

DIPLOMA, LEVEL 3

# Sports Massage


**START DATE**

September 2021

**DURATION**

34 Weeks

**LEVEL**

Level 3

**STUDY MODE**

Part-time

**AWARDING BODY**

Active IQ

The content of this qualification is comprised of all the required elements needed to work effectively and efficiently as a sports massage therapist. This includes anatomy and physiology, professional practice, an understanding of the principles of health and fitness and how to provide sports massage treatments. The level 3 sports massage therapist will be able to work safely and effectively on dysfunctional tissue in a range of context, to include, pre-event, post event, intra-event and for maintenance purposes.

*The course fees for 2020/21 are £2225. If you are aged 19 or over, an Advanced Learner Loan may be available.*

## What will I study?

The structure of the qualification is comprised of 5 units which are all mandatory\*

- Anatomy and physiology for sports massage
- Principles of health and fitness
- Understand the principles of soft tissue dysfunction
- Professional practice in sports massage
- Sports massage treatments

\*units may change year on year

## What can I do after this course?

- Level 4 Certificate in Sports massage therapy
- Level 3 Diploma in Personal Training (Gym-based exercise)

## Entry requirements

A good level of English and Maths, some basic knowledge regarding sports massage is desirable but not essential.

All attendees are required to provide photographic identification.

## Assessment

This qualification will be delivered, assessed and assured in line with the:

- CNHC code of conduct, ethics and performance
- Skills for Health's QCF assessment principles
- Active IQ assessment guidance and evidence requirements

Visit this course on our website: <https://www.selby.ac.uk/courses/sports-massage-diploma-level-3>

For further information please contact the college: <https://www.selby.ac.uk/contact>

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