

QCOM

SUBJECT TITLE Unit 17 Somatic Awareness and Thai Massage

SUBJECT CODE QCOMSATM

CAMPUS Diamond Valley

PREREQUISITES NIL

PARENT COURSE **Diploma of Shiatsu and Oriental Therapies** HLT 50202

SUBJECT AIMS

Body awareness through movement and skills incorporated in Thai massage techniques.

LEARNING OUTCOMES

At the satisfactory completion of the subject it is expected that students will be able to:

- Have a deeper awareness of their own body structures.
- To assist in body integration and relaxation.
- To develop basic Thai massage skills
- To have completed the criteria for the following units of the Australian Quality Training Framework
- HLTSHU9A Maintain Shiatsu personal health and awareness and fulfil professional responsibilities

CONTENT

Contact improvisation.

Tai Qi nad Qi Gong practice are integrated with Oki Yoga exercises to awaken and develop personal awareness and strength.

Thai massage techniques are studied and integrated into a Shiatsu therapy sessions

METHODS OF TEACHING

This unit is a face to face unit of training incorporating demonstration and practical application

REQUIRED READING

Text supplied at commencement of the course together with handouts supplied at each session.

CLASS CONTACT

The equivalent of three and a half hours per week for 9 weeks or 6 hours per week for six weeks.

ASSESSMENT

Class assessment by observation. Practice record of 20 hours.

A competency must be gained in both categories.