

Course Title:		Shiatsu Massage (Beginners)					
Course Code:		W2213SGR	Centre:	Wallington	Tutor:	David Talbot	
Day:	Tue	Start Date:	08/03/11	Length:	4 wks	Time:	19:30-21:30

Course Content/Syllabus

This course will include the following topics:

- Introduction to shiatsu theory
- Chi Gong and other exercises
- Practical shiatsu working on the back
- Practical shiatsu working on the shoulders and neck
- Shiatsu involves massage techniques on acupuncture meridians applied through clothing

After completing the course, students should be able to:

- Understand basic shiatsu theory
- Perform various centering and grounding exercises
- Give a simple shiatsu treatment working on the back, neck and the shoulders

Assessment Methods

Continuous informal assessment.

Attendance

Regular attendance is expected in order to get the most from your course.

Entry Requirements

Open to all. Students must be prepared to practise on each other in mixed groups and you should be physically fit to practise and receive treatments. If unsure, please contact the Senior Lecturer, Jacqui McElwee (0208 773 5887).

English, Maths & IT Entry Requirements

Ability to understand verbal instructions

Exam Fees

N/a

Additional Costs (eg course materials & textbooks)

You are advised not to purchase text-books or equipment until the course is confirmed.

For your first session, please bring:

- Wear loose, comfortable clothing
- Blanket or towel to lie on
- Mats provided

Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

Progression/Further Opportunities:

Other health courses at SCOLA
ITEC qualifications