Evidence Log

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| Unit Title: Shiatsu: Lifestyle Medicine | | Unit Code(s): J/618/0174 | | |
| Unit Level: Level 4 | | Unit Credit Value: 15 (75 GLHs) | | |
| Course Name: Laser Level 4 Diploma in Shiatsu | | | | |
| Course Start Date: | | Course End Date: | | |
| Learner Name: | | | | |
| Tutor Name: | | Centre/Venue: | | |
|  | |  |  |  |
|  | | Date Assessment Criteria  Met | Location  of  Supporting  Evidence | TUTOR SIGNATURE |
| **LO 1** | **Understand factors that influence health and well-being.** | | | |
| AC 1.1 | Review own belief system as to what constitutes ‘good health’ |  |  |  |
| AC 1.2 | Evaluate how the context in which people live affects their health and well-being |  |  |  |
| AC 1.3 | Evaluate how previous and present care/case history may affect client health and well-being in relation to delivery of Shiatsu |  |  |  |
| AC 1.4 | Explain how psychological and emotional balance can affect health and wellbeing |  |  |  |
| AC 1.5 | Analyse how diet, exercise and other lifestyle factors can affect health and wellbeing |  |  |  |
| **LO 2** | **Be able to support the health and well-being of clients.** | | | |
| AC 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 |  |  |  |
| AC 2.2 | Provide tailored health and wellbeing recommendations/advice specific to individual circumstances |  |  |  |
| AC 2.3 | Demonstrate appropriate relaxation techniques and breathing exercises with clients |  |  |  |
| **LO 3** | **Understand outcomes of Shiatsu in relation to health and well-being.** | | | |
| AC 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 |  |  |  |
| **LO 4** | **Be able to evaluate outcomes of Shiatsu in relation to health and well-being.** | | | |
| AC 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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| Tutor Feedback |  | Tutor Name, Signature  and Date |
| Learner Comment |  | |