

1. Title	Carry out general body massage
2. Code	BEZZCN212A
3. Range	Understand the effects of body massage, master basic body massage techniques, and provide general body massage treatments to customers at beauty-related workplaces.
4. Level	2
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Basic knowledge of body massage</p> <ul style="list-style-type: none"> ◆ Know about basic anatomy and physiology of the human body ◆ Understand the impact of massage on skin tissue, muscle tissue and fatty tissue etc. ◆ Understand the techniques, effects and contraindications of common types of body massage ◆ Understand the techniques, effects and contraindications of different massage movements ◆ Understand the pre-requisite for holistic massage <p>6.2 Carry out general body massage</p> <ul style="list-style-type: none"> ◆ Make preparations for massage, such as: <ul style="list-style-type: none"> • Sterilizing the tools and hands • Preparing the massage room • Carrying out skin analysis for the customers ◆ Master basic massage knowledge, and be able to apply different massage techniques correctly to carry out general body massage for the customers ◆ Observe adverse effects during testing e.g. redness, swelling, itching, take remedial actions according to established procedures should any of these occur, and inform the supervisor or relevant parties
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to understand basic knowledge of body massage; and</p> <p>(ii) Capable to master different massage techniques and carry out general body massage for customers.</p>
8. Remarks	The credit value of this unit of competency is set on the presumption that the learner already possesses the competency of (1) BEZZCN109A “Know about basic human body structure and physiological system” (2) BEZZCN225A “Understand how massage stimulates the blood and lymph circulations”.