

Sports Massage Therapy

Diploma Level 3

STUDY MODE
Part time

LOCATION
Moulton

LEVEL
Level 3

START DATE
30 September 2025

DURATION
14 teaching weeks



Our level 3 Sports Massage course enables you to learn the fundamentals of sports massage, improve client performance and prevent injury.

This Level 3 Diploma in Sports Massage Therapy is designed to give you the fundamental knowledge and skills necessary to provide massage for preparation and recovery from strenuous exercise and physical activities.

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).

What will I learn on the course?

This course will teach you the fundamentals of how to perform sports massage for different areas of the body.

You will focus on performing sports massage for pre and post event exercise, and will learn how massage is used effectively to treat injury and dysfunction for the body. The course is designed to predominantly develop practical massage skills through observation and feedback from our highly qualified and experienced lecturers.

This course uses a blended learning approach, with the onsite taught sessions being practical in nature, and the theoretical work being completed in your own time.

Modules you will study include:

- Application of performance massage
- Assessing clients and treatment planning
- The principles of soft-tissue dysfunction
- Fundamentals of anatomy and physiology

What will this course cost me?

The cost of this course is £1,112.50. 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 will be assessed using a variety of assessments including:

- Online Assessment workbooks
- Observations
- Worksheets

Where can it lead to?

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

What are the entry requirements for this course?

- English GCSE grade 3 or above (or equivalent)
- Learners must be aged 19 or over
- Learners must 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/sm31/sports-massage-therapy-diploma-level-3>

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