

Diploma in Sports Massage Therapy Level 3



*A great course for anyone
wanting to enter the exciting
world of Sports Massage therapy.
No previous experience required.*

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

You will develop the skills, knowledge and understanding needed to competently apply sport massage methods to dysfunctional tissue and in a pre, post, intra/inter and maintenance massage context. .

You will develop knowledge and understanding of anatomy and physiology related to sports massage and the principles of health and fitness, which combined, will equip you to better understand the athlete, the problems they may be incurring and how sports massage can help. In addition you will develop an understanding of the differences between soft tissue dysfunction and injury and the role that sports massage plays.

You will learn through theory and practical classes and events, assignments & case studies, (you are required to complete 50 hours of treatments as client and case studies).

Course Content

You will learn

- Anatomy, physiology and pathology for sports massage
- Principles of Health & Fitness
- Principles of soft tissue Dysfunction (types of injuries)
- Postural assessment
- Range of movement assessment
- Treatment planning
- Sports Massage Techniques
- Professional practice in Sports Massage

Course Venue:

**First Floor, Electric House,
Suttons Lane,
Hornchurch
Essex RM12 6RJ**