

1. TITLE OF THE CERTIFICATE - ET ⁽¹⁾**Massaažiterapeut, tase 6**⁽¹⁾ In the original language2. TRANSLATED TITLE OF THE CERTIFICATE ⁽¹⁾**Massage Therapist, EstQF Level 6**⁽¹⁾ If applicable. This translation has no legal status.

3. PROFILE OF SKILLS AND COMPETENCIES

The job of a massage therapist is to restore the affected functions of the client's/patient's body and prevent and alleviate health problems in the best possible way, supporting the client's/patient's quality of life.

The massage therapist prepares the workplace, establishes contact with the client, collects their history and gives a massage using correct and appropriate massage techniques. They advise and instruct clients and refer them to health care specialists, where needed.

The job of a paediatric massage therapist is to give massages to children of all ages, taking into consideration each child's age and health. They usually form part of a rehabilitation team and must adequately assess their role when working independently or with parents/caregivers, paediatricians, physiotherapists, speech and language therapists or other specialists. They advise and instruct children and parents and refer them onwards to other specialists, where needed.

A sports massage therapist usually works alone or as part of a team consisting of an individual athlete and/or team, a coach, a sports physician and a physiotherapist. Their role is to use massage to help athletes to achieve a steady rise in their training levels and maximum performance, and to maintain a timed peak performance. Through their work, sports massage therapists influence the functional state of athletes' bodies by promoting post-workout recovery processes to prevent fatigue, trauma and musculoskeletal overload.

The work of a therapeutic massage therapist is to perform a massage based on the client's diagnosis or condition in order to relieve symptoms and support basic treatment.

They monitor the client's/patient's recovery and doctor's advice, collaborate with physicians/physiotherapists/rehabilitation physicians, modify the therapy plan, where needed, and advise clients/patients regarding therapeutic massage.

Work units:

1. Customer service, service and introduction of products

- Customer service.
- Introducing services and products.

2. Massage therapy and supporting activities

- Preparing and organising the workplace and tools.
- Collecting the client's medical history and assessing their situation; preparation for the massage.
- Choosing the type of massage and preparing for it.
- Performing massage therapy.

^(*)Explanatory note

This document is designed to provide additional information about the specified certificate and does not have any legal status in itself. The format of the description is based on the following texts: Council Resolution 93/C 49/01 of 3 December 1992 on the transparency of qualifications, Council Resolution 96/C 224/04 of 15 July 1996 on the transparency of vocational training certificates, and Recommendation 2001/613/EC of the European Parliament and of the Council of 10 July 2001 on mobility within the Community for students, persons undergoing training, volunteers, teachers and trainers.

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- Ending massage therapy.
- Evaluation of results.

3. Massage business

- Choosing a form of business and planning activities.
- Managing a salon.
- Planning marketing and sales campaigns.
- Leading a team.
- Supervising colleagues.

Paediatric massage therapy

4. Paediatric massage therapy

- Preparing the massage room.
- Establishing rapport.
- Collecting information.
- Giving paediatric massages.
- Giving instructions.

Sports massage therapy

5. Sports massage therapy

- Assessment of joint mobility and muscle strength; interpretation of results.
- Massage during training period.
- Massage during competition period.
- Preventing sports injuries.

Therapeutic massage therapy

6. Therapeutic massage therapy

- Collecting medical history and compiling a therapy plan.
- Giving therapeutic massages.
- Evaluating the results of therapeutic massages.

4. RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE ⁽¹⁾

Massage therapist, paediatric massage therapist, sports massage therapist, therapeutic massage therapist.

⁽¹⁾ If applicable

5. OFFICIAL BASIS OF THE CERTIFICATE

Name and status of the body awarding the certificate	Name and status of the national/regional authority providing accreditation/recognition of the certificate
The occupational certificate that has been issued by the professional council that operates under the activity license issued by a Awarding Body	Occupational Qualification Council approved by a Regulation of the Government of the Republic
Level of the certificate (national or international)	Grading scale / Pass requirements
Estonian Qualification Framework level 6 European Qualification Framework level 6	passed/fail
Access to next level of education/training	International agreements
Legal basis	
Occupational Qualifications Act (RT I 2008, 24, 156; 01.09.2008)	

6. OFFICIALLY RECOGNISED WAYS OF ACQUIRING THE CERTIFICATE

In order to obtain a occupational certificate, the applicant has to prove all his/her competencies required by the occupational standard and by the procedure for awarding of occupational qualification established by the body awarding the occupational qualification

More information (including a description of the national qualifications system) available at:
www.kutsekoda.ee