

Days/Times: Wednesday 7-9pm
Duration: 10 Weeks
Starting: 9th January 2013
Cost: Tuition Fees £90.00

This course may attract reduced fees or full fee remission if you are in receipt of a qualifying means tested benefit.

HOW TO ENROL

Enrolment is easy at St. Vincent:

- by phone, with credit/debit card.
- by post, with payment & enrolment form.
- in person, at the Student Services Centre.
- if you are claiming a fee remission for unemployment or means tested benefit, please bring proof for our records.

REFUND POLICY

Students will be expected to have fully researched the course they are applying for before they enrol in terms of its suitability and any requirements that there might be in following it. If after two weeks you are unhappy with your course we will transfer you to another that is more suitable to your needs if available.

- For short term courses of less than one year, there is no eligibility to apply for a refund of course fees.

However, we will refund course fees in the following circumstances:

- Where the college cancels a course, for example, due to insufficient numbers to make the course viable.
- We reserve the right to delay or change start or finish dates if we are obliged to do so. Only if such a change includes a change of day or venue will repayment of fees be possible.

We regret that no refunds will be given in any other circumstances.

Address

St Vincent Adult Education
 Mill Lane
 Gosport
 Hants. PO12 4QA

Office hours

Monday-Friday
 9.30am-4.00pm
Wed/Thur
 6.30pm-8.30pm

Phone number

023 9258 3890

Please note: All information is correct at the time of publication but may be subject to change.

This course introduces you to the benefits of Massage and Aromatherapy. Practical skills in massage will be taught alongside learning some of the benefits of using essential oils in massage as well as at home. Course handouts will be provided so there is no academic requirement.

What is the course about (aims)

Learning how to do a basic but effective massage to hands, feet, back, shoulders and legs for use with family and friends. You will build your knowledge over the weeks so that you can confidently give massages and understand how to use essential oils effectively and safely. Students will practice on each other enjoying the benefits themselves.

Are there specific requirements for joining?

No previous experience of massage is required – this will be taught in an informal and relaxed way with the emphasis on enjoying yourself. Men and women are both welcome.

Will there be additional costs?

A small charge of £6 will be payable on enrolment towards the cost of all consumables used in class, which will be provided by the tutor for the duration of the course.

Do I need specific equipment or clothes?

Students should wear comfortable clothing for massage practice and bring a hand towel the first week for hand and arm massage.

Course outline (outcomes)

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

- Give and receive massage to the hands and arms, feet, back and shoulders and legs with confidence.
- Understand how to use essential oils safely during massage.
- Know other ways of using aromatherapy oils to help with stress, relaxation and aches and pains at home.
- Know the benefits, uses and safety precautions of 10 commonly used essential oils.
- Understand the art of applying an aromatherapy massage.

How will I learn?

Learning will be hands-on during massage practice with plenty of individual support from your tutor. There will also be some group learning and discussion around the benefits of the essential oils supported with weekly printed handouts.

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How will my progress be recorded?

Your tutor will develop a supportive relationship with you so you can discuss your progress as and when you need to. This course is informal and your individual needs will be met through discussion and practical support where needed.

Your tutor will also work with you to assist in the completion of an Individual Learning Plan. This is a flexible working document agreed between the learner and the tutor. It will be used to record your progress and it will be reviewed and updated within the duration of the course.

Will there be homework?

If so how much/how many hours?

No homework is required although it is advantageous to practise massage if possible in between classes to develop your skills and confidence further.

What related courses could I do next?

Students can move on to the improver's course in the second term and some students sometimes progress onto gaining a qualification in professional massage in college.



INVESTOR IN PEOPLE

