

Award in Taping and Strapping for Sport and Active Leisure



Course Level: Level 3

Campus: Newcastle

Subject Type: Exercise & Fitness

Course Overview:

Learn the techniques of taping and strapping to support and protect athletes during training and competition. Gain knowledge of different taping methods, including their applications and benefits for injury prevention and management. With this qualification, you'll be equipped to provide effective support to athletes, enhancing their performance and reducing the risk of injuries in various sports and active leisure settings.

What's Covered:

The VTCT Level 3 Award in Taping and Strapping in Sport and Active Leisure is a qualification that has been designed to develop the skills, knowledge and understanding you will need to apply taping and strapping to prevent and manage injury in sport and active leisure. This qualification may also serve as continuing professional development (CPD) for those already working in the sport and active leisure industry.

Throughout this qualification you will develop an understanding of the accepted standards of practice, the relevant indications and contraindications, and health, safety and hygiene related to taping and strapping.

Entry Requirements:

There are no formal entry requirements but an interest in sport, sports therapy and general supportive practice will be expected.

Assessment Information:

You will be assessed to show an ability to 'Applying taping and strapping to support and limit specific movement in sport and active leisure. The assessment will be done through internal observations and completion of workbooks.

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:

After successfully completing the Level 3 Award in Taping and Strapping for Sport and Active Leisure you will be able to support clients and athletes with specific training needs. You may wish to further your develop your knowledge by completing a VTCT Level 3 Award in Nutrition for Physical Activity, YMCA Level 2 Award in Gym Instructing or Level 3 Diploma in Sports Massage

How do I find out more?

To find out more apply online and you will be contacted by a member of staff at the college. Alternatively, contact becky.whiston@nscg.ac.uk or 01782254205