

The Learning Group Short Course Certificate in Introduction to Massage

Course:	The Learning Group Short Course Certificate in Introduction to Massage
Programme Type:	Provider Programme
Partner Institute:	None
Award Type:	The Learning Group Short Course Certificate
Award Issued by:	The Learning Group
Accredited by:	Not accredited
SAQA ID:	Not accredited
NQF Level:	Not accredited
Credits	Not applicable
Course Duration:	4 Months
Entrance Criteria:	<ul style="list-style-type: none">• Grade 10 AND• Learners must be at least 16 years of age AND• The ability to read and write in English

The Learning Group Short Course Certificate in Introduction to Massage consists of the following subjects:

1. Anatomy and Physiology
2. Professional Salon Skills
3. Introduction to Massage

These subjects cover the following topics:

1. Anatomy and Physiology
 - Cells and tissues
 - Skin, hair and nails
 - The skeletal system
 - Muscles and the muscular system
 - The lymphatic system
 - The nervous system
2. Professional Salon Skills
 - Personal presentation
 - Effective communication
 - Verbal communication
 - Non-verbal communication
 - Observation skills
 - Communicating and working together

- Written communication
- Salon Services
- Dealing with customer complaints
- The receptionist - communicating telephonically
- Assessment techniques and questioning the client
- Questioning techniques
- Contra-indications
- Contra-actions
- Hygiene and avoiding cross-contamination
- Personal hygiene
- Salon hygiene
- Client hygiene

3. Introduction to massage

- *Introduction:*
 - Understanding massage
 - Getting ready for massage
 - Body therapy and aftercare
 - Client consultation
 - Preparing your treatment area
- *Hand and foot massage:*
 - Preparing for massage
 - Hand massages
 - Foot massages
 - Massages for all ages
 - Caring for hands and feet
- *Indian head massage:*
 - An ancient art in a modern world
 - Healthy body, healthy mind
 - Indian head massage techniques
 - The whole works
 - Instant energy
 - Ease your headache
 - Family focus

How is this course assessed?

In order to complete this course successfully, learners will be expected to complete specific assignments AND/OR a Portfolio of Evidence (PoE). There are no exams for this course.

What is a Provider Programme Course?

A provider programme is a course that is developed, curriculated and assessed by The Learning Group. A provider programme carries **no external accreditation** and it has no link to any academic institute. It is a programme intended to provide a learner with knowledge and skills.

A learner is welcome to make reference to his or her successful completion of the provider programme course on his or her CV. Most employers would be happy to see current or potential employees showing interest in improving their skills and knowledge.

According to the *South African Qualifications Authority (SAQA)*, non credit-bearing programmes (such as The Learning Group's provider programmes) can help learners in the following ways:

- They can provide practical or hands-on learning.
- They can increase employability, self-employment opportunities, and mobility within workplaces and sectors.
- They can provide occupationally-directed learning.
- They can contribute towards closing the skills gap as identified in the Workplace Skills Plan, the Sector Skills Plan, and the National Skills Plan.

The Learning Group Short Course Certificate in Introduction to Massage is a Provider Programme.

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