



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

Qualification Specification



YMCA Awards

112 Great Russell Street
London
WC1B 3NQ

020 7343 1800

www.ymcaawards.co.uk

Level 3 Diploma in Sports Massage Therapy

Qualification Specification

Qualification number: 601/5011/7

Operational start date: 1 December 2014

Copyright © YMCA Awards 2017

The content of this document remains the intellectual property of, and is copyright to London Central YMCA (trading as YMCA Awards). No part of these materials may be reproduced, stored, copied, edited or distributed in any form or by any means including photocopying, publishing, recording or by any other electronic or mechanical methods, without the explicit written permission of YMCA Awards. YMCA Awards reserves the right to seek legal remedies for any such infringement.

Contents

Introduction	7
About YMCA Awards.....	7
Qualification overview	7
Qualification aim.....	7
Target group and age range.....	7
Qualification structure	8
Total Qualification Time (TQT).....	8
Guided Learning Hours (GLH)	8
Recommended Guided Learning Hours – our ongoing review	9
Entry requirements	9
Opportunities for progression	9
Mapping to standards.....	9
Centre approval	9
Qualification approval.....	9
Tutor, assessor and IQA approval requirements	9
Registration.....	10
Qualification availability.....	10
Reasonable adjustments and special considerations	10
Enquiries and appeals procedures.....	10
Assessment and quality assurance	10
How the qualification is assessed	10
Internal assessment	11
External assessment.....	11
Assessors.....	11
Internal and external quality assurance	12
Qualification content	12
Unit specifications and recommended assessment methods	12
Anatomy and Physiology for Sports Massage (J/506/7220).....	13
Unit aim.....	13
Unit content	13
Principles of Health and Fitness (R/506/7222)	17
Unit aim.....	17

Unit content	17
Understand the Principles of Soft Tissue Dysfunction (Y/506/7223)	19
Unit aim.....	19
Unit content	19
Professional Practice in Sports Massage (D/506/7224).....	20
Unit aim.....	20
Unit content	20
Sports Massage Treatments (T/506/7228)	23
Unit aim.....	23
Unit content	23

Introduction

About YMCA Awards

At YMCA Awards, we are passionate about learner progress. Our qualifications support every learner, whether they are taking their first steps into fitness or simply wishing to boost their skills. Our high-quality resources and assessment materials have been created by leading industry experts in consultation with employers and training providers.

YMCA Awards is an internationally recognised organisation. We are highly respected in health and fitness circles and, most importantly of all, we have helped over 200,000 people launch and advance their careers.

Qualification overview

This qualification is regulated by:

- Ofqual
- CCEA (Council for Curriculum, Examinations and Assessment)
- QW (Qualifications Wales)

Qualification aim

This qualification aims to help the learner to understand the skills required of them as a Level 3 sports massage therapist. Learners will gain the knowledge and understanding needed to plan, provide and evaluate sports massage treatments. Treatments can be carried out for pre-, post- and inter-event maintenance and restorative purposes, using a range of basic massage techniques. Scope of practice is restricted to working on dysfunctional tissue and is not suitable for recent acute injuries or pre-existing conditions.

Overview of knowledge, skills and understanding

Learners will cover:

Knowledge and understanding relating to the qualification

- 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.

Skills relating to the qualification

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

Target group and age range

This qualification is aimed at a range of learners aged 16 and over.

Qualification structure

The Level 3 Diploma in Sports Massage Therapy comprises 5 mandatory units.

Unit reference number	Unit title	Level	Credit
J/506/7220	Anatomy and Physiology for Sports Massage	3	10
R/506/7222	Principles of Health and Fitness	2	3
Y/506/7223	Understand the Principles of Soft Tissue Dysfunction	3	3
D/506/7224	Professional Practice in Sports Massage	3	5
T/506/7228	Sports Massage Treatments	3	16

The Total Qualification Time (TQT) for this qualification is 370. The Guided Learning Hours (GLH) assigned are 225.

Total Qualification Time (TQT)

This is an estimate of the total amount of time, measured in hours that a learner would reasonably need to be able to show the level of achievement necessary for the award of a qualification.

Total Qualification Time is made up of the following two elements:

- (a) the number of hours which an awarding organisation has assigned to a qualification for Guided Learning (see below), and
- (b) an estimate of the number of hours a Learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

Guided Learning Hours (GLH)

This is:

- Face-to-face delivery (learning delivered by a lecturer, supervisor, tutor or other appropriate member of the training team)
- eLearning with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place)
- Invigilated assessment (external tests sat under controlled or open-book conditions)
- Internal assessment carried out by the learner with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place).

