



Qualification  
Guidance  
Syllabus

# Level 4 Certificate in Sports Massage Therapy

Qualification  
Accreditation Number:  
**601/4929/2**  
Version AIQ005031

**Active iQ**

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# Active IQ Level 4 Certificate in Sports Massage Therapy

**Qualification Accreditation No:** 601/4929/2

## Introduction

The Active IQ Level 4 Certificate in Sports Massage Therapy is at level 4 on the Regulated Qualifications Framework.

**Guided learning hours: 128      Total Qualification Time: 190      Credit: 19**

<b>Minimum credit to be achieved at or above the level of the qualification:</b>	19
<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

- Learners must hold the Level 3 Diploma in Sports Massage Therapy or equivalent.
- 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 who wish to further their careers in sports massage with adults.

### Aim:

To provide learners with the knowledge and skills to:

- Treat and/or seek to correct common patterns of dysfunction and suitable pre-diagnosed injuries.

### Objectives:

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

- Understand the clinical procedures for client assessment and treatment planning.
- Conduct objective physical assessments.
- Understand the purpose of neuromuscular and tissue mobilisation techniques in sports massage and the skills to be able to apply effective neuromuscular and tissue mobilisation techniques.
- Utilise soft tissue techniques appropriate to specific clients.
- Understand treatment modalities to support soft tissue repair.

## **Progression**

This qualification provides progression on to further specialist training in sports massage and routes into fitness instructing.

## **Links to National Occupational Standards**

There are links to the NOS in sports massage.

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

The CNHC was established with government support to regulate a range of complementary therapies, including sports therapy. 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.

## 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 three mandatory units (19 credits).

### Mandatory units

Unit	Unit accreditation number	Level	Credits	
1.	Conducting subjective and objective assessment	D/506/7501	4	7
2.	Provide sports massage techniques to prevent and manage injury	H/506/7502	4	9
3.	Treatment modalities to support soft tissue repair	K/506/7503	4	3

All three 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 anatomy and physiology of the major joints of the body	1.1 Identify bony structures associated with the major joints 1.2 Explain the functions of bony structures associated with the major joints 1.3 Identify soft tissue structures located at the major joints 1.4 Explain the function of soft tissue structures located at the major joints 1.5 Explain the different types of joint-end feel
2. Understand the influences and effects of client information on treatment planning	2.1 Explain factors which may predispose clients to injury and dysfunction 2.2 Explain how factors may influence a client's ability to recover from injury 2.3 Give examples of how subjective information may influence treatment planning 2.4 Identify reasons for treatment deferral and referral
3. Understand the effects of anatomy, physiology and pathology on human function	3.1 Describe the characteristics of common postural types 3.2 Explain the effects of postural deviations 3.3 Describe the pathophysiology of common injuries/soft tissue dysfunction 3.4 Explain how the aging process affects the musculoskeletal systems
4. Understand the principles and practice of objective assessment techniques	4.1 Explain the methods and purpose for a range of objective assessment techniques <ul style="list-style-type: none"> <li>• Asymmetry</li> <li>• Palpation</li> <li>• Range of movement (active, passive, resisted)</li> <li>• Postural analysis</li> <li>• Functional tests</li> <li>• Special tests</li> </ul> 4.2 Explain how to interpret findings for each objective assessment technique 4.3 Critically evaluate the range of objective assessment methods used to gather information

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
5. Be able to conduct subjective and objective assessment	5.1 Carry out subjective assessments of clients 5.2 Obtain consent for objective assessments 5.3 Carry out objective assessments of clients 5.4 Record client information in accordance with professional practice requirements 5.5 Store client information as legally required
6. Be able to devise a sport massage treatment plan	6.1 Devise treatment plan 6.2 Explain rationale for chosen massage interventions 6.3 Present massage interventions and rationale to clients 6.4 Obtain consent for treatment
<b>Assessment</b>	Two worksheets Summative observation – Palpation Five summative observations – Client assessment and treatment planning (ankle or knee, hip, spine, shoulder, elbow or wrist) Critical evaluation



