

Infant Massage Teacher training programme - Estimated Self-Directed Study Hours

Assignment	Detail	Submission Date	Estimated Work Time	Hours
Workbook Part A: Theory	Relevant reading of underpinning knowledge 10 questions to research and complete	Due in week six	10 hours minimum	10
Workbook: Part B: Anatomy and Physiology	52 short questions to research and complete, plus weekly study	Due in week six	2 hours to complete Workbook questions. Recommended reading thereafter: ½ hour each week of the A&P theory over 16 weeks minimum	2 5
Schemes-of-Work and Lesson Plans	Fine tuning of course planning of the five group sessions and the three one-to-one teaching sessions using the scheme-of-work and lessons plans provided by Touch-Learn	Due in with final portfolio (day one, part two)	½ for each scheme-of-work ½ hour per lessons plans (x 8)	1 4
Administration and Organisation	Printing invitations, posters, parent practical and supporting handouts, certificates, speaking with potential parents (i.e. pre-visit for one-to-one), booking venue, risk assessment etc.	Due in with final portfolio (as above)	Includes preparation before and on-going organisation during course teaching period	6
Course Teaching	Deliver group and one-to-one teaching sessions 8 teaching sessions in total. Completion of Reflective Journal	Prior to week 16	Eight sessions with a minimum of two hours set up and contact time per session ½ an hour reflection after each session (x 8)	16 4
Competencies	5 Evaluative Reflections	Due in approximately week 14	5 hours minimum	5
Portfolio	Gathering together all documents – filing and indexing to relevant competencies	Due in with final portfolio (day one, part two)	2 hours	2
TOTAL HOURS				55