

Course Information Sheet



Indian Head Massage Introduction

Introduction

This course aims to teach you the history, theory and skills of Indian Head Massage to help you to melt away the stresses of everyday life. You will learn techniques and methods to build a basic Indian Head Massage routine.

What are the course entry requirements?

No prior knowledge of Indian Head Massage is required. As this course has both a practical and theoretical content, to benefit from this course you must be willing and able to participate in practical activities. If you have any chronic or serious medical or physical conditions, please contact the tutor to ensure the practical exercises will not contra-indicate the condition.

To get the best from this course you should be able to follow verbal and written instructions in English/including numerical information.

How long is the course?

This is a short 4 week course

What will the course involve?

Learners' will discover the history and theory of Indian Head Massage and practice practical exercises to gain skills to perform a simple Indian Head Massage routine.

How will I be learning?

An initial assessment will be used to measure prior knowledge and experience. You will learn through a variety of methods: practical and theoretical learning activities, work books, quizzes and reading/homework.

What equipment will I need?

You need to bring a towel, a clip for long hair if appropriate and a hairbrush.

How will I know if I am making progress?

During the course your progress will be checked using a variety of techniques which may include: observation, informal quizzes, setting tasks, group discussion, question and answer sessions, individual learning portfolios and tutor feedback.

What course work will I be expected to complete?

There will be some reading, practice of practical activities and an optional assignment if a learner wants to build on information and activities used in session.

What can I expect to learn from this course?

By the end of the course the learner will be able to:

- Identify 3 contra-indications to Indian Head Massage
- State the areas of treatment which benefit from Indian Head Massage
- Follow basic step by step instructions to perform a basic Indian Head Massage
- State 3 aftercare advice points relevant to an Indian Head Massage

Will I need to cover anything in addition to the course fee?

No additional costs are required.

What other training programmes and progression opportunities are there?

You may wish to study the subject further or enrol onto another Complimentary therapy course, for example: Aromatherapy, Shiatsu or Reflexology.

If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning