



Qualification  
Guidance  
Syllabus

# Level 3 Diploma in Sports Massage Therapy

Qualification  
Accreditation Number:  
**601/4930/9**  
Version AIQ005043

**Active iQ**

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# Active IQ Level 3 Diploma in Sports Massage Therapy

**Qualification Accreditation No:** 601/4930/9

## Introduction

The Active IQ Level 3 Diploma in Sports Massage Therapy is at level 3 on the Regulated Qualifications Framework.

**Guided learning hours: 225      Total Qualification Time: 370      Credit: 37**

<b>Minimum credit to be achieved at or above the level of the qualification:</b>	34
<b>Requirement other than the award of credit which needs to be met before the qualification is awarded:</b>	None
<b>Exemptions:</b>	None

## Entry Requirements

- There are no specific entry requirements.
- There is an element of communication involved (discussing, presenting, reading and writing) and learners should have basic skills in communication pitched at level 3.
- Performing sports massage is a physical activity and learners will need to be fit enough to carry this out.

## Qualification Outline

### Target Learners:

- Learners aged 16+.
- Those wishing to pursue a career in sports massage with healthy adults.

### Aim:

To provide learners with the knowledge and skills to be able to:

- Provide sports massage therapy to a range of clients who have dysfunctional tissue, without acute/post-acute injuries or underlying pathological conditions.

### Objectives:

To provide learners with the knowledge and skills to be able to:

- Assess clients and construct a sports massage treatment plan.
- Understand the principles of soft tissue dysfunction.
- Understand how to determine the appropriate techniques for specific clients.
- Apply a range of sports massage techniques and understand their effects on the body.

## **Progression**

This qualification provides progression on to:

- Active IQ Level 4 Certificate in Sports Massage Therapy.
- Routes into fitness instructing.

## **Links to National Occupational Standards (NOS)**

There are links to:

- NOS in sports massage.
- NOS in fitness instructing.

## **Complementary and Natural Healthcare Council (CNHC)**

The CNHC was established with government support to regulate a range of complementary therapies, including sports massage. The CNHC is a voluntary regulator and its key function is to enhance public protection.

There are a number of professional associations which allow their members to access the CNHC voluntary register, each with their own membership requirements. Active IQ believes that it should be the responsibility of each individual training provider to affiliate themselves with one or more of these associations if they so require.

Active IQ learners receive a nationally recognised qualification which has been supported by Skills for Health and will be able to access insurance to practice, but they may need to meet additional requirements if they wish to gain access to one of the professional associations and the CNHC voluntary register.

Further details about the CNHC and their associated membership bodies can be found at [www.cnhc.org.uk](http://www.cnhc.org.uk).

## **Professional associations (PAs)**

There are a number of professional associations (PAs) that offer membership to qualified (post graduate) sports massage therapists.

Individual PAs often have their own membership entry requirements that can include such as :

- A minimum period of time over which a course/qualification is completed.
- The method of course delivery.
- A logbook to evidence student practise hours.
- A First Aid qualification.
- An annual log of Continuing Professional Development hours (CPD).

This list is not necessarily complete and learners are advised to check the requirements of a specific PA they may like to join post qualification.

## **Skills for Health Assessment Principles**

All assessments in this qualification must be assessed in line with Skills for Health Assessment Principles. Further detail of these principles can be found at: <http://www.skillsforhealth.org.uk/getting-the-right-qualifications/vocational-qualifications/qualifications-and-credit-framework--qualifications/>

All Active IQ assessments in this qualification have been designed to follow these principles fully.

# Occupational competence statements for tutoring, assessing and internal verifying

**This section outlines the requirements for tutoring, assessing and internally verifying Active IQ qualifications.**

## **Required criteria**

All tutors, assessors and internal verifiers must:

- Possess a discipline-specific qualification equivalent to the qualification being taught.
- Have relevant industry experience.
- Demonstrate active involvement in a process of industry-relevant continued professional development during the last two years (this may be discipline/context specific or relevant to tutoring, assessing or quality assurance).

## **Tutors**

Tutors must hold or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS).
- Level 3 Award in Education and Training .
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS).
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS).
- Level 4 Certificate in Education and Training.
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS).
- Level 5 Diploma in Education and Training.
- Certificate in Education.

## **Assessors**

Assessors must hold or be working towards any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment .
- Level 3 Award in Assessing Vocationally Related Achievement .
- Level 3 Award in Assessing Competence in the Work Environment .
- Level 3 Certificate in Assessing Vocational Achievement .
- A1 (previously D32, D33).

## **Internal verifiers**

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice .
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice .
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice .
- V1 (previously D34).

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) which should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

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## Qualification structure

Learners must complete the five mandatory units (37 credits).

## Mandatory units

Unit	Unit accreditation number	Level	Credits	
1.	Anatomy and physiology for sports massage	J/506/7220	3	10
2.	Principles of health and fitness	R/506/7222	2	3
3.	Understand the principles of soft tissue dysfunction	Y/506/7223	3	3
4.	Professional practice in sports massage	D/506/7224	3	5
5.	Sports massage treatments	T/506/7228	3	16

All five mandatory units must be successfully completed to achieve the full qualification.

