

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Body Massage & Wellness Basics

Foundation Level



LAPT — London Academy of Professional Training

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Reference BE-MSW-F • Beauty Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	BE-MSW-F
AWARD	Certificate
ASSESSMENT	450 marks — 270 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Anatomy and Physiology 4 chapters · 20 classes 115 marks • 1 Chapter 1 — Basics of Human Anatomy for Massage — 5 classes › 1.1 Understanding the Skeletal System and Its Role in Massage › 1.2 Exploring Muscular Structures and Functions › 1.3 Identifying Key Anatomical Landmarks for Effective Bodywork › 1.4 Comprehending the Basics of the Nervous System in Massage › 1.5 Applying Anatomical Knowledge to Massage Techniques • 2 Chapter 2 — Musculoskeletal System: Detailed Study — 5 classes › 2.1 Exploring the Basics of the Musculoskeletal System › 2.2 Identifying Key Bones and Joints › 2.3 Understanding Muscle Groups and Their Functions › 2.4 Analyzing How the Musculoskeletal System Supports Movement › 2.5 Applying Knowledge of the Musculoskeletal System in Massage Therapy • 3 Chapter 3 — The Nervous and Circulatory Systems in Massage — 5 classes › 3.1 Exploring the Structure of the Nervous System › 3.2 Understanding Circulatory System Functions in the Body › 3.3 Identifying Key Components of the Nervous System in Massage › 3.4 Analyzing the Role of the Circulatory System in Massage Therapy › 3.5 Applying Nervous and Circulatory System Knowledge to Massage Techniques • 4 Chapter 4 — Anatomy Applied to Massage and Wellness — 5 classes › 4.1 Understanding the Musculoskeletal System › 4.2 Exploring the Circulatory and Lymphatic Systems › 4.3 Analyzing the Nervous System's Role in Massage › 4.4 Integrating Anatomy with Massage Techniques › 4.5 Applying Anatomical Knowledge to Enhance Wellness	2 Client Care and Professionalism 4 chapters · 20 classes 45 marks • 1 Understanding Client Needs and Expectations — 5 classes › 1.1 Identifying Client Preferences and Concerns › 1.2 Communicating Effectively to Understand Client Needs › 1.3 Building Trust and Professional Relationships › 1.4 Customizing Massage Techniques for Individual Clients › 1.5 Evaluating Client Feedback for Continuous Improvement • 2 Effective Communication and Consultation Skills — 5 classes › 2.1 Understanding the Importance of Client Communication › 2.2 Identifying Client Needs Through Active Listening › 2.3 Building Rapport and Trust with Clients › 2.4 Conducting a Comprehensive Client Consultation › 2.5 Ensuring Continuous Feedback and Client Satisfaction • 3 Maintaining Professionalism in Client Interactions — 5 classes › 3.1 Understanding the Essence of Professionalism in Client Care › 3.2 Practicing Effective Communication in Professional Settings › 3.3 Ensuring Client Comfort and Building Trust › 3.4 Managing Client Expectations with Clarity and Empathy › 3.5 Applying Ethical Practices in Client Interactions • 4 Building Client Relationships and Retention Strategies — 5 classes › 4.1 Understanding Client Needs and Expectations › 4.2 Mastering Effective Communication Techniques › 4.3 Demonstrating Empathy and Active Listening › 4.4 Implementing Personalized Client Care Strategies › 4.5 Developing Client Retention Plans and Follow-Up Methods
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• **1 Understanding Personal Hygiene in Massage Therapy** — 5 classes

- › 1.1 Exploring the Importance of Personal Hygiene in Massage Therapy
- › 1.2 Identifying Essential Personal Hygiene Practices for Therapists
- › 1.3 Understanding the Impact of Hygiene on Client Health and Safety
- › 1.4 Implementing Effective Handwashing and Sanitization Techniques
- › 1.5 Developing a Personal Hygiene Routine for Professional Practice

• **2 Sanitization Standards for a Safe Spa Environment** — 5 classes

- › 2.1 Understanding Sanitization Fundamentals
- › 2.2 Identifying Key Sanitizing Agents
- › 2.3 Implementing Effective Cleaning Protocols
- › 2.4 Maintaining Personal Hygiene Standards
- › 2.5 Evaluating Spa Sanitization Practices

• **3 Identifying and Managing Health Risks in Massage** — 5 classes

- › 3.1 Understanding Common Health Risks in Massage Therapy
- › 3.2 Identifying Client-Specific Health Concerns in a Massage Setting
- › 3.3 Implementing Preventative Hygiene Practices for Risk Minimization
- › 3.4 Evaluating Case Studies on Health Risk Management in Massage
- › 3.5 Applying Health Risk Management Strategies in Practical Scenarios

• **4 Incorporating Wellness Practices in Client Care** — 5 classes

- › 4.1 Understanding Wellness in Client Care
- › 4.2 Identifying Key Wellness Practices
- › 4.3 Implementing Relaxation Techniques
- › 4.4 Integrating Nutrition Advice in Client Sessions
- › 4.5 Evaluating the Impact of Wellness on Client Outcomes

