



**CIBTAC LEVEL 3 AWARD IN HEALTHY EATING
AND WELLBEING FOR THE COMPLEMENTARY
THERAPY CLIENT**

CCA01

QAN – 600/6778/0

Qualification Specification

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1. CIBTAC

The Confederation of International Beauty Therapy and Cosmetology (CIBTAC) was established in 1977 as the education arm of The British Association of Beauty Therapy and Cosmetology (BABTAC). We are a not-for-profit organisation, continually reinvesting our income for the benefit of our accredited Centres and their Learners.

2. Introduction to CIBTAC qualifications

- 1.1. Each of our qualifications are developed through our close relationships with government agencies and employers from around the world, ensuring they are tailored to provide for the requirements of the international industry. Many of our Centres have been with CIBTAC for more than 30 years and their qualifying Graduates are sought after by first-rate employers because they are both educated to a high level and are salon ready
- 1.2. Our qualifications are challenging, but highly attainable and designed to ensure an exceptional quality of Graduate is entering the sector whilst providing a flexible learning structure that allows each individual to design their portfolio of qualifications depending on their career aspirations. Qualifications are recognised by the England Government Regulated Qualifications Framework (RQF) which is often used to support local governments' qualifications throughout the world to enable international recognition for the Learner. If qualifications sit within a national qualification framework (such as the RQF) this enables greater recognition and comparability not only nationally, but also internationally where national qualification frameworks are referenced to the European Qualifications Framework (EQF)
- 2.3 CIBTAC ensures its qualifications are fit for purpose by mapping them to National Occupational Standards where they exist. Qualifications are supported by professional associations and external end examinations are structured to be similar to an industry trade test and therefore prepare Learners for seeking employment

3. Level of the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies Client

- 1.3. This qualification is listed in the Ofqual register of qualifications. The CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies Client provides knowledge and practical competence in providing healthy eating and wellbeing lifestyle advice alongside the provision of complementary therapy. The CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies has been accredited by OFQUAL
- 1.4. A Learner studying a Level 3 programme will be able to demonstrate the following:

Knowledge descriptor (the Learner)	Skills descriptor (Learner can)
<ul style="list-style-type: none"> • has factual, procedural and theoretical knowledge and understanding of a subject or field of work to complete tasks and address problems while well-defined, may be complex and non-routine • can interpret and evaluate relevant information and ideas • is aware of the nature of the area of study or work • is aware of different perspectives or approaches within the area of study or work 	<ul style="list-style-type: none"> • identify, select and use appropriate cognitive and practical skills, methods and procedures to address problems that while well-defined, may be complex and non-routine • use appropriate investigation to inform actions • review how effective methods and actions have been

4. Purpose of the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies

The CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies is a knowledge-based qualification. It is aimed at equipping therapists with skills required to enhance the effects of complementary therapy treatments.

The units have been identified by employers as the most appropriate for working as a Complementary Therapist, however, there are many CPD courses that can enhance the skills learnt and provide new techniques to ensure that the qualified therapist remains current and at the forefront of the industry.

5. Aims of the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies

1.5. The CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies provides Learners with the knowledge and skills to carry out the recognised advice on healthy eating and wellbeing to enhance complementary therapy treatments in today's market.

1.6. The aim of the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies Client is to:

- provide Learners with a challenging qualification that will enable them to gain the necessary knowledge as a complementary therapist
- encourage wider learning of CPD opportunities available on completion of the course
- provide Learners with the opportunity to recognise the changing industry and be able to explore further avenues that will enhance skills in the future
- provide Learners with the tools and terminology required to work within the complementary therapy industry
- enable Learners to make informed and confident decisions relating to Clients' needs and requirements.
- provide opportunities for Learners to develop the necessary skills and competencies to move on to further study or employment
- encourage a deeper understanding of 'effective communication' with Clients and team members

5.3 The content of the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies is shown below

Knowledge elements for the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies will enable Learners to:

