

Sports Massage Therapy

Certificate

STUDY MODE
Full time

LOCATION
Moulton

LEVEL
Level 4

START DATE
Sep 2022

DURATION
1 year



The primary aim of the Level 4 Certificate in Sports Massage Therapy is to prepare you to enter the specific sector of sports massage as a sports massage practitioner working with injured clients. All the units in this qualification relate directly to the specific job role of a sports massage practitioner.

This qualification is aimed at students that already have the requisite knowledge in sports massage and anatomy and physiology. You will have the opportunity to put your learnt skills into practice by taking part in weekly pre-event sport massage clinics for our academy athletes as well as having a variety of external placement opportunities available to you.

In addition, sport massage students will have the opportunity to finish the year in style by providing post-event massages to athletes at the London Marathon.

What you'll learn

Having completed a suitable Diploma in Sports Massage at Level 3 this course will further develop your understanding of advanced anatomical, physiological, psychological and pathological aspects of sports massage. Guided by our expert lecturers you will develop and apply advanced palpation skills for postural analysis and range of movement assessment. A log of a specified number of treatment hours is required for completion of the course.

You will study a variety of units where you will learn skills linked to conducting subjective and objective assessment of injuries, providing sports massage techniques to prevent and manage injury, and treatment modalities to support soft tissue repair. Specifically, this qualification will develop your knowledge and understanding of anatomy and physiology to work on post-acute injury and pre-existing conditions, dealing with musculo-skeletal and para-tendon injuries.

A typical week

This is a full time course taking place on three days per week from 9.00am - 4:30pm. You will have a variety of practical sport massage sessions each day which will take place in our sports injury clinic rooms, as well as theoretical sessions which will prepare you for internal assessments.

How will I be assessed?

- Practical assessments
- Written coursework and workbooks
- Presentations

Where can it lead to?

This qualification will prepare you for employment as a sports massage practitioner working with injured clients. Learners who complete this qualification will be able to gain employment and obtain insurance to work as a sports massage practitioner. Employment opportunities in a variety of settings include:

- Private Health Clubs and leisure centres
- Sport centres and clubs
- Working independently/self-employed/mobile/home-based settings

Additionally you can choose to continue at the college and study a degree level programme on courses such as the BSc Sport Therapy qualification.

Entry requirements

Level 3 Diploma in Preventing Injuries in Sport and Active Leisure or an equivalent Level 3 or apprenticeship qualification in massage.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pd4sm/sports-massage-therapy-certificate-level-4>

For further information please contact the college: <https://www.moulton.ac.uk/contact>