This is **not**:

Unsupervised learning such as:

- eLearning that the learner carries out unsupervised and with no real-time support from a lecturer, teacher or tutor

- Assessment internally carried out by the learner without a lecturer, teacher or tutor present/available in real-time (for example, completing a Learner Assessment Record [LAR] at home)
- Any additional further study, revision and training activities that the learner does unsupervised to support their learning.

Recommended Guided Learning Hours – our ongoing review

Your External Quality Assurer (EQA) will ask you to feedback on GLH annually as part of their quality assurance visit. You should base your feedback on a typical learner taking this qualification and the time spent on supervised learning (GLH). If you feel the GLH is different from the above and you wish to offer feedback before your next EQA visit, please email us: awards.products@ymca.co.uk.

Entry requirements

No prior qualifications are needed 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 and above.

Opportunities for progression

This qualification can help learners obtain insurance to work as a sports massage therapist within sports massage therapy/osteopathic clinics, sporting/fitness venues and various other organisations and facilities – in either an employed or self-employed capacity. It can also provide learners with:

- Eligibility to register with the Complementary and Natural Healthcare Council (CNHC) as a massage therapist
- Progression to other qualifications, including YMCA Awards Level 4 Certificate in Sports Massage Therapy.

Mapping to standards

This qualification links to National Occupational Standards, including SKAD522 Plan, apply and evaluate complex massage/soft tissue methods, SKAD520 Plan, apply and evaluate massage methods and SKAD521 Plan, apply and evaluate massage methods to prevent and manage injury. For more information please see: www.ukstandards.org.uk.

Centre approval

This qualification can only be offered by centres approved by YMCA Awards to deliver it. Details of YMCA Awards approvals processes can be found on our website: www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre.

Qualification approval

If your centre is already approved, you should only need to complete and submit a qualification approval form to deliver this qualification. However, you may also need to complete an additional staff approval form if the qualification is going to be delivered by staff who are not currently approved by YMCA Awards. Details of additional approvals can be found on our website: www.ymcaawards.co.uk/approvals.

Tutor, assessor and IQA approval requirements

To make sure you meet the most up-to-date requirements please see the YMCA Awards staff approval requirement document. This can be found on our website: www.ymcaawards.co.uk/centres/centre-guidance.

Registration

All learners must be registered within the first 10% of the duration of their course (eg, for a course that lasts 10 days, learners should be registered on the first day of their course at the latest). For further details on registration please go to our website: www.ymcaawards.co.uk/registration.

Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Northern Ireland and regulated by CCEA (Council for Curriculum, Examinations and Assessment).

Reasonable adjustments and special considerations

In making this qualification available, YMCA Awards has made every attempt to make sure that there are no unnecessary barriers to achievement. You can find full details of our reasonable adjustments and special considerations policy on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Enquiries and appeals procedures

YMCA Awards has an appeals procedure in accordance with the regulatory arrangements in the General Conditions of Recognition. Full details of these procedures are available on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Assessment and quality assurance

How the qualification is assessed

Assessment is the process of measuring a learner's skills, knowledge and understanding against the standards set in the qualification.

This qualification unit-based and each unit contains learning outcomes and assessment criteria. Learning outcomes set out what the learner is expected to know, understand or be able to do as a result of the learning process. Assessment criteria detail the standards a learner is expected to meet and are broken down into what the learner 'can' do as a result of successfully achieving the unit.

The learner can be assessed holistically or individually as long as they show that the learning outcomes have been achieved.

Competency-based learning outcomes (eg, be able to) are typically assessed through direct observation and these will take place in a real work environment. Where a real work environment is not stipulated the observation can be simulated and be internally assessed.

Knowledge-based learning outcomes (eg, know or understand) can be assessed in a number of different ways such as worksheets, projects, professional discussion etc. The assessment method chosen should reflect the content of the unit.

This qualification must be assessed in line with YMCA Awards assessment policies and procedures www.ymcaawards.co.uk/centres/centre-guidance and [insert additional external assessment strategies/standards as applicable].

The Level 3 Diploma in Sports Massage Therapy is assessed through a combination of internal and external assessment.

Internal assessment

YMCA Awards suggest the following approaches to internal assessment:

Using a Learner Assessment Record (LAR)

This document typically contains assessment guidance and paperwork developed by YMCA Awards to support the assessment of a qualification.

To check if a Learner Assessment Record is available for this qualification, please make sure you are logged in to the centre home on the website and follow this link: www.ymcaawards.co.uk/download-resources/lars.

Creating a portfolio of evidence

If a YMCA Awards Learner Assessment Record (LAR) is not used to evidence internal assessment then the learner must create a portfolio of evidence. Centres must work with learners to create this portfolio and need to make sure that the learner's portfolio shows coverage of the learning outcomes and/or assessment criteria where required.

