



### Course Overview for Chinese Massage (Tuina)

**Course Aim:** This course aims to equip learners with the knowledge and application skills in providing Chinese massage of the WSQ system and be able to apply them at the workplace.

**Training Methodologies:**

- Lecture
- Demonstration
- Formative Assessments via class activities
- Peer practices
- Question and Answer (Q&A)
- End of Course Competency Assessment

**Duration:** Half day or full day totalling 70 hours (theory and practical)

**Class Size :** 8 to 14 per training class

**Target Group:**

- Matured workers from all races seeking secondary source of income or making career switch
- Retrenched or unemployed requiring training in new employability skills
- Bodywork practitioners requiring certification or interested in upgrading or acquiring new skill set
- Spa outlet customer service staff, supervisor, managers or owners keen to expand and improve service range to clients

**Pre-requisites:**

- Have basic literacy skills in English or Mandarin
- Minimum 18 years and above and to be medically fit

**Course Fees:** S\$ 875.00 inclusive of participant's guide and notes

**Trainers:** Our trainers are highly experienced and qualified instructors who are well-respected practitioners in the industry. Our trainers can deliver the programme in a captivating and motivating manner ensuring a good balance of both theoretical and practical aspects.

**Specific Learning Objectives:** Upon completion of this course, the participant must be competent in

- 1) **Knowledge Requirements** – acquire the underpinning knowledge requirements for performing Basic Chinese Massage manipulation
- 2) **Performance Requirements** – demonstrate pre-massage activities, client care before, during and after massage, perform Chinese Massage sequence according to organisation's approved standards and carry out post treatment activities
- 3) **Tools ,Equipment and Materials** – identify required tools, equipment and materials to perform Tuina
- 4) **Regulations** – know the Code of Ethics of a professional therapist
- 5) **Interactions** – identify various profiles of clients for effective application of skill sets acquired
- 6) **Frequency** – perform massage daily at least once per practical session as a therapist and as a model
- 7) **Criticality** – demonstrate successful performance outcomes during formative and final assessments
- 8) **Exceptions** – learners with special needs will be taken into consideration with the necessary adjustments made

**Items to Bring:** Full set of towels; Participant's Guide; Writing instruments, pen & pencil

**Assessment Methodology:**

- Formative assessment via activity worksheets
- Final assessment (practical and oral questioning)