• **1 Understanding the Principles and Benefits of Body Massage** — 5 classes

- › 1.1 Exploring the Historical Origins of Body Massage
- › 1.2 Identifying the Fundamental Principles of Body Massage
- › 1.3 Understanding the Physiological Benefits of Massage Therapy
- › 1.4 Recognizing Psychological and Emotional Benefits of Massage
- › 1.5 Analyzing the Key Contraindications in Body Massage Practice

• **2 Anatomy and Physiology for Massage Therapy** — 5 classes

- › 2.1 Understanding the Skeletal System and Its Role in Massage
- › 2.2 Exploring Muscle Groups and How They Affect Movement
- › 2.3 Discovering the Circulatory System's Role in Massage Therapy
- › 2.4 Analyzing the Nervous System and Its Influence on Relaxation
- › 2.5 Applying Anatomy and Physiology Knowledge to Massage Techniques

• **3 Preparing the Client and Setting for Body Massage** — 5 classes

- › 3.1 Understanding Client Needs and Preferences
- › 3.2 Creating a Comfortable and Safe Environment
- › 3.3 Selecting and Arranging Massage Equipment
- › 3.4 Implementing Hygiene and Safety Protocols
- › 3.5 Setting the Ambiance with Lighting and Music

• **4 Mastering Basic Massage Techniques** — 5 classes

- › 4.1 Understanding the Principles of Body Massage
- › 4.2 Exploring the Different Types of Massage Techniques
- › 4.3 Practicing Basic Hand Movements in Massage
- › 4.4 Applying Techniques for Effective Muscle Relaxation
- › 4.5 Integrating Techniques into a Full-Body Massage Session

• **1 Understanding Basic Massage Principles** — 5 classes

- › 1.1 Exploring the History and Benefits of Massage
- › 1.2 Identifying Key Massage Equipment and Tools
- › 1.3 Understanding Human Anatomy Basics for Massage
- › 1.4 Mastering Essential Massage Strokes and Techniques
- › 1.5 Applying Safety and Hygiene Practices in Massage

• **2 Swedish Massage Techniques** — 5 classes

- › 2.1 Understanding the Basics of Swedish Massage
- › 2.2 Mastering Effleurage: The Gentle Touch
- › 2.3 Exploring Petrissage Techniques for Muscle Relaxation
- › 2.4 Applying Tapotement: Rhythmic Tapping for Stimulation
- › 2.5 Integrating Techniques for Full-Body Swedish Massage

• **3 Deep Tissue and Pressure Point Techniques** — 5 classes

- › 3.1 Introduction to Deep Tissue Massage Principles
- › 3.2 Identifying and Targeting Pressure Points
- › 3.3 Mastering Deep Tissue Techniques for Muscle Relief
- › 3.4 Applying Pressure Point Techniques to Alleviate Tension
- › 3.5 Integrating Deep Tissue and Pressure Points in Practice

• **4 Integrating Massage Techniques for Holistic Wellness** — 5 classes

- › 4.1 Understanding Holistic Wellness through Massage
- › 4.2 Exploring Key Massage Techniques for Wellness
- › 4.3 Blending Different Massage Techniques Effectively
- › 4.4 Applying Massage Techniques for Stress Reduction
- › 4.5 Evaluating the Impact of Massage on Overall Wellbeing

• 1 Foundations of Wellness in Massage — 5 classes

- › 1.1 Understanding Core Wellness Concepts in Massage
- › 1.2 Exploring Mind-Body Connection through Massage
- › 1.3 Identifying Key Benefits of Regular Massage Therapy
- › 1.4 Implementing Basic Wellness Techniques in Massage Practice
- › 1.5 Evaluating Personal Wellness Needs in Massage Sessions

• 2 Understanding the Body-Mind Connection — 5 classes

- › 2.1 Exploring the Fundamentals of the Body-Mind Connection
- › 2.2 Identifying Physical Responses to Mental States
- › 2.3 Understanding Stress and Its Impact on Wellness
- › 2.4 Practicing Techniques to Enhance Mind-Body Harmony
- › 2.5 Applying Mindfulness Strategies for Improved Wellness

• 3 Elements of a Balanced Lifestyle — 5 classes

- › 3.1 Understanding the Components of a Balanced Lifestyle
- › 3.2 Exploring the Importance of Physical Activity in Daily Routines
- › 3.3 Integrating Mental Wellness: Techniques for Stress Management
- › 3.4 Developing a Nutritional Plan for Enhanced Wellbeing
- › 3.5 Applying Balance: Crafting Your Personalized Wellness Schedule

• 4 Integrating Wellness Techniques in Massage Practice — 5 classes

- › 4.1 Understanding Key Wellness Concepts in Massage
- › 4.2 Identifying the Benefits of Integrating Wellness Techniques
- › 4.3 Exploring Various Wellness Techniques for Massage
- › 4.4 Applying Wellness Techniques to Enhance Massage Practice
- › 4.5 Evaluating the Impact of Wellness Integration on Client Well-being