

# Sports Massage Therapy (Soft Tissue Dysfunction)

## Certificate

STUDY MODE  
Part time

LOCATION  
Moulton

LEVEL  
Level 4

START DATE  
24 February 2026

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 will I learn on the course?

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?

The cost of this course is £811. It may be possible for you to apply for Advanced Learner Loan to cover the cost of your course fees. Our Student Services Team will contact you after you make your application with the information required to access this funding.

## What does a typical week look like?

Dates and times for this courses are still to be confirmed. Details will be provided as soon as we have this information.

## How will I be assessed?

This course is assessed using a variety of methods including:

- 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.

## What are the entry requirements for this course?

You must fulfil the following entry requirements to be considered for this course:

- Completed a Level 3 qualification in a sports massage, or an equivalent in another massage related qualification
- English GCSE grade 3 or above (or equivalent)
- Be aged 19 or over
- 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-soft-tissue-dysfunction-certificate-level-4>

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