

Sports Massage Therapy (Adults)

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| Subject Area | Sports & Fitness |
| Course Type | Adult |
| Study Level | Level 3 |
| Delivery Mode | Part-time |
| Location | Trinity Green |
| Duration | 1 Academic Year |
| Start Date | September 2024 |
| Course Code | PA000145 |

Course Summary

The Active IQ Level 3 Diploma in Sports Massage Therapy qualification will equip you with the knowledge and skills needed to be able to provide sports massage therapy to a range of clients. You will be able to provide sports massage therapy to clients who have dysfunctional tissue, without acute/post-acute injuries or underlying pathological conditions.

What You Will Learn

You will understand and develop the essential skills you will need for progression into a career in Sports Massage and Therapy. Topics covered include Anatomy and Physiology, Health and Fitness and Massage Treatments.

Modules

Learners must complete the **5 mandatory units** (37 credits):

- **Unit 1:** Anatomy and Physiology for Sports Massage
- **Unit 2:** Principles of Health and Fitness
- **Unit 3:** Understanding the Principles of Soft Tissue Dysfunction
- **Unit 4:** Professional Practice in Sports Massage
- **Unit 5:** Sports Massage Treatments

Entry Requirements

There are no formal entry requirements for this course.

Progression

Successful completion of this course can lead to progression to a Level 3 sports qualification, apprenticeships as well as careers in the Sports industry. Careers include:

- PE teacher
- Sports Coach
- Sports Journalist
- Sports Development officer

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We reserve the right to withdraw any programmes or service at any time.