

DIPLOMA, LEVEL 3

Sports Massage

**START DATE**

Multiple start dates available

DURATION

34 Weeks

LEVEL

Level 3

STUDY MODE

Part-time

AWARDING BODY

Active IQ

COST

£2,225

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.

Classes will take place on Wednesdays, 1.30-4.30pm.

If you are aged 19 or over, an Advanced Learner Loan may be available to cover your course fees.

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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