

CERTIFICATE LEVEL 4

Sports Massage Therapy

**START DATE**

Multiple start dates available

DURATION

12 weeks plus 2 weekends

LEVEL

Level 4

STUDY MODE

Part-time

AWARDING BODY

VTCT

COST

£811.00

The VTCT Level 4 Certificate in Sports Massage Therapy course will prepare you specifically for working in the sports massage dealing with injured clients.

This qualification will give you the opportunity to develop the necessary skills, knowledge and understanding to work with clients who have had recent non-acute injuries and preexisting conditions.

You will develop your massage techniques gained at Level 3 further; in areas such as soft tissue release, connective tissue, corrective frictions, trigger points and muscle energy techniques. You will also gain a deeper knowledge and understanding of anatomy and physiology that will aid your development as a massage practitioner.

What will I study?

You will study a range of modules including:

- Conducting subjective and objective assessment
- Provide sports massage techniques to prevent and manage injury
- Treatment modalities to support soft tissue repair

What can I do after this course?

Once completed you will be able to gain employment as a sports massage therapist providing a range of advanced sports massage techniques for recent non acute injuries and for pre-existing conditions. This may be with a professional sports club, private health clubs and leisure centres and/or self employed.

Entry requirements

You must have completed the Level 3 Diploma in Sports Massage Therapy or equivalent.

Assessment

The course will be assessed in the following ways:

- Portfolio of evidence
- Practical assessments

Visit this course on our website: <https://www.selby.ac.uk/courses/sports-massage-therapy-certificate-level-4>

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

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