- understand the role and sources of nutrients required for a balanced diet to maintain good health
- understand how to provide general information on healthy eating to support the therapeutic benefit of the complementary therapy treatment

6. Progression

CIBTAC's Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies is a natural progression from Level 3 Award in Indian head massage and Level 3 Certificate in stone therapy massage. Achievement of the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies will also provide progression to the Level 3 Diploma in Massage. Level 3 Diploma in Aromatherapy, Level 3

Diploma in Reflexology and Level 4 Diploma in Salon Management offered by CIBTAC and other awarding organisations regulated by Ofqual.

7. Structure of the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies

- 1.7. The CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies is made up from 1 mandatory unit
- 1.8. The Core (mandatory) unit is as follows

Mandatory units	UAN number	Unit code	Level	Credit value	GLH
Healthy eating and wellbeing for the complementary therapies client	M/616/3692	T123	3	6	30
Minimum credit/hours				6	30
Minimum TQT				60	

Ofqual defines GLH and TQT as:

Guided Learning (GL)

Guided Learning is 'the activity of a Learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a Lecturer, Supervisor, Tutor or other appropriate provider of education or training'. This includes 'the activity of being assessed if the assessment takes place under the immediate guidance or supervision of a Lecturer, Supervisor, Tutor or other appropriate provider of education or training'

Total Qualification Time (TQT)

Total Qualification Time is the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required in order for a Learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification

8. Strategy for Delivery

- 1.9. The strategy for delivery of the unit that makes up the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies is based upon theory sessions
- 1.10. The delivery of the programme may vary according to the Centre and may be delivered in any format that supports the Total Qualification Time (TQT) of 60 hours. This may include training workshops or seminars, e-learning, distance learning or self-study. The CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies has a total minimum number of 30 guided learning hours (GLH). These hours must take place during simultaneous contact between Tutor and Learner

9. Assessment Strategy

- 9.1 This qualification will be assessed using a variety of assessment methods. All assessments will be undertaken internally by the Centre appointed assessors. The CIBTAC External Examiner will visit the Centre and will review evidence as well as observing general overall standards of the Centre
- 9.2 The assessment methodology consists of 1 part, namely:
- Part 1** will consist of a Multiple Choice Theory examination paper. The features of the MCQ test are:
- the formats of MCQs will be determined by the domain of learning (Knowledge, Understanding, and Application) on which the Learner is to be assessed
 - the MCQ paper will consist of 30 questions covering the mandatory unit
 - each MCQ paper will be composed of MCQs with 1 correct answer and 3 distractors
 - results of the MCQ assessment will be made available to Centres within 6 weeks following the exam date
 - Learners will be required to gain a minimum of 60% in the unit to pass
- 9.3 The Learner will need to pass the MCQ paper to achieve the full CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies

10. Grading Scheme

To gain a qualification all units must be passed or achieved. Portfolio only units will be designated “achieved” or “not achieved”. Externally assessed units will be graded, the grades given will encompass both written and practical examinations and will be awarded as shown below. The overall grade for the qualification will be determined by the grades achieved for all units carrying an external assessment. The qualification grade is the lowest unit grade. The unit grade is the lowest of the theory and practical grade (where both forms of assessment take place). To receive a pass, all portfolio-only units must be achieved and all externally examined units must receive a pass score. To receive a merit all externally examined units must have received at least a merit score. To receive a distinction, all externally examined units must have received at least a distinction score.

Grade	Mark range
Distinction	Marks of 85% and above
Merit	Marks of 75% - 84%
Pass	Marks of 60% - 74%
Fail	Marks of 59% and below

11. Initial assessment and Induction

Approved Centres will need to undertake an initial assessment of each Learner prior to the start of their programme to make sure that the level and type of qualification is appropriate. The initial assessment should

identify any specific needs that the Learner may have and the support and guidance they will require when working towards the achievement of their qualification. CIBTAC recommends that Learners undertake a relevant induction programme to familiarise them with the requirements of the qualification they will be undertaking, their responsibilities as Learners and the responsibilities of the approved Centre. A learning contract or professional development plan may be useful in this respect.

