

# Sport Massage Therapy

## Introduction

A vocationally related qualification (VRQ), at level 3 on the National Qualifications Framework.

Candidates will expand their knowledge of anatomy and physiology and exercise delivery, to assess and treat soft tissue dysfunction and provide post care advice to adults.

## Entry requirements

Candidates must hold a Level 2 qualification in Fitness Instructing (Gym/ETM) or equivalent.

There is an element of communication (discussing, presenting, reading and writing) involved and candidates should have basic skills in communication pitched at Level 3.

Performing sports massage is a physical activity and candidates will need to be fit enough to carry this out.

## Qualification structure

Unit 1 – Clinical Issues in Sports Massage (M/103/5918)

Unit 2 – Further Anatomy and Physiology for Sports Massage (T/103/5919)

Unit 3 – Sports Massage Techniques (K/103/5920)

Unit 4 – Assessment of the Client for Sports Massage (M/103/5921)

Unit 5 – Soft Tissue Injury and Repair (T/103/5922)

Unit 6 – Post Care Advice following Sports Massage (A/103/5923).

## Assessment

### Internally assessed:

Theory papers consisting of short answer questions

Practical observed assessment of the candidate demonstrating musculo-skeletal knowledge, as part of a fifteen minute treatment

Observation of candidate carrying out sports massage therapy

Client record form based on a case study, completed under invigilated examination conditions

### Worksheets

### Externally assessed:

A 95 minute theory paper consisting of forty multiple choice questions.

## Contact Gryphon Training

For further details please email:

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REPs points: 20