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand the structural organisation of the human body	1.1 Outline the structural organisation of the human body 1.2 Describe the structure of the human cell 1.3 Describe the functions of the human cell 1.4 Describe the different types of human tissue 1.5 Explain the functions of the different types of human tissue
2. Understand the structure and functions of the skin	2.1 Describe the structure of the skin 2.2 Describe the functions of the skin
3. Understand the structure and functions of the skeletal system	3.1 Describe the structure of the skeletal system 3.2 Describe the functions of the skeletal system 3.3 Explain the classification of bones 3.4 Explain the stages of bone growth and repair
4. Understand the structure and functions of joints	4.1 Describe the different joint categories 4.2 Explain the structure of synovial joints 4.3 Describe joint actions at the major joints 4.4 Explain the characteristics of ligaments 4.5 Explain the characteristics of tendons
5. Understand the structure and functions of the muscular system	5.1 Describe the characteristics of the types of muscle tissue 5.2 Locate the major anterior and posterior skeletal muscles 5.3 Identify and locate the muscle attachment sites for the major muscles of the body 5.4 Describe the action of the major anterior and posterior skeletal muscles 5.5 Describe the roles of muscles during movement 5.6 Explain the different types of muscle contraction 5.7 Explain the principles of muscle contraction
6. Know the structure and functions of the nervous system	6.1 Describe the structure of the nervous system 6.2 Outline the functions of each subdivision of the nervous system 6.3 Explain the characteristics of the different types of nerves
7. Understand the structure and functions of the endocrine system	7.1 Describe the structure of the endocrine system 7.2 Explain the role of hormones 7.3 Name key hormones and their actions

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
8. Understand the structure and functions of the cardiovascular system	8.1 Describe the structure of the cardiovascular system 8.2 Describe the functions of the cardiovascular system 8.3 Describe the flow of blood around the circulatory system 8.4 Describe the composition of blood 8.5 Describe blood pressure 8.6 Describe the factors that may affect blood pressure
9. Understand the structure and functions of the respiratory system	9.1 Describe the structure of the respiratory system 9.2 Describe the functions of the respiratory system 9.3 Identify the main muscles involved in breathing 9.4 Describe the passage of air through the cardio-respiratory systems, including gaseous exchange
10. Understand the structure and functions of the lymphatic system	10.1 Outline the structure of the lymphatic system 10.2 Describe the functions of the lymphatic system 10.3 Describe the structure of a lymph node 10.4 Explain the functions of a lymph node 10.5 State the location of the major lymph nodes
11. Know the structure and functions of the digestive system	11.1 Outline the structure of the digestive system 11.2 Outline the functions of the digestive system
12. Know the structure and functions of the urinary system	12.1 Outline the structure of the urinary system 12.2 Outline the function of the urinary system
13. Understand the effects of sports massage on the body systems	13.1 Explain the physical effects of sports massage 13.2 Explain the physiological and neurological effects of sports massage 13.3 Explain the psychological effects of sports massage
<b>Assessment</b>	Worksheet Theory paper



<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand the benefits of an active, healthy lifestyle	1.1 Explain what constitutes an active, healthy lifestyle 1.2 Describe the benefits of leading an active, healthy lifestyle
2. Understand the effects of exercise on the body	2.1 Describe the short- and long-term effects of exercise on the body systems 2.2 Describe the blood pooling effect following exercise 2.3 Identify the types of activities likely to cause delayed onset of muscle soreness
3. Know the components of fitness	3.1 Define the health-related components of fitness 3.2 Define the skills-related components of fitness 3.3 Identify the factors that affect health and skill-related fitness
4. Know the principles of training	4.1 Identify the principles of training 4.2 Describe the physiological implications of each training principle 4.3 Describe signs and symptoms that may indicate overtraining
5. Understand the importance of healthy eating	5.1 Explain the dietary role of key macro nutrients 5.2 Explain the dietary role of key micro nutrients 5.3 Identify common dietary sources for key macro and micro nutrients 5.4 Explain the importance of adequate hydration 5.5 Explain current healthy eating guidelines 5.6 Explain the importance of healthy eating in relation to growth, repair and injury 5.7 Explain professional boundaries when offering healthy eating advice
<b>Assessment</b>	Worksheet

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand soft tissue dysfunction	1.1 Differentiate between soft tissue injury and dysfunction 1.2 Explain the types of soft tissue injuries 1.3 Describe common causes of soft tissue injury 1.4 Differentiate between the severity of injuries 1.5 Describe common causes of soft tissue dysfunction 1.6 Describe signs and symptoms of soft tissue dysfunction
2. Understand the process of repair of soft tissue	2.1 Describe the process of soft tissue repair 2.2 Describe factors that may influence soft tissue repair 2.3 Explain the importance of the inflammatory process
<b>Assessment</b>	Worksheet

