**Assessment STRATEGY for HLT52615  
Diploma of Ayurvedic Lifestyle Consultation**

***Assessment Strategy***

Assessment tasks to establish competency in this unit may include written assignments, oral question and answer quizzes, observation and participation in-group discussions.

***Competence***

To demonstrate competence you must complete all assessment tasks for all units

***Assignments***

Each of the Ayurvedic units has assignments to be completed on the conclusion of the unit.

Name and date all Word documents and upload or send via email.

References (if required).

All assessment will be retained for audit purposes. It is important to keep a copy of your assessments.

Plagiarism may result in exclusion from the course.

***Exams***

Each of the Ayurvedic units have exams to be completed on the conclusion of the unit.

On successful completion of all the units in **Diploma of Ayurvedic Lifestyle Consultation**, there will be one final written examination that will cover the theoretical content from all the Ayurvedic core units of competency. This exam will consist of; short answer, multiple choice and true/false questions. The exam duration is 3 hours and 100% competency is required. (Learners are able to re-sit exams)

***Observational Examination***

There are also Observational examinations to demonstrate skills and knowledge in:

1. Conducting Abhyanga (massage)
2. Conducting Katibasti
3. Conducting Shirodhara

***Health Institute Australasia’s Principles of Assessment***

**Fairness** The individual learner’s needs are considered in the assessment process.  
• Where appropriate, reasonable adjustments are applied to take into account the individual learner’s needs.

**Flexibility** Assessment is flexible to the individual learner by: reflecting the learner’s needs

**Validity** Any assessment decision is justified, based on the evidence of performance of the individual learner. • assessment against the unit/s of competency and the associated assessment requirements covers the broad range of skills and knowledge that are essential to competent performance

**Reliability** Evidence presented for assessment is consistently interpreted and assessment results are comparable irrespective of the assessor conducting the assessment.

Assessment plan

HLTAYV003 Provide Ayurvedic bodywork therapies

**Task 1 (knowledge)**

* Complete all 12 online Common Units
* Complete Core Ayurvedic Courses (Courses 1 through to Course 12)
* Complete theoretical assignments and exams (Courses 1 through to Course 12)
* Attend class lectures and tutorials (fill in Contact diary, (fill in Contact diary, for international students only)
* Phone tutorials conducted with lecturer. (learners will be advised by email prior to date)

**Task 2 (practical)**

* Students must demonstrate an understanding of the procedures that should be followed when conducting bodywork therapies
* Conduct at least 25 Massage (abhyanga) treatments
* Conduct Katibasti treatments
* Conduct Shirodhara treatments
* Specific information on each assessment will be emailed to students prior to the assessment date, outlining clear instructions on what is expected in the performance assessment.

# Application

This unit describes the skills and knowledge required to:

* gather client information
* prepare equipment for treatment
* provide Ayurvedic therapeutic treatments, abhyanga, shirodhara and katibasti.

**Competence**

To demonstrate competence you must complete all assessment tasks for all units.

**Written Assignments**

Presentation of any written assessment is to include name, date and references.

All assessment will be retained for audit purposes. It is important to keep a copy of your assessments.

Plagiarism is a form of cheating. It is taking and using someone else’s thoughts or writings and representing them as your own. It may result in exclusion from the course.

On successful completion of all the units in **HLT52615 Diploma of Ayurvedic Lifestyle Consultation** there will be one final written examination that will cover content from all the Ayurvedic units of competency. This exam will consist of; short answer, multiple choice, and true/false questions. The exam duration is 3 hours and a minimum grade of 80% is required.

# Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

* performed the activities outlined in the performance criteria of this unit during a period of at least 200 hours of Ayurvedic client consultation work
* **prepared for and managed at least 25 different Ayurvedic bodywork sessions**. Clients must include males and females from different stages of life
* **provided Ayurvedic therapeutic treatment according to the Ayurvedic framework:**
* obtained required client information prior to treatment
* evaluated and responded appropriately to any contraindications
* selected and used herbalised oils appropriate to the client
* selected and used techniques and sequences according to established Ayurvedic practice, including:
* abhyanga
* shirodhara
* kati basti

