



VTCT LEVEL 3 DIPLOMA IN BODY MASSAGE TECHNIQUES

Is this the right course for me?

This course is for anyone interested in gaining a qualification in body massage.

What do I need to join the course?

A level 3 qualification in anatomy and Physiology *OR STUDY THIS AT THE SAME TIME.*

You will need to be a person who enjoys communicating with people.

Enthusiasm, dedication and a mature attitude are all necessary to gain the full benefit of the course. A suitable reference will be required.

Students who wish to apply will have to satisfy the College at interview that they are committed and capable of completing academic and practical elements of the course successfully, and meeting the strict codes of behavior and appearance.

Appropriate protective clothing and shoes are a necessary requirement. These can be purchased through the College and should be ordered prior to the start of the course.

What will I be doing?

You will be studying:

***Anatomy and Physiology**

Related Theory (on a separate evening or day).

Principles and Practice of Complimentary Therapy

Knowledge and understanding skills to practice complimentary therapies.

Massage techniques & related theory

The practical application and theory of massage to enable students to perform massage to industrial standards.

Health, Safety and Hygiene for Complimentary Therapies

An understanding of hygiene procedures. Students must be conversant with regard to the codes of practice, local legislation and bye-laws in relation to massage establishments.

All classes are taken in the College's professionally equipped Therapy Studio. Although the assessment of competence in body massage will need to be carried out on clients, initially practical aspects of the course will be achieved by working on fellow students.

How long will the course last and what patterns of attendance are available?

Tuesday*	6.00pm - 9.00pm	Body Massage	30 weeks
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**Days subject to change*

The courses are held at Lowestoft College.

Continued overleaf...

How will my progress on the course be assessed?

Your practical skills will be assessed continuously during client sessions, with possibly a final assessment by an external verifier. A portfolio/log book of evidence will be required to illustrate your understanding of both practical and theoretical aspects of the course. External, multiple choice test papers in Health and Safety and Anatomy have to be passed.

What will I achieve?

VTCT International Institute of Health and Holistic Therapies – Level 3 Certificate in Swedish Massage.

What does it cost?

*Tuition Fees Body Massage	-	£tba	Uniform - £44.00 approx
Materials	-	£25.00	(Order forms available at
VTCT Registration Fee (if applicable)	-	£16.00	your first class)
Assessment Books and Certificate fees	-	£40.00	
Course Text Books	-	£30.00	

A treatment couch will be required for home use at some point throughout the course.

Note

*** A minimum attendance of 80% of lessons is required

And the future?

Students who successfully complete the course may gain employment in:

- Self Employment
- Beauty Salons
- Cruise Ships
- Health Hydros
- Sports Centres
- Ski Centres
- Spas in Holiday Resorts

Enter further training in:

Complementary Therapies Diploma
Reflexology
Aromatherapy
Sports Massage

What should I do now?

If you wish to be interviewed for a place on this course please complete a part time application form and return it to **Reception**. If you have any queries please ring **The Advice Centre** on freephone 0800 854 695 which is open from 8.30 am to 5.00 pm Monday to Thursday and 8.30 am to 4.30 pm Friday.

It is the policy of this College that everyone is entitled to equality of opportunity in education and training.

Please note that all the details on this fact sheet were correct at the time of printing and may be subject to change.

If you would like this factsheet in larger print or alternative format, eg Braille or audio tape, please contact Study Skills Support on (01502) 525191.