

1. Title	Perform health massage treatments
2. Code	BEZZHC320A
3. Range	Master health massage treatment techniques and perform deep massage treatments at locations providing such services according to customers' physical conditions and treatment needs.
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 of health massage</p> <ul style="list-style-type: none"> ◆ Understand health massage, such as: <ul style="list-style-type: none"> • Types of massages • Main functions of meridians and acupoints and methods of locating them • Principles and techniques of manipulation massage • Tonification and purgation in manipulation technique • Contraindications of massage ◆ Understand the characteristics and benefits of popular types of health massage, such as: <ul style="list-style-type: none"> • Holistic health massage • Beauty massage • Sports massage ◆ Understand massage techniques applicable to different parts of the body and relevant concerns, such as: <ul style="list-style-type: none"> • Head and face • Chest and abdomen • Shoulder and neck • Waist and back • Upper limbs • Lower limbs ◆ Understand the properties and usage of popular massage agents in forms of: <ul style="list-style-type: none"> • Liquid • Paste • Powder • Tinctures • Oil

	<p>6.2 Perform health massage treatments</p> <ul style="list-style-type: none"> ◆ Master health massage techniques and perform deep massage treatment according to the customers' physical conditions and treatment needs <ul style="list-style-type: none"> • Massage techniques for different parts of the body • Locating meridians and acupoints at different parts of the body • Massage procedures and sequence • Strength and frequency of massage • Time control ◆ Master health massage techniques and confirm by means of observation and questioning whether the customers has any contraindications of massage ◆ Observe adverse effects in the process of massage and take remedial actions immediately ◆ Clearly record and properly maintain the treatment details
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <ul style="list-style-type: none"> (i) Capable to master the knowledge of health massage; and (ii) Capable to master health massage techniques and use suitable massage movements and techniques to perform such treatments according to customers' physical conditions and treatment needs, so as to bring out the effect of preserving health and keeping fit.
8. Remarks	