A typical portfolio of evidence could include:

- Evidence index
- Assessor observation – completed observational checklists and related action plans
- Witness testimony
- Candidate's proof of work
- Worksheets
- Assignments/projects/reports/presentations
- Record of professional discussion
- Record of oral and written questioning
- Candidate and peer reports
- Recognition of Prior Learning (RPL)
- Summary of achievement.

Centres need to make sure assessment specifications and paperwork are signed off by the EQA before delivery.

As a guide to selecting appropriate assessment methods, see the suggested example in the 'Qualification content' section of this specification.

External assessment

Please visit the centre homepage and click on the following link for access to mock papers:
www.ymcaawards.co.uk/download-resources/mock-papers.

Assessors

The role of the assessor is to make an informed judgement about the evidence a learner should provide to show they can meet the assessment criteria. For further guidance please see the 'Role of the assessor' document on the website: www.ymcaawards.co.uk/centres/centre-guidance.

Internal and external quality assurance

The role of the Internal Quality Assurer (IQA) is to make an informed judgement(s) regarding the practice of and decisions made by the assessment team to maintain standards. They are a vital link between the assessors and the External Quality Assurer (EQA). For further information on the role of the IQA and the EQA go to the website: www.ymcaawards.co.uk/centres/centre-guidance.

Qualification content

Unit specifications and recommended assessment methods

Anatomy and Physiology for Sports Massage (J/506/7220)

Unit aim

This unit covers the anatomical and physiological knowledge required by a sports massage practitioner to ensure that the effects of any treatment given are both safe and predictable.

Unit content

The learner will:

1. Understand the structural organisation of the human body

The learner can:

- 1.1 Outline the structural organisation of the human body
- 1.2 Describe the structure of the human cell
- 1.3 Describe the functions of the human cell
- 1.4 Describe the different types of human tissue
- 1.5 Explain the functions of the different types of human tissue

The learner will:

2. Understand the structure and functions of the skin

The learner can:

- 2.1 Describe the structure of the skin
- 2.2 Describe the functions of the skin

The learner will:

3. Understand the structure and functions of the skeletal system

The learner can:

- 3.1 Describe the structure of the skeletal system
- 3.2 Describe the functions of the skeletal system
- 3.3 Explain the classification of bones
- 3.4 Explain the stages of bone growth and repair

The learner will:

4. Understand the structure and functions of joints

The learner can:

- 4.1 Describe the different joint categories
- 4.2 Explain the structure of synovial joints
- 4.3 Describe joint actions at the major joints
- 4.4 Explain the characteristics of ligaments
- 4.5 Explain the characteristics of tendons

The learner will:

5. Understand the structure and functions of the muscular system

The learner can:

- 5.1 Describe the characteristics of the types of muscle tissue
- 5.2 Locate the major anterior and posterior skeletal muscles
- 5.3 Identify and locate the muscle attachment sites for the major muscles of the body
- 5.4 Describe the action of the major anterior and posterior skeletal muscles
- 5.5 Describe the roles of muscles during movement
- 5.6 Explain the different types of muscle contraction
- 5.7 Explain the principles of muscle contraction

The learner will:

6. Know the structure and functions of the nervous system

The learner can:

- 6.1 Describe the structure of the nervous system
- 6.2 Outline the functions of each subdivision of the nervous system
- 6.3 Explain the characteristics of the different types of nerves

The learner will:

7. Understand the structure and functions of the endocrine system

The learner can:

7.1 Describe the structure of the endocrine system

7.2 Explain the role of hormones

7.3 Name key hormones and their actions

The learner will:

8. Understand the structure and functions of the cardiovascular system

The learner can:

8.1 Describe the structure of the cardiovascular system

8.2 Describe the functions of the cardiovascular system

8.3 Describe the flow of blood around the circulatory system

8.4 Describe the composition of blood

8.5 Describe blood pressure

8.6 Describe factors that may affect blood pressure

The learner will:

9. Understand the structure and functions of the respiratory system

The learner can:

9.1 Describe the structure of the respiratory system

9.2 Describe the functions of the respiratory system

9.3 Identify the main muscles involved in breathing

9.4 Describe the passage of air through the cardio-respiratory systems including gaseous exchange

The learner will:

10. Understand the structure and functions of the lymphatic system

The learner can:

10.1 Outline the structure of the lymphatic system

10.2 Describe the functions of the lymphatic system

10.3 Describe the structure of a lymph node

10.4 Explain the functions of a lymph node

10.5 State the location of the major lymph nodes

The learner will:

