

1. Title	Know about beauty and health care
2. Code	BEZZHC218A
3. Range	Know about the preservation of health and nourishing life in Chinese culture of health care, including basic knowledge of beauty and health care in different seasons, and correctly answer general enquiries from customers at beauty-related workplaces.
4. Level	2
5. Credit	3 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Know about the fundamental Chinese theory of preserving beauty and health</p> <ul style="list-style-type: none"> <li>◆ Know about the concept and history of the preservation of health and nourishing of life in Chinese culture of health care</li> <li>◆ Know about the basic theory of health preservation <ul style="list-style-type: none"> <li>• According to different body constitutions e.g. deficiency and excess in qi, blood, yin, yang</li> <li>• According to different seasons e.g. warm in spring, hot in summer, dry in autumn, cold in winter</li> <li>• According to different geographical conditions <ul style="list-style-type: none"> <li>▸ Deviation in climatic conditions</li> <li>▸ Geological and climatic changes</li> <li>▸ Difference in living habits</li> </ul> </li> </ul> </li> <li>◆ Know the basic concept of preserving health in different seasons, including: <ul style="list-style-type: none"> <li>• Common sense for personal care</li> <li>• Sleep for good health</li> <li>• Bath for good health</li> <li>• Dietary advice and taboos</li> <li>• Exercise to preserve beauty</li> <li>• Health practices to prevent diseases</li> </ul> </li> </ul> <p>6.2 Apply the knowledge of beauty and health care</p> <ul style="list-style-type: none"> <li>◆ Master the fundamental Chinese theory of preserving health, especially the concept of adapting to different seasons; and answer customers' general enquiries on beauty and health care</li> <li>◆ Refer advanced questions about beauty and health preservation to the supervisors or relevant experts</li> </ul>
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to know about the Chinese concepts of health preservation, nourishing life and adapting to different seasons; answer customers' general enquiries on beauty and health care; and</p> <p>(ii) Capable to refer advanced questions to the supervisors or relevant experts.</p>
8. Remarks	