

## 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 2025
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. By mastering safe and effective massage methods, you'll be ready to support clients of varying fitness levels and needs.

#### Is This Course for Me?

- If you're interested how the human body moves and recovers.
- If you enjoy helping others improve their wellbeing and performance.
- If you want to build practical skills that lead to real opportunities in sports or therapy settings.

#### Why Choose This Course

- Gain Hands-On Experience – Practice massage techniques in a supervised, supportive

environment.

- **Build a Strong Knowledge Base** – Learn the science behind muscle function and recovery.
- **Access Job Opportunities** – Use your new skills to step into roles in gyms, sports clubs, or private practice.

## What You Will Learn

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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

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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

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No formal qualifications are required but a good grasp of the English language is necessary and will be assessed at expression of interest.

## Progression

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Successful completion of this course can lead to employment as a self-employed massage therapist or a massage therapist within a health setting or sporting organisation.

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