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand legislation required in sports massage	1.1 Explain how current legal obligations relate to the sports massage therapist 1.2 Explain the importance of having a chaperone present when working with children and vulnerable adults 1.3 Explain the importance of obtaining and working within boundaries of informed consent 1.4 Describe what information needs to be given to clients to obtain informed consent 1.5 Evaluate the consequences of non-compliance with legislation and professional standards
2. Understand scope of practice in sports massage	2.1 Describe cautions and contraindications to sports massage 2.2 Distinguish the actions to take if presented with cautions or contraindications <ul style="list-style-type: none"> <li>• Local</li> <li>• Systemic</li> </ul> 2.3 Describe referral procedures when working with other professionals 2.4 Describe how to communicate with others in a professional manner
3. Understand the standards relevant to the sports massage profession	3.1 Discuss key principles of professional standards as stipulated by sports massage membership organisations 3.2 Evaluate the roles of professional organisations relating to sports massage 3.3 Explain the purpose of regulation 3.4 Explain the importance of continuing professional development 3.5 Describe the protocol to follow when presented with an emergency situation 3.6 Describe insurance requirements for sports massage practice

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
4. Understand the principles of professional practice in sports massage	4.1 Explain the importance of valuing equality and diversity when working with clients 4.2 Explain the importance of professionalism 4.3 Explain the personal and clinical standards expected of the sports massage therapist 4.4 Explain the importance of good communication skills 4.5 Describe advantages/disadvantages of different means of communication
5. Understand how to produce, maintain and store client records	5.1 Explain the importance of accurate and confidential record keeping 5.2 Explain what information should be recorded 5.3 Explain the principles to apply when recording treatments 5.4 Explain the legal requirements for the storage and disposal of records
<b>Assessment</b>	Worksheet Assignment

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand the history and development of massage	1.1 Summarise the history and origins of massage 1.2 Explain the development of sports massage 1.3 Explain how sports massage can complement other therapies and treatments
2. Understand the fundamentals of sports massage treatments	2.1 Explain the contexts in which sports massage is used, to include: <ul style="list-style-type: none"> <li>• Pre-event</li> <li>• Inter/intra-event</li> <li>• Post-event</li> <li>• Maintenance</li> </ul> 2.2 Explain the requirements of a suitable environment for sports massage 2.3 Identify types of equipment needed for sports massage, giving reasons 2.4 Identify signs and symptoms of contra-actions 2.5 Identify the therapist's subsequent response to contra-actions 2.6 Describe a range of sports massage techniques to include: <ul style="list-style-type: none"> <li>• Methods</li> <li>• Application</li> <li>• Effects</li> <li>• Safety considerations</li> </ul> 2.7 Explain the importance of positioning and posture for the: <ul style="list-style-type: none"> <li>• Sports masseur</li> <li>• Client</li> <li>• Use of props</li> </ul> 2.8 Describe effects and benefits of commonly used mediums in sports massage 2.9 Explain the advantages and disadvantages of commonly used mediums in sports massage

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
3. Understand how to assess and screen clients for sports massage treatments	3.1 Describe what is meant by subjective and objective assessments 3.2 Explain methods of carrying out subjective and objective assessments 3.3 Explain reasons for use of subjective and objective assessments 3.4 Explain the value of client consultation 3.5 Explain the importance of accurate client assessments and re-assessments
4. Be able to carry out client assessments	4.1 Carry out subjective assessments of clients 4.2 Obtain informed consent before carrying out physical assessments 4.3 Carry out objective assessments of clients
5. Be able to devise sports massage treatment plans	5.1 Devise massage strategies relevant to collated information 5.2 Present massage strategies to clients and obtain informed consent
6. Be able to apply sports massage treatments	6.1 Prepare treatment area, equipment and self for sports massage 6.2 Prepare clients for sports massage 6.3 Position clients for comfort, dignity and maximal effectiveness 6.4 Carry out massage methods that meet the presentation and needs of the client 6.5 Adapt own posture and position throughout application to ensure safe and effective application 6.6 Monitor visual and oral feedback and adapt treatment strategy 6.7 Remove massage medium when necessary 6.8 Maintain interaction with clients throughout the massage 6.9 Apply and maintain professional standards throughout treatments 6.10 Restore working environment to safe and hygienic condition
7. Understand evaluation of sports massage treatments	7.1 Describe methods used to evaluate the effectiveness of treatments 7.2 Describe the advantages and disadvantages of evaluation methods 7.3 Explain the importance of providing opportunities for further feedback 7.4 Explain the importance of self-reflection

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
8. Be able to evaluate sports massage treatments	8.1 Carry out post-massage assessments of clients 8.2 Obtain feedback from clients 8.3 Reflect on feedback received and self-analysis of treatment 8.4 Evaluate treatment and identify areas and opportunities for improvement 8.5 Present aftercare advice to clients, providing opportunities for questions 8.6 Record massage sessions as legally required
<b>Assessment</b>	Worksheet Client record card/treatment plan Three summative observations Self-evaluation

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