

Sports Massage Therapy

Certificate

STUDY MODE
Part time

LOCATION
Moulton

LEVEL
Level 4

START DATE
27 February 2024

DURATION
14 teaching weeks



Hone your existing massage skills, and become a recognised sports massage therapist!

Our Level 4 Sports Massage course enable you to learn how to treat conditions resulting in soft-tissue dysfunction, ease muscular tension and treat minor injuries sustained by physical activity. This qualification is fully endorsed and supported by The General Council for Massage Therapy (GCMT) and has been developed in association with The Association for Soft Tissue Therapists (SMA). In addition, it is aligned to the health practitioner membership requirements of Complementary and Natural Healthcare Council (CNHC) and will enable learners to meet entry for SMA membership as a sports massage therapist.

What you'll learn

This course will teach you how to use clinical assessment methods to assess injuries and dysfunction and strategically plan recovery via therapeutic modalities used to treat soft-tissue dysfunction. Once you have successfully developed your assessment skills, you will learn advanced sports massage techniques that can then be used to effectively treat and manage injuries and soft-tissue dysfunction. Modules you will study include:

- Clinical assessment methods and strategic planning.
- Therapeutic modalities in the treatment of soft tissue dysfunction
- Providing post treatment care
- Anatomy and aetiology of soft tissue dysfunction

What will this course cost me?

Course fees for our part-time courses are dependent upon the availability of government funding, your current income and your existing qualifications. It may also be possible for you to apply for Advanced Learner Loan to cover the cost of your course fees.

Please contact our [Student Services Team](#) to discuss fees and any support that you may be entitled to.

A typical week

Lessons will run on Tuesday evenings from 5:30pm-8:30pm, where you will be taught in one of our fully equipped sports massage suites. It is also expected that you study the a few hours each week for the duration of the course.

How will I be assessed?

- Online Assessment workbook
- Essays and written work
- Observations
- Worksheets

Where can it lead to?

You can register for membership with SMA as a qualified sports massage therapist and work within the sports massage industry. It can also be used to gain access onto related under-graduate degree related to [Sports Therapy](#) and/or [Sport and Exercise Science](#).

Entry requirements

- English GCSE grade 3 or above (or equivalent)
- Learners must be aged 19 or over
- Learners must be fit and able enough to perform massage and be able to communicate with clients

Visit this course on our website: <https://www.moulton.ac.uk/courses/sm82/sports-massage-therapy-certificate-level-4>

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