

YMCA Certificate in Sports Massage Therapy (Soft Tissue Dysfunction) Level 4



In a nutshell

A Level 4 Sports Massage Practitioner's role includes planning, providing and evaluating sports massage treatments.

Sports Massage can be carried out for pre-event, post-event, inter-event, maintenance, restorative and corrective purposes (focused on muscle and para-tendon pathologies), using a range of basic and advanced massage techniques.

The scope of practice is limited to working on dysfunctional tissue, recent non-acute injuries and pre-existing conditions. This qualification is endorsed by the Chartered Institute for the management of sport and physical activity (CIMSPA).

This course is for...

...you're a Sports Massage Therapist looking for further continuing professional development.

...you're a Sports Massage Therapist wanting to further enhance their experience.



COURSE INFORMATION LEAFLET

...you're a Sports Massage Therapist who wants a recognised qualification which meets professional standards.

Course content

Modules covered:

Conducting subjective and objective assessment.
Treatment modalities to support soft tissue repair.
Provide sport massage techniques to prevent and manage injury.

How will you be assessed:

Observation of practical performance.
Short answer question theory assessment papers.
Written worksheets/written tasks.

Entry Requirements

Learners must hold a Level 3 Diploma in Sports Massage Therapy or equivalent.

Additional information

The course is taught by qualified sports massage therapist lecturers.

Course is delivered for 10 weeks.

8 hours per week (Typically Tuesday and Friday).

REPs CPD points: 16

CIMPSA Endorsed CPD points: 10

Apply online at www.coleggwent.ac.uk

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