

# Injury Prevention and Sports Massage

## Diploma Level 3

STUDY MODE  
Full time

LOCATION  
Moulton

LEVEL  
Level 3

START DATE  
Sept 2024

DURATION  
1 year



As a Sports Massage Therapy student you will have access to an exciting range of specialist resources at the College. You will use our extensive sports facilities, including our sport injury clinics and sport massage rooms, to develop your understanding of advanced anatomy, sports massage techniques, nutrition, physiology and psychology.

Guided by our expert tutors and guest lecturers you will enhance your understanding of movement assessment diagnosis and massage treatments. You will put all these 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

This course will teach you about preventing and treating sports injuries, with a focus on how injuries and the pressure of sport can affect the anatomy and physiology of the human body and the steps you need to take to treat them. Guided by our expert lecturers you will gain an insight into the different techniques used to treat injuries including strapping, tapping and rehabilitation. Additionally you will learn how to perform sports massage to non-injured tissues and develop vital customer service skills, to ensure you develop good relationships with your clients.

## 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 both the external and internal assessments.

## How will I be assessed?

- Practical assessments

- Written coursework and workbooks
- Externally set exams
- Presentations

## Where can it lead to?

You could progress to our Level 4 Certificate in Sports Massage or an apprenticeship. Alternatively you may go on to work in the sports massage industry or explore university courses.

## Entry requirements

You will need four GCSEs at grade 9-4 (A\*-C), with one of these being either English or maths.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pd3sm/injury-prevention-and-sports-massage-diploma-level-3>

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