



RebuildYou Rehab Therapy & Academy

94 Western Road, Hurstpierpoint, Hassocks, West Sussex, BN6 9TB

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Course Syllabus

Course:	VTCT Level 3 Diploma in Sports Massage Therapy
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Location: 94 Western Road Hurstpierpoint, Hassocks, West Sussex, BN6 9TB	Duration: 225 Guided Learning Hours (7.5 hours per day, 2.5 days a week for 12 weeks)
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Tutor Information:

Tutor Name:	Praweena Promkot
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Office:	07751474037

Course Information:

Prerequisite:

Good command of English language

Course Information: Continue**Course Description:**

The VTCT Level 3 Diploma in Sports Massage Therapy is focused towards those seeking to gain employment as a sports massage therapist working with general public and athletes.

This qualification is regulated on the Regulated Qualifications Framework (RQF) and has been mapped to the following National Occupational Standards (NOS):

- CNH1 – Explore and establish the client's needs for complementary and natural healthcare
- CNH7 – Provide massage therapy to clients
- CNH20 – Plan, apply and evaluate massage methods

This qualification is approved and supported by SkillsActive, the sector skills council for active leisure and learning.

Course Structure: The qualification consists of five mandatory units:

- Anatomy and physiology for sports massage
- Principles of health and fitness
- Professional practice in sports massage
- Understand the principles of soft tissue dysfunction
- Sports massage treatments

As part of this qualification learner is required to produce a portfolio of evidence. A portfolio will confirm the knowledge, understanding and skills that learner has learnt. The assessor will provide guidance on how to prepare the portfolio of evidence and how to show practical achievement and understanding of the knowledge required to successfully complete this qualification.

External Assessment: There is one external paper that must be achieved and externally assessed question papers completed electronically will be set and marked by VTCT.

Progression: Graduates of this qualification

- Will be able to gain employment as a Level 3 Sports massage practitioner, providing pre, post, intra/inter and maintenance massage. This may include working in clinics, for sporting teams or as a mobile therapist.
- Will be able to progress onto the VTCT Level 4 Certificate in Sports Massage, which will build upon the skills, knowledge and understanding gained at level 3.
- Will be able to apply to become a member of Professional Associations (PA's) for sports massage therapists.