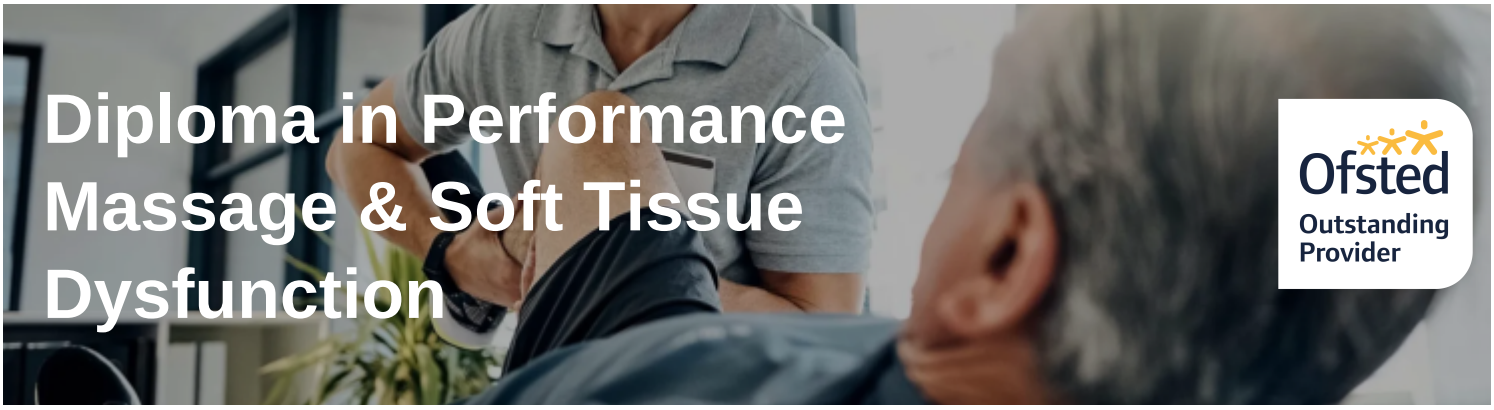


Diploma in Performance Massage & Soft Tissue Dysfunction

Ofsted Outstanding Provider

Course Level: Level 3/4 | **Campus: Newcastle** | **Subject Type: Sport & Public Services**

Course Overview:

Delve into advanced techniques to optimise performance, alleviate pain, and enhance mobility for athletes and active individuals. Gain expertise in assessing and addressing soft tissue dysfunction, utilising a variety of massage modalities and therapeutic approaches.

What's Covered:

You will study a range of modules including: Anatomy & Physiology for Sport, Professional Practice in Sports Massage, Principles of Soft Tissue Dysfunction, Fundamentals of Sports Massage Treatments, Principles fo Health and Fitness, Client Consultations and Treatments.

Entry Requirements:

You will need a minimum of four or more high grades at GCSE in subjects relevant to the course you'd like to study, including maths and/or English Language at grade 4 or above. Alternatively, you'll need a Level 2 Diploma with overall Merit in a relevant subject and maths and English at appropriate levels.

An interest in progressing into employment in the sports therapy industry as a Sports Massage Therapist or Physiotherapist is a pre-requisite of the course. You are also required to attend a College interview to establish your suitability for the course. If you do not meet these entry requirements you will be advised of other suitable alternative courses.

Assessment Information:

You will be expected to undertake independent study at home towards your assessments and will be supported by the YMCA e-learning suite that includes interactive resources and learning materials. Alongside your course you will be expected to participate in all activities and excursions that are arranged as part of your course. Alongside your main course programme you might also study maths and/or English to improve your skills in these vital subjects by attending structured classes. You will also be assessed on your literacy and numeracy skills throughout the course There are online resources to support you on this course and additonal learning support if required.

Fees and Financial Support:

This course is free for anyone aged 16 – 18.

College Maintenance Allowance (CMA):

Anyone with a gross household income under £35,000 can receive financial support to cover college related costs such as transport, meals, course equipment and uniform. Bursary support is based on individual circumstances and will be allocated to best suit your individual needs. A range of other financial support is available depending on your personal circumstances. For more details visit nscg.ac.uk/finance

Progression:

On completion of the course you will gain your YMCA L3 Diploma in Performance Massage and your L4 Certificate in Sports Massage (Soft Tissue Dysfunction) both of which are required by all major employers in the sports therapy industry. Both qualifications also give you the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life as en employed or self-employed Sports Massage Professional.

We encourage progression from/onto our L2/3 Gym Instructing and Personal Training qualification to support achievement of the full YMCA suite of Fitness Industry qualifications that we offer.

How do I find out more?

If you wish to find out more you can contact Becky Whiston, Curriculum Leader in L3/L4 Sports Massage by emailing: becky.whiston@nscg.ac.uk or calling 01782 254317.