

1. Title	Apply deep tissue massage
2. Code	BEZZCN311A
3. Range	Have basic knowledge of human body structure, understand the effects of deep tissue massage therapy (including hands), master deep tissue massage techniques and treat customers with deep tissue massage at beauty-related workplaces.
4. Level	3
5. Credit	9 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Knowledge related to basic human body structure, characteristics of wrong posture and deep tissue massage (including hands)</p> <ul style="list-style-type: none"> <li>◆ Understanding of the structure, names and functions of human muscles</li> <li>◆ Understand the structure, names and functions of human bones</li> <li>◆ Understand the structure, names and functions of human nervous system</li> <li>◆ Understand common posture problems caused by all kinds of incorrect postures such as: <ul style="list-style-type: none"> <li>• Tilting of head</li> <li>• Kyphosis, lordosis, scoliosis</li> <li>• Flat back</li> <li>• Round back</li> <li>• Pelvic inclination</li> <li>• X-knee</li> <li>• Back-knee</li> <li>• Bowleg</li> </ul> </li> <li>◆ Understand the causes of muscle tension and pain</li> <li>◆ Understand the popular causes of hand fatigue</li> <li>◆ Understand the definition, techniques, effects and points to note for deep tissue massage</li> <li>◆ Understand the contraindications for deep tissue massage</li> </ul> <p>6.2 Apply deep tissue massage</p> <ul style="list-style-type: none"> <li>◆ Make preparations for the treatment, including: <ul style="list-style-type: none"> <li>• Sterilize tools and hands</li> <li>• Prepare the massage room</li> <li>• Ask about the physical conditions of the customers and carry out detailed body analysis</li> </ul> </li> <li>◆ Master deep tissue massage techniques to apply the massage</li> <li>◆ Select and apply suitable treatment products to assist the massage</li> <li>◆ Observe adverse effects on the customers in the process of treatment, and take prompt remedial actions and inform a supervisor and relevant people</li> </ul>

7. Assessment Criteria	The integrated outcome requirements of this unit of competency are: <ul style="list-style-type: none"><li>(i) Capable to understand the names, positions and functions of human bones, muscles and nerves and the knowledge of deep tissue massage;</li><li>(ii) Capable to understand the causes of muscle tension, pain and hand fatigue; and</li><li>(iii) Capable to master deep tissue massage techniques to apply the massage according to the physical condition and therapy needs of the customers.</li></ul>
8. Remarks	