

Holistic & Therapeutic Massage Diploma

Holistic Massage Theory - Assessment Criteria

Assessment method	Multiple choice question paper
Duration of assessment	1 hour
Pass mark	60%
Grading	Pass (60%-74%) Merit (75%-89%) Distinction (90%-100%)
Number of questions	50
Format of questions	1 right answer, 3 detractors
Learning outcomes assessed	All learning outcomes
Questions per learning outcome	Understand and explain the importance of self care for the massage therapist (2) Understand and explain the history and origins of massage (1) Understand and explain the holistic approach (2) Understand and explain the term integral biology (1) Understand and explain what is meant by stress (2) Understand and explain how massage can be used to treat stress (2) Understand, recognise and explain the contraindications to massage (5) Understand and explain the issues surrounding consent to treatment (2)

	<p>Understand and explain the major massage techniques and their physiological and psychological effects (10)</p> <p>Understand and explain the physiological and psychological effects of massage (10)</p> <p>Understand and explain the effects of massage on the muscular system (1)</p> <p>Understand and explain the effects of massage on the circulatory system (1)</p> <p>Understand and explain the effects of massage on the lymphatic system (1)</p> <p>Understand and explain the effects of massage on the nervous system (1)</p> <p>Understand and explain the effects of massage on the skeletal system (1)</p> <p>Understand and explain the effects of massage on the digestive system (1)</p> <p>Understand and explain appropriate client care (1)</p> <p>Understand and explain the possible reactions to treatment (2)</p> <p>Understand and explain other complementary therapies, what they are, what they do, and how they are performed (3)</p> <p>Understand and select the appropriate mediums for the treatment of each client's skin type (1)</p>
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