11. Know the structure and functions of the digestive system

The learner can:

11.1 Outline the structure of the digestive system

11.2 Outline the functions of the digestive system

The learner will:

12. Know the structure and functions of the urinary system

The learner can:

12.1 Outline the structure of the urinary system

12.2 Outline the function of the urinary system

The learner will:

13. Understand the effects of sports massage on the body systems

The learner can:

13.1 Explain the physical effects of sports massage

13.2 Explain the physiological and neurological effects of sports massage

13.3 Explain the psychological effects of sports massage

Assessment specification

- Assessment workbook
- Externally set multiple choice theory paper

Principles of Health and Fitness (R/506/7222)

Unit aim

To foster an understanding of the effects of exercise and the benefits of an active, healthy lifestyle (including a balanced diet) – essential knowledge for all sports massage practitioners.

Unit content

The learner will:

1. Understand the benefits of an active, healthy lifestyle

The learner can:

1.1 Explain what constitutes an active, healthy lifestyle

1.2 Describe the benefits of leading an active, healthy lifestyle

The learner will:

2. Understand the effects of exercise on the body

The learner can:

2.1 Describe the short and long term effects of exercise on the body systems

2.2 Describe the blood pooling effect following exercise

2.3 Identify the types of activities likely to cause delayed onset of muscle soreness

The learner will:

3. Know the components of fitness

The learner can:

3.1 Define the health related components of fitness

3.2 Define the skills related components of fitness

3.3 Identify the factors that affect health and skill related fitness

The learner will:

4. Know the principles of training

The learner can:

4.1 Identify the principles of training

4.2 Describe the physiological implications of each training principle

4.3 Describe signs and symptoms that may indicate overtraining

The learner will:

5. Understand the importance of healthy eating

The learner can:

5.1 Explain the dietary role of key macro nutrients

5.2 Explain the dietary role of key micro nutrients

5.3 Identify common dietary sources for key macro and micro nutrients

5.4 Explain the importance of adequate hydration

5.5 Explain current healthy eating guidelines

5.6 Explain the importance of healthy eating in relation to growth, repair and injury

5.7 Explain professional boundaries when offering healthy eating advice

Assessment specification

- Worksheet
- Combined unit theory assessment (short answer paper)

Understand the Principles of Soft Tissue Dysfunction (Y/506/7223)

Unit aim

This unit covers the knowledge and understanding required to differentiate between soft tissue injuries and soft tissue dysfunction, to help ensure that learners remain within their own scope of practice when working with clients.

Unit content

The learner will:

1. Understand soft tissue dysfunction

The learner can:

1.1 Differentiate between soft tissue injury and dysfunction

1.2 Explain the types of soft tissue injuries

1.3 Describe common causes of soft tissue injury

1.4 Differentiate between the severity of injuries

1.5 Describe common causes of soft tissue dysfunction

1.6 Describe signs and symptoms of soft tissue dysfunction

The learner will:

2. Understand the process of repair of soft tissue

The learner can:

2.1 Describe the process of soft tissue repair

2.2 Describe factors that may influence soft tissue repair

2.3 Explain the importance of the inflammatory process

Assessment specification

- Worksheet

Professional Practice in Sports Massage (D/506/7224)

Unit aim

This unit covers the knowledge and understanding required of a sports massage practitioner with regard to their professional and legal responsibilities in relation to clients.

Unit content

The learner will:

1. Understand legislation required in sports massage

The learner can:

- 1.1 Explain how current legal obligations relate to the sports massage therapist
- 1.2 Explain the importance of having a chaperone present when working with children and vulnerable adults
- 1.3 Explain the importance of obtaining and working within boundaries of informed consent
- 1.4 Describe what information needs to be given to clients to obtain informed consent
- 1.5 Evaluate the consequences of non compliance with legislation and professional standards

The learner will:

2. Understand scope of practice in sports massage

The learner can:

- 2.1 Describe cautions and contra-indications to sports massage
- 2.2 Distinguish the actions to take if presented with cautions or contra-indications
 - Local
 - Systemic
- 2.3 Describe referral procedures when working with other professionals
- 2.4 Describe how to communicate with others in a professional manner

The learner will:

3. Understand the standards relevant to the sports massage profession

The learner can:

3.1 Discuss key principles of professional standards as stipulated by sports massage membership organisations

3.2 Evaluate the roles of professional organisations relating to sports massage

3.3 Explain the purpose of regulation

3.4 Explain the importance of continuing professional development

3.5 Describe the protocol to follow when presented with an emergency situation

3.6 Describe insurance requirements for sports massage practice

The learner will:

