

Sub Sector	HEALTH AND WELLNESS SERVICES/COMPLEMENTARY THERAPY								
Job Area	MASSAGE THERAPY								
Competency Unit Title	HALF BODY MASSAGE								
Competency Unit Descriptor	<p>This competency unit describes the skill, knowledge and attitude requirements in half body massage works on the upper or lower portion of the body by promoting blood circulation, improve lymphatic drainage and align body posture. It also helps in improving minor ailments and strengthens and balance muscular skeletal function.</p> <p>The person who is competent in half body body massage shall be able to assess client half body massage requirements, prepare half body massage work area, prepare client for half body massage, perform half body massage, monitor half body massage procedure, evaluate half body massage program, record half body massage services and manage post massage procedures in accordance with massage treatment specification.</p>								
Competency Unit Code	ETM-XXX-05	Competency Type	Core	Level	3	Training Duration	196	Credit Hour	

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/Environment	Training Hours	Delivery Mode	Assessment Criteria
1. Assess client half body massage requirements	1.1 Verbal and non verbal communication. <ul style="list-style-type: none"> Assessment on client. 1.2 Basic health sciences such as: <ul style="list-style-type: none"> Common medical illnesses Basic nutrition 			10	Lecture	1.1 Verbal and non verbal of communication determined. 1.2 Basic health information determined. 1.3 Half body massage, history, definition,

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
	<p>1.3 Types of half body massage, history, definition, concept and theory methods.</p> <p>1.4 Indication, contraindication and precaution in half body massage.</p> <p>1.5 Type of half body massage method and technique.</p> <p>1.6 Types and purpose of half body massage medium such as:</p> <ul style="list-style-type: none"> • Powder • Oil • Cream • Lotion <p>1.7 Types and usage of half body massage tools.</p>					<p>concept and theory method determined.</p> <p>1.4 Client Indication & Contraindication listed out.</p> <p>1.5 Method and technique foot half body massage determined.</p> <p>1.6 Half body massage medium listed out.</p> <p>1.7 Type and usage of half body massage tools listed out.</p>

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
		1.1 Determine verbal and non verbal communication. 1.2 Determine health condition and lifestyle. 1.3 Demonstrate client reception/pre-counseling. 1.4 Determine skin indication and contraindication. 1.5 Determine type of half body massage method and technique. 1.6 Identify type of half body massage medium.		10	Demonstration & Observation	

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
		1.7 Determine type and usage of half body massage tools.	<u>Attitude:</u> <ul style="list-style-type: none"> - Meticulous in acquiring concept and theory of half body massage. - Accuracy of acquiring Basic Health Science of the client. - Precise in identifying half body massage indication and contraindication. - Skillful polite and courtesy in client handling. - Accuracy in selecting medium. 			

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/Environment	Training Hours	Delivery Mode	Assessment Criteria
2. Prepare half body massage work area	<p>2.1 Types of half body massage tools, material and personal protective equipment (PPE) such as:</p> <ul style="list-style-type: none"> • Glove • mask <p>2.2 Deportment and posture.</p> <p>2.3 Work area ergonomics.</p> <p>2.4 Fire safety procedures</p> <p>2.5 Basic first aid requirement.</p> <p>2.6 Premise housekeeping activities.</p>			10	Lecture	<p>2.1 Arrangement of half body massage tools, material and equipment applied.</p> <p>2.2 Half body massage medium kept in the container, labeled (marked) and arranged.</p> <p>2.3 Proper posture, motion, and ergonomics complied.</p> <p>2.4 Safety equipment is available located in a set place known to all employees.</p> <p>2.5 First aid kit checked and</p>

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
		2.1 Arrange half body massage tools, materials, and equipment. 2.2 Select half body massage medium. 2.3 Apply fire safety procedure. 2.4 Deportment and posture. 2.5 Work area ergonomics. 2.6 Apply basic first aid procedure 2.7 Upkeep work place cleanliness and hygiene. 2.8 Organize treatment area for client needs		10	Demonstration & Observation	replenished. 2.6 Work area cleaned and hygiene maintained

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
			<p><u>Attitude:</u></p> <ul style="list-style-type: none"> - Creative to arrange work area. - Neat and tidy. <p><u>Safety:</u></p> <ul style="list-style-type: none"> - Adhere hygiene guidelines. - Safety conscious to use sanitation and protective equipment. <p><u>Environment:</u></p> <ul style="list-style-type: none"> - Adhere proper ventilation. Relaxing ambience. 			

