

Sports Massage Therapy (Adults)

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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