

# Certificate in Sports Massage Therapy (Soft Tissue Dysfunction)



Course Level: Level 4

Campus: Newcastle

Subject Type: Exercise & Fitness

## Course Overview:

Progress your career in exercise and fitness by delving into the intricacies of soft tissue manipulation and rehabilitation techniques. This qualification equips students with the knowledge and skills necessary to assess, treat, and manage soft tissue injuries and dysfunctions commonly encountered in athletic settings.

## What's Covered:

A Level 4 Sports Massage practitioner's role includes planning, providing and evaluating sport massage treatments to seek to correct common patterns of dysfunction, and/or pre-diagnosed injuries, using a range of basic and advanced massage techniques.

The purpose of this qualification is to enable learners to provide sports massage therapy to clients to treat conditions resulting from soft tissue dysfunction, ease muscular tension and treat minor injuries sustained during physical activity.

## Learners will cover:

- Anatomy and physiology of the major joints of the body.
- The pathophysiology of common injuries/soft tissue patterns of dysfunction.
- The principles and practice of objective assessment techniques and the influences and effects which such information has upon treatment planning.
- 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.

## Skills relating to the qualification:

- Conducting subjective and objective assessments.
- Devising sports massage treatment plans to help correct identified areas of soft tissue dysfunction and /or support the soft tissue repair process of previously diagnosed injuries.
- Application of a range of soft tissue mobilisation and neuromuscular techniques.
- Evaluation of sports massage treatments.

## Entry Requirements:

YMCA Level 3 Diploma in Sports Massage Therapy or equivalent

## Assessment Information:

The course is assessed through the following methods:

- A written theory exam
- Worksheets
- Observed treatment sessions (x5)
- Learner Assessment Record

## Fees and Financial Support:

If you are on state benefits or are on a low income you may be entitled to fee remission towards your course. \*This is at the Colleges discretion. If you have any queries with regards to the funding of your course, please contact Charlotte Robertson on 01782 254141 or email [charlotte.robertson@nscg.ac.uk](mailto:charlotte.robertson@nscg.ac.uk).

For further information visit [nscg.ac.uk/Finance](http://nscg.ac.uk/Finance)

### **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

May be used to support access toward degree studies related to Sports Therapy and/or Sport and Exercise Sciences.

## **How do I find out more?**

Apply online for the college to contact you for further information.

Any queries please email [becky.whiston@nscg.ac.uk](mailto:becky.whiston@nscg.ac.uk) or call on 01782 254205