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/Environment	Training Hours	Delivery Mode	Assessment Criteria
3. Prepare client for half body massage	3.1 Client personal belonging 3.2 Treatment area for client privacy 3.3 Availability of equipment's and consumable product 3.4 Hygiene practices and personnel development requirements and guidelines. 3.5 Basic verbal and non verbal communication			7	Lecture	3.1 Client clothing and amenities kept safely. 3.2 Treatment area for client privacy located. 3.3 Body massage tools, materials, and equipment selected. 3.4 Work environment meet all hygiene and safety requirement and legislation complied.

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
		<p>3.1 Advise client clothing and amenities keep in safe place provided.</p> <p>3.2 Prepare treatment area for client privacy</p> <p>3.3 Ensure availability of equipment's and consumable products for body massage</p> <p>3.4 Ensure work environment meet all hygiene and safety requirement and legislation.</p> <p>3.5 Determine basic verbal and non verbal communication.</p>		10	Demonstration & Observation	3.5 Basic verbal and non verbal communication practiced.

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
			<p><u>Attitude:</u></p> <ul style="list-style-type: none"> - Neat and tidy. - Building rapport with others. - Patience during attending client. - Informative in services given. - Polite in handling client. - Honest in work. <p><u>Safety:</u></p> <ul style="list-style-type: none"> - Adhere hygiene guidelines. - Safety conscious to use sanitation and protective equipment. 			

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
			<u>Environment:</u> - Adhere proper ventilation. - Relaxing ambience			

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/Environment	Training Hours	Delivery Mode	Assessment Criteria
4. Perform half body massage	<p>4.1 Functional anatomy and physiology</p> <p>4.2 Indication and contraindication for half body massage</p> <p>4.3 Effective communication</p> <p>4.4 Overview of minor ailments</p> <ul style="list-style-type: none"> • Pathophysiology (glossary) • Precaution during massage <p>4.5 Technique in body massage such as:</p> <ul style="list-style-type: none"> • effleurage. • petrissage • Vibration • Friction • tapotement • stretching • lymph drainage <p>4.6 Types of medium.</p>			8	Lecture	<p>4.1 Functional anatomy and physiology listed out.</p> <p>4.2 Indication and contraindication of half body massage listed out.</p> <p>4.3 Make communication clear and the importance of clarity described.</p> <p>4.4 Minor ailments listed out</p> <p>4.5 Techniques of half body massage performed.</p> <p>4.6 Types of medium selected.</p>

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
		<p>4.1 Describe functional anatomy and physiology</p> <p>4.2 Identify indication and contraindication for half body massage.</p> <p>4.3 Describe how to make communication clear and the importance of clarity.</p> <p>4.4 Describe of minor ailments</p> <ul style="list-style-type: none"> • Pathophysiology (glossary) • Precaution during massage. <p>4.5 Describe techniques of half body massage such</p>		45	Demonstration & Observation	

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
		as: <ul style="list-style-type: none"> • effleurage. • petrissage • Vibration • Friction • tapotement • stretching • lymph drainage 4.6 Describe types of medium.				

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
			<p><u>Attitude:</u></p> <ul style="list-style-type: none"> - Sincere/ honest on duty - Considerati on apply on duty - Responsibili ty apply do and don't. <p><u>Safety:</u></p> <ul style="list-style-type: none"> - Precaution on workforce - Adhere to guidelines - Ensure safety and monitor workforce - Adhere rules and regulation. 			

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5. Monitor half body massage procedure	5.1 Code of ethics and conduct.			7	Lecture	5.1 Code of ethic and conduct complied and adhered to.
	5.2 Body reaction toward pains.					5.2 Body reaction toward pains is determined.
	5.3 Post massage procedure advice on side effect.					5.3 Post massage procedure advised.
		5.1 Conduct code of ethic.		10	Demonstration & Observation	
		5.2 Identify body reaction toward pains.				
		5.3 Explain post massage procedure advice on side effect.				

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
			<p><u>Attitude:</u></p> <ul style="list-style-type: none"> - Sincere/ honest on duty - Considerati on apply on duty - Responsibili ty apply do and don't. <p><u>Safety:</u></p> <ul style="list-style-type: none"> - Precaution on workforce - Adhere to guidelines - Ensure safety and monitor workforce - Adhere rules and regulation. 			

