

## YMCA Awards Level 3 Diploma in Sports Massage Therapy (601/5011/7)

### Purpose Statement

#### ***Who is this qualification for?***

The YMCA Awards Level 3 Diploma in Sports Massage Therapy (601/5011/7) provides the skills and knowledge required for a career in sports massage therapy as either an employed or self-employed sports massage therapist.

This qualification was developed collaboratively with the following organisations; Active IQ, YMCA Awards, CIBTAC, ITEC and VTCT with input from the industry through the Complementary and Natural Healthcare Council (CNHC) and the General Council for Massage Therapies (GCMT).

#### ***What does this qualification cover?***

This qualification comprises the skills and knowledge required to plan, provide and evaluate sports massage treatments for both sporting and non-sporting clients suffering from a wide range of conditions, such as muscle fatigue, lumbago/non-specific low back pain, and repetitive strain/overuse, non-acute type injuries.

#### **Key knowledge and understanding**

- Anatomy and physiology for sports massage
- Principles of health and fitness
- Professional practice in sports massage
- The principles of soft tissue dysfunction
- Fundamentals of sports massage treatments

#### **Key skills**

- Assessment and screening of clients for sports massage treatments
- Formulation of massage strategies in accordance with clients requirements and expectations
- Application of fundamental sports massage techniques
- Evaluation of sports massage treatments

#### ***What could this qualification lead to?***

- Learners who complete this qualification will be able to gain employment and obtain insurance to work as either an employed or self-employed sports massage therapist within organisations/facilities such as sports massage therapy/ osteopathic clinics, and sporting/fitness venues
- Eligibility to register with the Complementary & Natural Healthcare Council (CNHC) as a massage therapist
- This qualification meets the pre-entry requirements of YMCA Awards Level 4 Certificate in Sports Massage Therapy

## **Qualification structure**

The YMCA Awards Level 3 Diploma in Sports Massage Therapy is regulated by Ofqual, and all of its content is vocationally related to the roles of a Level 3 Sports Massage Therapist.

It comprises the following units, all of which must all be completed to achieve this qualification:

- Anatomy and physiology for sports massage (Level 3, 10 credits)
- Principles of health and fitness (Level 2, 3 credits)
- Understand the principles of soft tissue dysfunction (Level 3, 3 credits)
- Professional practice in sports massage (Level 3, 5 credits)
- Sports massage treatments (Level 3, 16 credits)

## **Pre-entry requirements**

No prior qualifications are required for this qualification, however, learners should:

- be 16+ years old
- be fit enough to perform sports massage
- have basic skills in communication pitched at level 3

## **Assessment**

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

- CNHC code of conduct, ethics and performance
- Skills for Health's assessment principles
- YMCA Awards assessment guidance and evidence requirements

## **Who supports this qualification?**

- Skills for Health (SfH) <http://www.skillsforhealth.org.uk/>
- General Council for Massage Therapy <http://www.gcmt.org.uk/>
- Complementary and Natural Healthcare Council (CNHC) <http://www.cnhc.org.uk/>
- Sports Massage Association <http://www.thesma.org/>
- Sports Therapy Organisation <http://www.uksportstherapy.org.uk/>
- LCSP Register of Remedial Masseurs & Manipulative Therapists <http://www.lcsp.uk.com/>