

### YMCA Diploma in Performance Massage Level 3



#### In a nutshell

At Level 3, a Sports Massage Therapist's role includes planning, providing and evaluating sport massage treatments.

Treatments can be carried out for pre, post and inter-event or maintenance and restorative purposes, using a range of basic massage techniques. Scope of practice is restricted to working on dysfunctional tissue and excludes working on recent acute injuries or pre-existing conditions.

This qualification is endorsed by the Chartered Institute for the management of sport and physical activity (CIMSPA).

#### This course is for...

... Qualified fitness professionals

... Those wanting to specialise in sports fitness

## COURSE INFORMATION LEAFLET

... Anyone looking for a career as a sports massage therapist.

### Course content

Areas of knowledge and understanding you'll cover during this course include the following modules:

- Anatomy and physiology for sports massage
- The principles of health and fitness
- The assessment and screening of clients
- The formulation of massage strategies
- Fundamental sports massage techniques

Skills relating to the qualification:

- Assessment and screening of clients for sports massage treatments
- Formulation of massage strategies in accordance with clients' requirements and expectations
- Application of fundamental sports massage techniques
- Evaluation of sports massage treatments

### Entry Requirements

There are no formal pre-requisites for learners wishing to embark on the Level 3 Diploma in Sports Massage Therapy.

Learners must be 19 years or older and it is helpful to have a keen interest in sport or health and fitness.

### Additional information

This is both a practical and theoretical qualification, so you'll gain hands-on experience to reinforce your theoretical knowledge.