

Level 4 Certificate in Sports Massage Therapy (Soft Tissue Dysfunction)



Subject Type
Exercise & Fitness

Course Location
Newcastle

Level
Level 4

Course Information

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.

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)

Fees and Financial Support

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 contact Charlotte Robertson on 01782 254141 or email charlotte.robertson@nscg.ac.uk

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.

What else do I need to know?

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 or call on 01782 254205