

## Course Training Structure

To qualify as a Massage Practitioner you will need to complete the following courses:-

### 1) Massage Introductory Course

#### Part 1

This popular course is all practical and is takes you step by step through safe & effective massage techniques to enable you to give 30 minute treatments to family & friends. This fun and relaxing course is open to everyone with an interest in massage. The cost of the Weekend is £149 and class times are 10am to 4.30pm on both the Saturday & Sunday.

#### Part 2

Even if you do not want to qualify as a Massage Practitioner but would like to be able to carry out a full body massage then you can attend this Weekend and it will take you through the rest of the required routines. The cost is £149 and again the class times are 10am to 4.30pm.

**This course (parts 1 & 2) is compulsory for those wishing to progress to Practitioner level as not only does it provide a good insight as to whether massage is the right career path for you it also outlines the massage techniques which are expanded upon in the Practitioners Course.**

### 2) Online Anatomy, Physiology & Pathology (VTCT Level 3)

The course is available to you 24/7. You can study from home, at your own pace, at times that suit you. *Please allow for approx. 94 hours of study time.* Online assessments are marked immediately and you can take the final assessment from home if you wish. The hosts, ETS, offer full support and free access to the ETS Resource Centre.

The cost of this course is £398 and includes manuals & exam fees.

Please note, modules 3 & 4 on the Anatomy, Physiology & Pathologies of the Skeletal System & Muscular System **must** be completed prior to starting the Practitioners Massage course.

### 3) Health & Safety – (Online) £49.99

**\*\* This can be completed before, during or after the Practitioners course\*\***

This module, in brief, covers:-

- Risk assessments, hazards, record keeping
- Fire & evacuation, reducing risks, fire equipment
- Security
- Services & operations
- Professionalism & community involvement, understanding the codes of practice & ethics
- Protection from abuse, creating a safe working environment, working with minors & other vulnerable groups

Full details can be found on our website.

### 4) Practitioners Massage Course

This 5 weekend course contains further development of massage techniques, their application and the correct use of pressure and body positioning. It also includes further training in taking case histories and treatment composition.

You are required to also attend a one day Clinical Supervision session where you are assessed on dress code, table & room set up, case histories and professional conduct in preparation for your final exam.

Throughout the course you are required to complete a 'Journal'. This is a record of your massage treatments (minimum 36 hours), techniques used, feedback from clients, your thoughts etc. The Journal along with a copy of your Anatomy, Physiology & Pathology and Health & Safety course certificates must be submitted 8 weeks after your practical final assessment.