
Marking Criteria

iUBT433 – Indian head massage

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical assessment. This will be undertaken by an internal assessor using the internal assessment forms. These must be handed to the external examiner on the day of the final external practical examination.

Learners will be expected to perform an Indian head massage.

Practical examination sequence – approximately 30 minutes

- Consultation to be carried out prior to the exam
- Prepare the client – shoes removed and feet flat on the floor
- Demonstrate Indian head massage – head, face and shoulder massage
- Oral questions may be asked at any time during the examination
- Consultation forms must be filled in by each learner and made available for the external examiner to check. These should be reviewed and completed at the end of the treatment and will be taken away by the external examiner
- Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills
- The external examiner may reduce the treatment timings, as the examination is a demonstration of the learner's professionalism and their accomplished technique
- Approximate time allocated for changeover of practical examination groups – 15 minutes

Learners must achieve a minimum of 3 marks for appearance and 3 marks for client care in order to pass the practical examination.

Learners must be able to demonstrate the following:

Appearance – 5 marks (0.5 marks each)

1. Clean, ironed professional uniform
2. Clean, neat hair, tied back/up if long and off the collar and face
3. Clean hands with short, clean, well-manicured nails with no varnish
4. Clean sensible flat shoes, socks should be worn
5. Tights which are an appropriate colour for the uniform if wearing a skirt
6. No jewellery with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
7. No body or breath odour
8. No chewing gum or sucking sweets
9. No visible undershirts/underwear
10. Skirts to the knee, trousers cropped no higher than calf/trousers not trailing on floor

Client care – 5 marks (1 mark each)

1. Greeted and introduced self to client
2. Assisted the client on/off the couch/chair as appropriate
3. Explained the agreed treatment procedure to the client
4. Ensured the client's comfort/modesty throughout
5. Maintained a positive and professional approach to the client throughout

Hygiene and sterilisation – 10 marks (2 marks each)

1. Cleaned and wiped over equipment with appropriate sanitiser before, during and after use
2. Cleaned and changed towels for each client
3. Sanitised hands before, during and after treatment when appropriate
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Stowed the client's footwear under the couch/chair and ensured that the client's feet were resting on couch roll or a clean towel

Technique and continuity of massage – 5 marks (1 mark each)

1. Adequately massaged each area maintaining contact and linking each movement with effleurage
2. Demonstrated and performed all classical Indian head massage movements in a logical sequence
3. Worked on specific chakras associated with Indian head massage
4. Demonstrated breathing techniques
5. Completed the treatment in a commercially acceptable time

Head massage – 25 marks (5 marks each)

1. Performed effleurage
2. Performed petrissage
3. Performed percussion including Champi
4. Performed Tabla and stroking
5. Performed hair pulling and plucking

Face massage – 15 marks (3 marks each)

1. Performed effleurage
2. Performed petrissage
3. Performed pressure point movements
4. Performed tapotement
5. Positioned and supported client's head correctly

Neck and shoulder massage – 25 marks (5 marks each)

1. Performed effleurage
2. Performed petrissage
3. Performed percussion including Champi
4. Performed friction movements
5. Performed vibration movements

Posture – 10 marks (2 marks each)

1. Maintained the appropriate standing/sitting position for each area
2. Maintained correct position of shoulders
3. Maintained correct position of elbows
4. Maintained correct flexibility of knees
5. Maintained correct flexibility/position of back

Sample oral questions

1. What is the benefit of the movement you are performing?
2. When do we use this movement?
3. What are the contra-indications to the movement?
4. How can you detect a tense/tired muscle?
5. Why is it necessary to carry out a thorough consultation before an Indian head massage?
6. Where is the problem area of your client's back?
7. Which muscles in the problem area have been affected?
8. Which movements would you concentrate on to alleviate this tension?

Document History

Version	Issue Date	Changes	Role
V1	21.01.20	First published	Assessment Lead for Health and Beauty