# Unit Outcomes – on completion of this unit you should be able to:

| ELEMENT | PERFORMANCE CRITERIA | Yes | | No |
| --- | --- | --- | --- | --- |
| **1. Gather client information** | 1.1 Collect and document information about client general health according to legal requirements and Ayurvedic framework |  | |  |
| 1.2 Review information to inform massage approach |  | |  |
| 1.3 Manage information and records in a confidential and secure manner |  | |  |
| **2. Prepare client, self and environment** | 2.1 Prepare the client for treatment following infection control procedures and with appropriate draping and confirm comfort levels |  | |  |
| 2.2 Advise client of possible physical or emotional reactions both during and after treatment |  | |  |
| 2.3 Access and organise appropriate equipment and materials for treatment |  | |  |
| 2.4 Select and safely prepare Ayurvedic massage oils, pastes and powders according to assessment |  | |  |
| 2.5 Check room ambience and temperature following Ayurvedic principles |  | |  |
| 2.6 Maintain own health through use of self care pre treatment routines |  | |  |
| **3. Select and use Ayurvedic techniques and sequences** | 3.1 Determine appropriate techniques based on Ayurvedic health assessment |  | |  |
| 3.2 Follow therapeutic protocols according to Ayurvedic practice |  | |  |
| 3.3 Recognise reactions to treatment and provide appropriate response |  | |  |
| **4. Finalise treatment and advise client** | 4.1 End the treatment using appropriate protocols |  |  | |
| 4.2 Provide client with information on recommended follow up activities |  |  | |
| 4.3 Answer client queries with clarity, using appropriate language |  |  | |

# Knowledge Evidence Checklist

The student must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

|  |  |  |
| --- | --- | --- |
|  | YES | NO |
| * principles of Ayurvedic framework and therapies |  |  |
| **legal and ethical considerations (national and state/territory) for bodywork therapies:** |  |  |
| * codes of conduct |  |  |
| * duty of care |  |  |
| * infection control |  |  |
| * informed consent |  |  |
| * mandatory reporting |  |  |
| * practitioner/client boundaries |  |  |
| * privacy, confidentiality and disclosure |  |  |
| * records management |  |  |
| * work role boundaries |  |  |
| * working within scope of practice |  |  |
| * presenting symptoms that require referral to a medical practitioner |  |  |
| * work health and safety |  |  |
| * client information required prior to relaxation treatment |  |  |
| * stress |  |  |
| * allergies |  |  |
| * current prescription medication/self medication/supplementation |  |  |
| * vikruti (inherited and congenital) |  |  |
| * general appetite and sleep patterns |  |  |
| * aches and pains |  |  |
| * recent emotional/physical trauma |  |  |
| * influence of alcohol/drugs |  |  |
| **self care routines and when to use them:** |  |  |
| * chanting mantras |  |  |
| * prayer |  |  |
| * meditation |  |  |
| * music |  |  |
| * yoga |  |  |
| * pranayama |  |  |
| **factors to consider in assessment and how to respond:** |  |  |
| * age - infants, children, young adult, adults, elders |  |  |
| * demographic |  |  |
| * gender specific issues |  |  |
| * physical/mental strength, gunas, vikruti |  |  |
| * agni |  |  |
| * dosha |  |  |
| * vikruti (including inherited and congenital) |  |  |
| * features of Ayuredic abhyanga |  |  |
| * definitions |  |  |
| * history of massage |  |  |
| * types of massage |  |  |
| * time, frequency and duration |  |  |
| * types of touch e.g. heavy, light, friction |  |  |
| * massage and constitution |  |  |
| * fomentation, swedana |  |  |
| * use of oils |  |  |
| * curing oils |  |  |
| * types of abhyanga/snehana (the application of base or medicated oil, herbal paste, decoction, herbal chooranas, ubtans and lepas to the body) |  |  |
| **protocols for conducting Ayurvedic therapeutic techniques in relation to:** |  |  |
| * environment |  |  |
| * equipment |  |  |
| * massage oils and powders |  |  |
| * protocol |  |  |
| * client privacy |  |  |
| * responding to client instructions |  |  |
| * precautions to be taken in Ayurvedic massage |  |  |
| **basic structure and function of systems and regions of the body within Ayurvedic framework:** |  |  |
| * agni, ama, vikruti, srotarodha, saptadhatu, updhatus |  |  |
| * mental gunas (emotional states in response to stress, trauma and pain) |  |  |
| **possible reactions and contra-indications and when to refer to a medical practitioner:** |  |  |
| * physical, emotional, mental trauma or illness |  |  |
| * intoxication |  |  |
| * pain |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Unit Code** | **Unit Title** | | | | **This unit assessed holistically with other units? Listed below.** | ☒Yes ☐No |
| **HLTAYV003** | **HLTAYV003 Provide Ayurvedic bodywork therapies** | | | | **HLTAYV001**  Develop Ayurvedic practice  **HLTAYV002**  Make Ayurvedic lifestyle assessments  **HLTAYV003**  Provide Ayurvedic bodywork therapies  **HLTAYV004**  Provide Ayurvedic lifestyle advice  **HLTAYV005**  Provide advice on Ayurvedic nutrition  **HLTAAP002**  Confirm physical health status  **HLTWHS004**  Manage work health and safety  **HLTINF004**  Manage the prevention and control of infection  **CHCDIV001**  Work with diverse people  **CHCCOM006**  Establish and manage client relationships  **CHCLEG003**  Manage legal and ethical compliance  **BSBSMB404**  Undertake small business planning  **CHCAGE001**  Facilitate the empowerment of older people  **CHCCCS001**  Address the needs of people with chronic disease  **CHCDIS007**  Facilitate the empowerment of people with disability  **CHCMHS001**  Work with people with mental health issues  **CHCPRP003**  Reflect on and improve own professional practice  **HLTAID003**  Provide first aid | |
| **Assessor/s** |  | | | |
| **Assessment Methods** | | | | | | |
| ☒ Observation in the workplace  ☒ Observation in a simulated environment  ☒ Fault finding/Problem solving | | ☒ Verbal Questioning/ Interview  ☒ Presentation  ☒ Class Discussion  ☒ Formal Exam/Test | | ☒ Written questions  ☒ Essay  ☒ Project  ☒ Case Study | ☒ Ayurvedic consultation feedback documents  ☒ Self-Assessment | |
| **Assessment Instruments**  **(please list)** | | | **Venue and Schedule**  **(Location, due date, time allowed)** | | **Resources and equipment required to conduct the assessment** | |
| Written questions and assignments  Exams  **Observation checklist** | | | Online. Due date set by assessor.  Online. Due date set by assessor  Due date set by assessor  Venue: Health Institute Australasia  Southport / Nirvana campus  3 x observations required during the course | | Computer & internet access  Computer & internet access  Observation checklist | |
| **Target Learner(s)**  (Describe the learner cohort generally and identify special needs) | | | No special needs | | | |
| **Assessment Conditions**  (from Unit of Competency) | | | Skills must have been demonstrated in the workplace or in a simulated clinical environment that reflects workplace conditions. The following conditions must be met for this unit:   * use of suitable facilities, equipment and resources, including: * Ayurvedic base, essential and herbal oils, herbal pastes and powders and equipment to process, decant, mix, stir, measure, apply, remove and dispense the same * suitable droni, massage table where these therapies may be provided * shirodhara and other snehana therapy equipment * Ayurvedic reference texts and notes on therapies and products used * modelling of industry operating conditions, including provision of services to the general public * clinic supervision by a person who meets the assessor requirements outlined below | | | |
| **Applicable industry or workplace standards , and Training Package advice** (if any) | | |  | | | |
| **Stakeholders that any of the assessment arrangements need to be confirmed with** | | | Students  RTO  Trainer and Assessor | | | |
| **Special arrangements and allowable adjustments that may be made** | | | Flexible time frame for delivery.  Flexible learning environment.  Support person for diverse learner needs.  Special considerations | | | |
| **Recording and Reporting Procedures** | | | Mark the assessment items  Provide feedback  Record the result  Issue certificate of attainment  Archive records  Use relevant software to maintain records | | | |

