

Level 3 YMCA Diploma in Sports Performance Massage

Ofsted Outstanding Provider

Course Level: Level 3 | **Campus: Stafford** | **Subject Type: Sport & Public Services**

Course Overview:

This diploma offers a pathway to a rewarding career in the growing field of sports and performance massage, providing adult learners with the knowledge, skills, and confidence to make a positive impact on the health and well-being of their clients. The qualification covers topics such as anatomy, physiology, advanced massage techniques, and injury prevention strategies.

What's Covered:

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

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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 treatment

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

Assessment Information:

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

Fees and Financial Support:

If you are 19-23, it is your first Level 3, and are studying an SFA approved Level 3 programme you may be eligible for full fee remission.

You can apply for an Advanced Learner Loan or Higher Education Loan to help with the costs of your course if you are 19 or older and the course you are studying is an eligible Level 3, 4, 5 or 6 course. If you have any queries with regards to the funding of your course, please email FeeRemission@nscg.ac.uk or call 01782 254268.

Progression:

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

How do I find out more?

Apply online for the college to contact you for further information. Any queries please email David.Benson@nscg.ac.uk or call 01785 275 466