

1. Title	Understand health massage techniques and contraindications
2. Code	BEZZHC223A
3. Range	Understand all kinds of health massage techniques and contraindications, and carry out health massages at beauty-related workplaces to suit customers' physical conditions and needs.
4. Level	2
5. Credit	9 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand health massage techniques and contraindications</p> <ul style="list-style-type: none"> <li>◆ Possess the basic knowledge of meridians and acupoints such as: <ul style="list-style-type: none"> <li>• Name and distribution of meridians</li> <li>• Where the meridians start and end</li> <li>• Therapeutic effects of common acupoints</li> <li>• How to locate the acupoints</li> </ul> </li> <li>◆ Understand the knowledge of health massage <ul style="list-style-type: none"> <li>• Types of health massage</li> <li>• Functions of health massage</li> <li>• Operating requirements and concerns for massage techniques</li> <li>• Procedure and steps of massage</li> <li>• Contraindications</li> </ul> </li> <li>◆ Understand the basic knowledge of manipulation <ul style="list-style-type: none"> <li>• Functions of manipulation</li> <li>• Types of manipulation</li> <li>• Operating requirements for manipulation</li> <li>• Procedure and steps of manipulation</li> <li>• Contraindications</li> </ul> </li> </ul> <p>6.2 Apply knowledge of health massage</p> <ul style="list-style-type: none"> <li>◆ Master the knowledge of health massage, and judge by means of observation and questioning whether the customers is suitable for the massage treatment</li> <li>◆ Master and apply the health massage techniques to carry out health massage according to the physical condition and needs of the customers</li> </ul>
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to understand health massage techniques and contraindications; and</p> <p>(ii) Capable to apply the health massage techniques to carry out health massage according to the physical condition and treatment needs of the customers.</p>
8. Remarks	