Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 3 Diploma in Sports Massage Therapy**		
Qualification number (QN)	610/5190/1		
Total qualification time (TQT)	370	**Guided learning hours (GLH)**	225
Entry requirements	Learners must be aged 16 or over. There are no specific prior skills/knowledge a learner must have for this qualification. However, the course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary. There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.		

About this qualification

This qualification is designed to provide learners with the knowledge and skills to provide sports massage treatments to clients. This qualification includes the essential knowledge and skills that are needed to meet the minimum requirements for deployment.

This additional specialist qualification supports practitioners to work with clients who have dysfunctional tissue but do not have acute/post-acute injuries or underlying pathological conditions.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve 5 mandatory units.

Mandatory units

Unit 01 Anatomy and physiology for sports massage therapy (D/651/4093)
Unit 02 Professional practice in sports massage therapy (F/651/4094)
Unit 03 Understand the principles of soft tissue dysfunction, injury, and repair (H/651/4095)
Unit 04 Client consultation, assessment, and treatment planning for sports massage therapy (J/651/4096)
Unit 05 Sports massage therapy treatment, aftercare, and remedial exercise (K/651/4097)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- employment:

- sports massage therapist
- further education:
  - sports massage therapy
  - personal training
- higher education:
  - apprenticeship in personal training.

Contact us

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