4. Understand the principles of professional practice in sports massage

The learner can:

4.1 Explain the importance of valuing equality and diversity when working with clients

4.2 Explain the importance of professionalism

4.3 Explain the personal and clinical standards expected of the sports massage therapist

4.4 Explain the importance of good communication skills

4.5 Describe advantages/disadvantages of different means of communication

The learner will:

5. Understand how to produce, maintain and store client records

The learner can:

5.1 Explain the importance of accurate and confidential record keeping

5.2 Explain what information should be recorded

5.3 Explain the principles to apply when recording treatments

5.4 Explain the legal requirements for the storage and disposal of records

Assessment specification

- Worksheet
- Combined unit theory assessment (short answer paper)

Sports Massage Treatments (T/506/7228)

Unit aim

This unit covers the knowledge, understanding and skills needed when planning, providing and evaluating pre-, post-, inter-event and maintenance sports massage using a range of basic massage techniques.

Unit content

The learner will:

1. Understand the history and development of massage

The learner can:

1.1 Summarise the history and origins of massage

1.2 Explain the development of sports massage

1.3 Explain how sports massage can complement other therapies and treatments

The learner will:

2. Understand the fundamentals of sports massage treatments

The learner can:

2.1 Explain the contexts in which sports massage is used, to include:

- Pre-event
- Inter/intra-event
- Post-event
- Maintenance

2.2 Explain the requirements of a suitable environment for sports massage

2.3 Identify types of equipment needed for sports massage, giving reasons

2.4 Identify signs and symptoms of contra-actions

2.5 Identify the therapist's subsequent response to contra-actions

2.6 Describe a range of sports massage techniques, to include:

- Methods
- Application
- Effects
- Safety considerations

2.7 Explain the importance of positioning and posture for the:

- Sports masseur
- Client
- Use of props

2.8 Describe effects and benefits of commonly used mediums in sports massage

2.9 Explain the advantages and disadvantages of commonly used mediums in sports massage

The learner will:

3. Understand how to assess and screen clients for sports massage treatments

The learner can:

3.1 Describe what is meant by subjective and objective assessments

3.2 Explain methods of carrying out subjective and objective assessments

3.3 Explain reasons for use of subjective and objective assessments

3.4 Explain the value of client consultation

3.5 Explain the importance of accurate client assessments and re-assessments

The learner will:

4. Be able to carry out client assessments

The learner can:

4.1 Carry out subjective assessments of clients

4.2 Obtain informed consent before carrying out physical assessments

4.3 Carry out objective assessments of clients

The learner will:

5. Be able to devise sports massage treatment plans

The learner can:

5.1 Devise massage strategies relevant to collated information

5.2 Present massage strategies to clients and obtain informed consent

The learner will:

6. Be able to apply sports massage treatments

The learner can:

6.1 Prepare treatment area, equipment and self for sports massage

6.2 Prepare clients for sports massage

6.3 Position clients for comfort, dignity and maximal effectiveness

6.4 Carry out massage methods that meet the presentation and needs of the client

6.5 Adapt own posture and position throughout application to ensure safe and effective application

6.6 Monitor visual and oral feedback and adapt treatment strategy

6.7 Remove massage medium when necessary

6.8 Maintain interaction with clients throughout the massage

6.9 Apply and maintain professional standards throughout treatments

6.10 Restore working environment to safe and hygienic condition

The learner will:

7. Understand evaluation of sports massage treatments

The learner can:

7.1 Describe methods used to evaluate the effectiveness of treatments

7.2 Describe the advantages and disadvantages of evaluation methods

7.3 Explain the importance of providing opportunities for further feedback

7.4 Explain the importance of self-reflection

The learner will:

8. Be able to evaluate sports massage treatments

The learner can:

8.1 Carry out post-massage assessments of clients

8.2 Obtain feedback from clients

8.3 Reflect on feedback received and self-analysis of treatment

8.4 Evaluate treatment and identify areas and opportunities for improvement

8.5 Present aftercare advice to clients, providing opportunities for questions

8.6 Record massage sessions as legally required

Assessment specification

- Worksheet
- Combined unit theory assessment (short answer paper)



YMCA Awards is one of the UK's leading health, fitness and wellbeing-specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).

YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.

*To view YMCA Awards' full range of qualifications please visit
www.ymcaawards.co.uk.*

www.ymcaawards.co.uk

Awarding excellence

112 Great Russell Street, London, WC1B 3NQ | T +44 (0)20 7343 1800 | F +44 (0)84 3221 1549 |
E awards.info@ymca.co.uk | W ymcaawards.co.uk

Registered charity no. 213121 | Registered in England & Wales no. 119249