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/Environment	Training Hours	Delivery Mode	Assessment Criteria
6. Evaluate half body massage services.	6.1 6.1 Types of feedback. <ul style="list-style-type: none"> • Appreciation complaint 6.2 Method of feedback. <ul style="list-style-type: none"> • Written/non written 6.3 Effectiveness of half body massage requirement 6.4 Client home care advice, guidelines and practices			7	Lecture	6.1 Types of feedback determined. 6.2 Method of feedback determined. 6.3 Effectiveness of half body massage ensured 6.4 client home care guidelines and practices
		6.1 Check effectiveness of half body massage <ul style="list-style-type: none"> • Appreciation complaint 6.2 Advise client home care guidelines and practices		15	Demonstration & Observation	

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/Environment	Training Hours	Delivery Mode	Assessment Criteria
			<u>Attitude:</u> - Confidence in communication. - Knowledgeable in types of service given, human behavior and client requirement			
7. Record client's report detail	7.1 Documentation procedures. 7.2 Confidentiality in recording. 7.3 Half body massage product inventory and storage. 7.4 Importance of stock keeping and storage. 7.5 Product in inventory			10	Lecture	7.1 Documentation procedures determined. 7.2 Confidentiality in recording complied. 7.3 Half body massage product is audited. 7.4 Half body massage product is recorded. 7.5 Half body

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/Environment	Training Hours	Delivery Mode	Assessment Criteria
		7.1 Interpret documentation procedures.		15	Demonstration & Observation	
		7.2 Apply confidentiality in recording.				
		7.3 Count half body massage product.	<u>Attitude:</u>			
		7.4 List half body massage product.	- Honest and not bias			
		7.5 Label half body massage product.	- Ethical in perform procedures.			
		7.6 Arrange half body massage product.	- Accuracy in reflex point.			
		7.7 Record product in inventory.	<u>Safety:</u>			
			- Adhere safety and hygiene procedures.			
			<u>Environmental</u>			
			- Create a peaceful and serene ambiance			
			- Recycle usable products			
			- Maintain air pollution level.			

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/Environment	Training Hours	Delivery Mode	Assessment Criteria
8. Store half body massage products	8.1 Product inventory and storage. 8.2 Maintain work area <ul style="list-style-type: none"> • technique of handling material (consumable and non consumable) 			7	Lecture	8.1 Product inventory and storage 8.2 Work area retained 8.3 Massage product inventory record filed.

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
		8.1 Record massage product in inventory such as: <ul style="list-style-type: none"> • Listing • Labeling • Replenish • Arranging • Storing 8.2 Maintain work area. 8.3 Technique of handling 8.4 Identify consumable and non consumable		15	Demonstration & Observation	
		8.5 Technique of sorting material. 8.6 Comply to work area cleaning procedure				

Work Activities	Related Knowledge	Applied Skills	Attitude/Safety/ Environment	Training Hours	Delivery Mode	Assessment Criteria
			<p><u>Attitude:</u></p> <ul style="list-style-type: none"> - Systematic in compiling and storage - Responsible in keeping document in care. <p><u>Safety:</u></p> <ul style="list-style-type: none"> - Regular and random checks to ensure safety is being satisfactory maintained - Adhere safety and hygiene procedure 			
			<p><u>Environment:</u></p> <ul style="list-style-type: none"> - Organized and systematic. - Premise should be well ventilated. 			

Employability Skills

CORE ABILITIES	SOCIAL SKILLS
01.07 Utilize database applications to locate and process information	1. Communication skills
01.11 Apply thinking skills and creativity	2. Conceptual skills
02.09 Prepare flowcharts	3. Interpersonal skills
02.10 Prepare reports and instructions	4. Multitasking and prioritizing
02.11 Convey information and ideas to people	5. Self-discipline
03.09 Manage and improve performance of individuals	6. Teamwork

03.10 Provide consultation and counseling	
03.12 Provide coaching/on-the job training	
03.15 Liaise to achieve identified outcomes	
03.16 Identify and assess client / customer needs	
03.17 Identify staff training needs and facilitate access to training	
04.06 Allocate work	
05.01 Implement project / work plans	
05.02 Inspect and monitor work done and / or in progress	

Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : TRAINEES)
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Massage bed / chair, couch,	1 : 2
Trolley	1 : 2
Massage medium (cream, lotion, powder, oil etc.)	1: 2
Massage apparel (sarong,/shorts, etc.)	1 : 1
Linen	1 : 1
Hair cap	1 : 1
Face mask	1 : 1
Toiletries	1 : 1
Sanitation	1 : 1
Stationeries	1 : 1
Safety box	1 : 1

References

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