMTO) membership and Insurance • Working with other therapies. <p>Introduction to Remedial Massage: General and Specific assessment procedures.</p> <p>Intro to Oncology Massage</p> <p><u>Practical Assignment</u></p> <p>Case study 2, treatment 3</p> <p>Case study 3, treatment 3</p> <p>Intro to Remedial Massage</p> <p>Intro to Oncology Massage</p>