**Practicum – Observation**

|  |  |
| --- | --- |
| Unit | HLTAYV003 Provide Ayurvedic bodywork therapies |

**Student will be observed on at least 3 occasions over the course.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Details of observation | | | | | | | |
| RTO | Health Institute Australasia | | | | | | |
| Learner name |  | | | | | | |
| Assessor name |  | | | | | | |
| Competency standard | **HLTAYV003 Provide Ayurvedic bodywork therapies** | | | | | | |
| **Assessment dates** | 1.  2.  3. | | | | | | |
| Task/procedure observed | **Provide Ayurvedic bodywork therapies** | | | | | | |
| Observation checklist | | | | | | | |
| **Did the learner:** | | **1.Yes** | **No** | **2.Yes** | **No** | **3.Yes** | **No** |
| 1. Gather client information | |  |  |  |  |  |  |
| 2. Prepare client, self and environment | |  |  |  |  |  |  |
| 3. Select and use Ayurvedic techniques and sequences | |  |  |  |  |  |  |
| 4. Finalise treatment and advise client | |  |  |  |  |  |  |

|  |  |
| --- | --- |
| Results | |
| Overall performance | ❒ Satisfactory ❒ Not Yet Satisfactory |
| Feedback to student |  |
| Assessor signature: | Date: |
| Assessor signature: | Date: |