<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand the principles of soft tissue techniques used in sports massage	1.1 Describe a range of soft tissue techniques: <ul style="list-style-type: none"> <li>• Soft tissue release</li> <li>• Connective tissue</li> <li>• Corrective frictions (transverse)</li> <li>• Trigger points</li> <li>• Muscle energy</li> </ul> 1.2 Explain the protocols to follow for each soft tissue technique: <ul style="list-style-type: none"> <li>• Soft tissue release</li> <li>• Connective tissue</li> <li>• Corrective frictions (transverse)</li> <li>• Trigger points</li> <li>• Muscle energy</li> </ul> 1.3 Critically evaluate the effects of each soft tissue technique
2. Be able to apply soft tissue techniques in sports massage treatments	2.1 Prepare clients for soft tissue techniques 2.2 Position clients for comfort, dignity and maximal effectiveness 2.3 Demonstrate a range of soft tissue techniques 2.4 Monitor tissue response throughout treatments 2.5 Gain feedback from clients throughout treatments 2.6 Adapt soft tissue techniques to meet the needs of clients 2.7 Adapt own posture and position throughout application to ensure safe and effective application 2.8 Evaluate the effectiveness of soft tissue techniques 2.9 Adapt treatment plans based on evaluation of treatments 2.10 Present aftercare advice to clients, providing opportunities for questions
<b>Assessment</b>	Assignment Modular summative observation (a minimum of five clients) Critical evaluation

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand treatments to support soft tissue repair	1.1 Explain the aims of treatments to support soft tissue repair during the acute stage of injury 1.2 Describe treatment protocols to use with clients during the acute stage of injury 1.3 Explain the aims of treatments to support soft tissue repair during sub-acute stage of injury 1.4 Explain which treatment options support the sub-acute stage of injury 1.5 Explain the aims of treatments to support soft tissue repair during the chronic stage of injury 1.6 Explain which treatment options support the chronic stage of injury
2. Understand the use of cryotherapy during soft tissue repair	2.1 Explain the physiological and neurological effects of using ice during soft tissue repair 2.2 Describe methods of applying cryotherapy during soft tissue repair 2.3 Identify contraindications to cryotherapy 2.4 Describe adverse reactions to cryotherapy 2.5 Explain actions to take in the event of an adverse reaction
3. Understand the use of heat treatments during soft tissue repair	3.1 Explain the physiological and neurological effects of using heat during soft tissue repair 3.2 Describe methods of applying heat during the soft tissue repair process 3.3 Identify contraindications to heat treatments 3.4 Describe adverse reactions to heat treatments 3.5 Explain actions to take in the event of an adverse reaction
<b>Assessment</b>	Worksheet

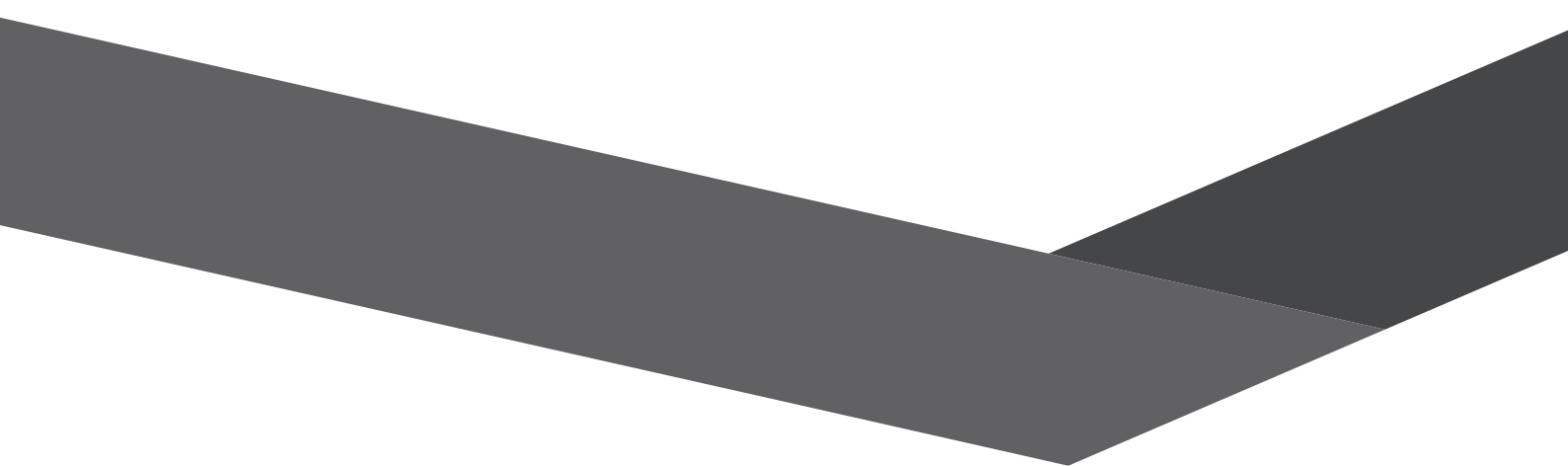


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