12. Entry Requirements

Learners should either be working in or aspiring to join the Beauty Industry if possible. They should ideally have:

- a good general education, including GCSE Mathematics and English, A* - C. This may also include achievement of Functional Skills or Essential Skills in Mathematics and English

13. Accreditation of Recognised Prior Learning (RPL)

- 13.1 Approved Centres should provide appropriate advice and guidance to Learners seeking exemptions as a result of prior learning.
- 13.2 Each Learner is responsible for preparing each case of RPL
- 13.3 The Head of Training at the Centre is responsible for providing the outcome in writing to each Learner. Each claim should be verified by a CIBTAC Examiner or the CIBTAC Education Development Officer

14. Qualification time constraints

- 14.1 CIBTAC offers a lifetime registration fee. Learners are allocated a Unique CIBTAC ID and this will appear on all certificates
- 14.2 Learners have 3 years to complete a full qualification, subject to it being offered by an approved Centre; however it is normally anticipated that the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies will be completed within one academic year. Learners may complete the qualification more quickly subject to the assessments being made available by the approved Centre
- 14.3 Learners are permitted to sit 2 re-sits in unsuccessful units in the 2 years following the initial exam. If they are still unsuccessful after that, the Learner must re-register for these units and complete the course of study again, before sitting the complete examination. This applies to both practical and theory aspects. A unit certificate will be provided for all successfully completed units

15. Centre Requirements

- 15.4 Only approved Centres may offer CIBTAC qualifications. Centres must apply for approval to become a recognised approved Centre. Full details are available from CIBTAC. The approval process will determine whether the Centre:
- meets the approval criteria and
 - has the expertise and resources to offer the levels of qualifications to be delivered
- 15.5 Approved Centres must meet a set of criteria defined by CIBTAC that meet the appropriate Ofqual General Conditions of Recognition (condition C). These include:
- recognised quality assurance procedures
 - appropriately qualified tutors for the particular programmes
 - a nominated Centre co-ordinator

- suitable teaching and learning facilities
- secure assessment facilities
- secure information management systems that meet the requirements of the Data Protection Act

16. Certification

A Qualification Certificate and Unit Certificate for the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies will be awarded to Learners who have successfully completed the 1 core (mandatory) unit from the qualification structure.

17. The CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies Syllabus

- 17.1 There is 1 key area within the programme of learning within which the syllabus is contextualised specifically for the beauty industry, which is
- healthy eating and wellbeing
- 17.2 The full syllabus outlining learning outcomes and the indicative content of each unit can be found in a separate document CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies Client

18. Mapping to other Education Frameworks

The CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies is mapped against the England Government Regulated Qualifications Framework (RQF) and the European Qualifications Framework (EQF) to assist the Learner with the mobility of their achievements against these frameworks, as set out below.

	RQF	EQF	CQFW	SCQF
	8	8		
	7	7		
	6	6		
	5/4	5	5/4	8/7
CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies Client	3	4	3	6
	2	3	2	5
	1	2	1	4
	Entry Level 3	1		

19. CIBTAC policies

- 19.1 The following CIBTAC policies are available for approved Centres and Learners to refer to in the administration of the delivery of the CIBTAC Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapies
- Malpractice and Maladministration Policy and Procedures
 - Reasonable Adjustments and Special Considerations Policy
 - Equality and Diversity Policy

- Conflict of Interest Policy
- Appeals Policy
- Complaints Policy
- Whistleblowing policy
- Certification Policy
- RPL Policy

19.2 The application forms below will need to be completed before CIBTAC is able to service your request in respect of policies identified in 19.1

- Application form for Reasonable adjustments
- Application form for Special Considerations