

Unit Title:	Shiatsu: Lifestyle Medicine
Unit Level:	Level 4
Unit Credit Value:	15
GLH:	75
LASER Unit Code:	WJG845
Ofqual Unit Code:	J/618/0174

This unit has 4 learning outcomes.

Learning Outcome (The Learner will):		Assessment Criteria (The Learner can):	
1.	Understand factors that influence health and well-being	1.1	Review own belief system as to what constitutes 'good health'
		1.2	Evaluate how the context in which people live affects their health and well-being
		1.3	Evaluate how previous and present care/case history may affect client health and well-being in relation to delivery of Shiatsu
		1.4	Explain how psychological and emotional balance can affect health and wellbeing
		1.5	Analyse how diet, exercise and other lifestyle factors can affect health and wellbeing
2.	Be able to support the health and well-being of clients	2.1	Use appropriate communication skills to support healthy lifestyle choices for clients to cover: a) psychological and emotional balance b) diet c) exercise/physical activity d) other relevant lifestyle factors
		2.2	Provide tailored health and wellbeing recommendations/advice specific to individual circumstances
		2.3	Demonstrate appropriate relaxation techniques and breathing exercises with clients
3.	Understand outcomes of Shiatsu in relation to health and well-being	3.1	Evaluate a range of outcome measurement tools/approaches that can be used with clients to include: a) Questionnaires b) Client feedback c) Self-reflection/self-evaluation d) Record keeping/documentation
4.	Be able to evaluate outcomes of Shiatsu in relation to health and well-being	4.1	Utilise a range of outcome measurement tools/approaches with clients to include: a) Questionnaires b) Client feedback

			c) Self-reflection/self-evaluation d) Record keeping/documentation
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**Assessment Guidance:**

This unit must be assessed according to the LASER Level 4 Diploma in Shiatsu qualification specification.

**Additional Information:**

NA