

Day 1	Lesson Content	Resources Required
9.00am-930am	Enrolment Form Course Information Health & Safety Code of Ethics Appeals Procedure Equal Opportunities Learner Portfolio & Assessments Overview	LAP, Manual  3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
9.30am - 10.30am	Anatomy knowledge check Covering each area of level 2 anatomy Knowledge to identify any gaps	
Break		
10.45am-11.30am	Contraindications for Massage, Common Injuries	
11.30am-1230pm	Introduction into Effleurage technique for the leg muscles	
Lunch		
1.15pm 2.00pm	Injuries, grades and inflammation stages of healing	
2-245pm	Effleurage for the Back muscles and introduction of Tapotement technique	
Break		
3.00pm-330pm	Overview of assignment criteria Example layouts Difference in layouts using examples and group discussion Linking to Unit 4 worksheet	LAP pages 25-26  Manual Pages 118-144
3.30pm-4.00pm	Completion of Unit 3- Soft tissue dysfunction worksheet.	LAP Pages 19-21  Manual Pages 104-116
4.00pm-5.00pm	Guided Study Time	
Homework and Pre reading	Pre reading on the Circulatory System, Subjective questioning, Objective questioning and how to complete Postural Assessments.  Complete unit 3 worksheet	LAP pages 19-21  Manual Pages 56-67, 166-179

Day 2	Lesson Content	Resources Required
9.00am-9.30am	Session on the Circulatory system	
9.30am - 10.30am	How to complete subjective questioning with your client	
Break		
10.45am - 11.30am	How to complete a Postural Assessment	
11.30am-12.30pm	Practise of Postural Assessment and application of palpation of key muscle areas.	
Lunch		
1.15pm-2.00pm	ROM testing for the lower limb	
2.00pm-2.45pm	ROM testing for the upper limb and spine	
Break		
3.00pm-3.45pm	Massage for the upper back and application of tapotement techniques	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
3.45pm-4.15pm	Completion of Unit 4 Health and Safety worksheet.	LAP pages 21-24 Manual Pages 118-144
4.15pm-5.00pm	Guided Study Time	
Homework and Pre reading	Pre reading on the Lymphatic system, Pre event massage and how and when to apply Frictions.  Complete Unit 4 worksheet	LAP pages 21-24 Manual Pages 68-72

Day 3	Lesson Content	Resources Required
9.00am-9.30am	Session on the Lymphatic System	
9.30am-10.30am	Effleurage massage techniques and professional practise towards the client. Self-structuring of the massage session and use of outcome measures for the calf muscles	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
Break		
10.45am-11.30am	Effleurage massage techniques and professional practise towards the client. Self-structuring of the massage session and use of outcome measures for the Hamstring muscles	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
11.30am-12.30pm	Effleurage massage techniques and professional practise towards the client. Self-structuring of the massage session and use of outcome measures for the Quadriceps, ITB and Adductor muscles	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
Lunch		
1.15pm-2.00pm	Effleurage massage techniques and professional practise towards the client. Self-structuring of the massage session and use of outcome measures for the Upper back, Latts and Arm muscles	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
2.00pm-2.45pm	Application of frictions and Tapotement techniques	
Break		
3.00pm-3.45pm	Application and discussion on the Pre-event massage techniques	
3.45pm-4.15pm	Completion of Unit 1 Anatomy worksheet.	LAP pages 6-13 Manual Pages 4-80
4.15pm-5.0pm	Guided Study Time	
Homework and Pre reading	Pre reading on the cells and skin levels. Reading on Petrissage Techniques and use of Vibrations and Compressions. Completion of 5 massages with friends and family, to include the postural and ROM assessments. Completion of unit 1 worksheet.	LAP pages 6-13 Manual Pages 4-12, 156-163

Day 4	Lesson Content	Resources Required
9.00am-9.30am	Session on the Skin levels and bodily cells and structure.	
9.30am-10.30am	Petrissage massage techniques and professional practise towards the client. Self-structuring of the massage session and use of outcome measures for the Calf muscles	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
Break		
10.45am-11.30am	Petrissage massage techniques and professional practise towards the client. Self-structuring of the massage session and use of outcome measures for the Hamstring muscles	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
11.30am-12.30pm	Petrissage massage techniques and professional practise towards the client. Self-structuring of the massage session and use of outcome measures for the Quads and ITB.	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
Lunch		
1.15pm-2.00pm	Petrissage massage techniques and professional practise towards the client. Self-structuring of the massage session and use of outcome measures for the Back muscles	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
2.00pm-2.45pm	Application and completion of Post Event massage	
Break		
3.00pm-3.45pm	Overview of observation criteria for Pre and Post event massage, practise of full run through of observation.	LAP pages 41-44 Manual Pages 161-162
3.45pm-4.15pm	Completion of Unit 2 Principles of Fitness worksheet.	LAP pages 14-18 Manual Pages 82-102
4.15pm-5.00pm	Guided Study Time	
Homework and Pre reading	Pre reading on the Digestive, Hormone and Nervous Systems. Review the Observation criteria and prepare for observations.  Completion of unit 2 Worksheet	LAP pages 14-18 Manual Pages 43-80

Day 5	Lesson Content	Resources Required
9.00am-9.30am	Session on the Digestive, Nervous and Hormone systems.	
9.30am-10.30am	Overview of observation criteria for Pre and Post event massage, practise of full run through of observation.	LAP pages 41-44 Manual Pages 161-162
Break		
10.45am-11.30am	Pre-event Massage Observations	
11.30am-12.30pm	Pre-event Massage Observations	
Lunch		
1.15pm-2.00pm	Post Event Observations	
2.00pm-2.45pm	Post Event Observations	
Break		
3.00pm-3.45pm	Unit 1 Anatomy and Physiology preparation for Exam, coverage of certain subjects, Mock exams and Kahoot quiz.	LAP pages 6-13 Manual Pages 4-80
3.45pm-4.15pm	Completion of Unit 5 Sports Massage Treatments worksheet.	LAP pages 27-32 Manual Pages 146-179
4.15pm-5.00pm	Guided Study Time	
Homework and Pre reading	Revision and preparation of the Unit 1 Anatomy Exam.	LAP pages 6-13 Manual Pages 4-80

Day 6	Lesson Content	Resources Required
9.00am-9.10am	Overview of Unit 1 Exam	
9.1am-10.30am	Completion of Unit 1 multiple choice exam under exam conditions	
Break		
10-45am-11.30am	Student led revision of previous techniques and knowledge to prepare for final observation.	
11.30am-1230pm	Coverage and practise of the Postural assessment	
Lunch		
1.15pm-2.00pm	Coverage and practise of the ROM Testing	
2.00pm-2.45pm	Coverage and practise of all Massage and soft tissue techniques	
Break		
3.00pm-4.30pm	Overview of Maintenance Massage observation criteria and full run through and practise of final observation.	3 Towels Minimum, bath size as you will be using them as props and bolsters as well as for hygiene. Loose fitting shorts and vest tops.
4.30pm-5.00pm	Guided Study Time and final hand in date for the LAP and Unit 4 Assignment	
Homework and Pre reading	Home practise of Maintenance Massage Observation Criteria. Completion of 5 Massage sessions with friends and family.	LAP pages 39-40

❖ **Please note, all timings are subject to change and are based on a minimum class size, ability of application towards techniques and availability of resources.**