

# Sports Massage Therapy

## Certificate

STUDY MODE  
Full time

LOCATION  
Moulton

LEVEL  
Level 4

START DATE  
Sept 2024

DURATION  
1 year



The primary aim of the Level 4 Certificate in Sports Massage Therapy is to prepare you to enter the specific sector of sports massage as a sports massage practitioner working with injured clients. All the units in this qualification relate directly to the specific job role of a sports massage practitioner.

This qualification is aimed at students that already have the requisite knowledge in sports massage and anatomy and physiology. You will have the opportunity to put your 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 will I learn on the course?

Having completed a suitable Diploma in Sports Massage at Level 3 this course will further develop your understanding of advanced anatomical, physiological, psychological and pathological aspects of sports massage. Guided by our expert lecturers you will develop and apply advanced palpation skills for postural analysis and range of movement assessment. A log of a specified number of treatment hours is required for completion of the course.

You will study a variety of units where you will learn skills linked to conducting subjective and objective assessment of injuries, providing sports massage techniques to prevent and manage injury, and treatment modalities to support soft tissue repair. Specifically, this qualification will develop your knowledge and understanding of anatomy and physiology to work on post-acute injury and pre-existing conditions, dealing with musculo-skeletal and para-tendon injuries.

## What does a typical week look like?

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 internal assessments.

## How will I be assessed?

- Practical assessments
- Written coursework and workbooks
- Presentations

## Where can it lead to?

This qualification will prepare you for employment as a sports massage practitioner working with injured clients. Learners who complete this qualification will be able to gain employment and obtain insurance to work as a sports massage practitioner. Employment opportunities in a variety of settings include:

- Private Health Clubs and leisure centres
- Sport centres and clubs
- Working independently/self-employed/mobile/home-based settings

Additionally you can choose to continue at the college and study a degree level programme on courses such as the BSc Sport Therapy qualification.

## What are the entry requirements for this course?

To be considered for this course you must have the following:

- Completed a Level 3 qualification in a sports massage, or an equivalent in another massage related qualification.
- Either an English GCSE or Maths GCSE at grade 4 or above.
- Be fit and able enough to perform massage and be able to communicate with clients

## Good to know

As part of your course you will be able to attain other qualifications such as Emergency First Aid, Defibrillation Training, Level 4 massage, Fitness Instructing and Personal Training. There will be an addition charge for these qualifications however this will be at a discounted rate.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pd4sm/sports-massage-therapy-certificate-level-4>

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