

## YMCA Awards Level 4 Certificate in Sports Massage Therapy (601/5123/7)

### Purpose Statement

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

The YMCA Awards Level 4 Certificate in Sports Massage Therapy (601/5123/7) provides the skills and knowledge required to work as a sports massage practitioner providing safe and effective treatments for injured clients

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 technical competencies required when seeking to correct or prevent common patterns of dysfunction, and/or pre-diagnosed injuries, when working with both sporting and non-sporting clients

### Key knowledge and understanding

- Detailed anatomy and physiology of the major joints of the body
- The pathophysiology of common injuries/soft tissue patterns of dysfunction
- How heat and ice may be used to safely support the soft tissue repair process
- The purpose and use of a range of soft tissue mobilisation and neuromuscular techniques used within sports massage therapy

### Key skills

- How to safely and effectively identify and evaluate injury/patterns of dysfunction using objective methods such as range of movement, postural analysis, functional and special tests,
- The use of soft tissue mobilisation and neuro-muscular techniques to correct/manage soft tissue injuries (such as sprains and strains) and/or patterns of dysfunction
- Evaluation techniques to determine effectiveness of any treatments given
- Post-care prescription methods to support the client in their own self-management

#### ***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 practitioner working with both injured clients and non-injured clients within organisations/facilities such as sports massage therapy/ osteopathic clinics, and sporting/fitness venues
- May be used to support access toward degree studies related to Sports Therapy and/or Sport and Exercise Sciences

This qualification is different from the YMCA Awards Level 3 Diploma in Sports Massage Therapy since it qualifies you to work, as a sports massage practitioner, with injured clients.

The scope of practice of a sports massage therapist with Level 3 Diploma in Sports Massage Therapy is limited to applying pre /post event/maintenance massage on 'non-injured' tissue.

### **Qualification structure**

The YMCA Awards Level 4 Certificate in Sports Massage Therapy is regulated by Ofqual, and all of its content is vocationally related to the roles of a Level 4 Sports Massage Practitioner

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

- Conducting subjective and objective assessment (7 credits, 50 GLH)
- Treatment modalities to support soft tissue repair (3 credits, 20 GLH)
- Provide sports massage techniques to prevent and manage injury (9 credits, 58 GLH)

### **Pre-entry requirements**

- The qualification has a pre-entry requirement of Level 3 Diploma in Sports Massage Therapy or equivalent
- 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/>