

VTCT Level 4 Certificate in Sports Massage Therapy (QCF)

Accreditation start date: **1 November 2009**
Credit value: **20**
Guided learning hours (GLH): **130**
Qualification number: **500/7797/1**

Statement of unit achievement

By signing this statement of unit achievement you are confirming that all learning outcomes, assessment criteria and range statements have been achieved under specified conditions and that the evidence gathered is authentic.

This statement of unit achievement table must be completed prior to claiming certification.

Unit code	Date achieved	Learner signature	Assessor initials	IV signature (if sampled)
Mandatory units				
UV40325				
UV40326				

The qualification

Introduction

The VTCT Level 4 Certificate in Sports Massage Therapy (QCF) is targeted at practitioners currently working in sport and active leisure, including osteopaths, physiotherapists, sports therapists and sports massage practitioners.

The purpose of this specialist qualification is to enrich your understanding of advanced anatomical, physiological and pathological principles relevant to the application of sports massage. In addition you will develop your advanced palpation skills and those needed to analyse posture and range of movement.

You will develop a range of advanced skills and massage techniques to prevent and manage injury in sport and active leisure, which will prepare for the long arduous hours and unpredictability of working in sport.

You will also learn to critically evaluate massage strategies and methods to inform on your future treatments.

National Occupational Standards (NOS)

This qualification is accredited on the Qualifications and Credit Framework (QCF) and has been mapped to the following NOS:

- CNH21 - Plan, apply and evaluate massage methods to prevent and manage injury.

This qualification is endorsed by Skills for Health, the sector skills council for health.



Progression

The Level 4 Certificate in Sports Massage Therapy (QCF) is focused on competent practitioners employing a range of advanced skills and massage techniques to prevent and manage injury in sport and active leisure.

It is anticipated that upon successful completion of this programme you will be equipped to work independently or in a supervisory position as a sports massage practitioner.

This qualification also provides progression opportunities to additional VTCT Level 4 qualifications or specialist VTCT qualifications at level 5.

Qualification structure

Total credits required - 20

All mandatory units must be completed.

Mandatory units - 20 credits

VTCT unit code	Ofqual unit reference	Unit title	Credit value	GLH
UV40325	K/600/7084	Practical anatomy and physiology for sports massage	7	40
UV40326	A/600/7090	Applying massage methods to prevent and manage injury	13	90

Guidance on assessment

This book contains the mandatory units that make up this qualification. Optional units will be provided in additional booklets (if applicable). Where indicated, VTCT will provide assessment materials. Assessments may be internal or external. The method of assessment is indicated in each unit.

Internal assessment

(any requirements will be shown in the unit)

Assessment is set, marked and internally verified by the centre to clearly demonstrate achievement of the learning outcomes. Assessment is sampled by VTCT external verifiers.

External assessment

(any requirements will be shown in the unit)

Externally assessed question papers completed electronically will be set and marked by VTCT.

Externally assessed hard-copy question papers will be set by VTCT, marked by centre staff and sampled by VTCT external verifiers.

Assessment explained

VTCT courses are assessed and verified by centre staff. Work will be set to improve your practical skills, knowledge and understanding. For practical elements, you will be observed by your assessor. All your work must be collected in a portfolio of evidence and cross-referenced to requirements listed in this record of assessment book.

Your centre will have an internal verifier whose role is to check that your assessment and evidence is valid and reliable and meets VTCT and regulatory requirements.

An external verifier, appointed by VTCT, will visit your centre to sample and quality-check assessments, the internal verification process and the evidence gathered. You may be asked to attend on a different day from usual if requested by the external verifier.

This record of assessment book is your property and must be in your possession when you are being assessed or verified. It must be kept safe. In some cases your centre will be required to keep it in a secure place. You and your course assessor will together complete this book to show achievement of all learning outcomes, assessment criteria and ranges.



Creating a portfolio of evidence

As part of this qualification you are required to produce a portfolio of evidence. A portfolio will confirm the knowledge, understanding and skills that you have learnt. It may be in electronic or paper format.

Your 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. It is this booklet along with the portfolio of evidence that will serve as the prime source of evidence for this qualification.

Evidence in the portfolio may take the following forms:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

All evidence should be documented in the portfolio and cross referenced to unit outcomes. Constructing the portfolio of evidence should not be left to the end of the course.

Many frequently asked questions and other useful information are detailed in the VTCT Candidate's Handbook, which is available on the VTCT website at www.vtct.org.uk/students. Other questions should be addressed to the tutor, lecturer or assessor.

Evidence of sports massage

To achieve this qualification you must successfully undertake and record at least one-hundred hours of sports massage as part of unit UV40326.

One-hundred hours of sports massage practice must be supervised and documented in your portfolio of evidence. Evidence must demonstrate application of all massage methods that make up this qualification, and must be undertaken on a range of clients in different environments.

Unit assessment methods

This section provides an overview of the assessment methods that make up each unit in this qualification. Detailed information on assessment is provided in each unit.

Mandatory units				
		External	Internal	
VTCT unit code	Unit title	Question paper(s)	Observation(s)	Assignment(s)
UV40325	Practical anatomy and physiology for sports massage	0	✓	✓
UV40326	Applying massage methods to prevent and manage injury	0	✓	✓

Unit glossary

	Description
VTCT product code	All units are allocated a unique VTCT product code for identification purposes. This code should be quoted in all queries and correspondence to VTCT.
Unit title	The title clearly indicates the focus of the unit.
National Occupational Standards (NOS)	NOS describe the skills, knowledge and understanding needed to undertake a particular task or job to a nationally recognised level of competence.
Level	Level is an indication of the demand of the learning experience, the depth and/or complexity of achievement and independence in achieving the learning outcomes. There are 9 levels of achievement within the Qualifications and Credit Framework (QCF).
Credit value	This is the number of credits awarded upon successful achievement of all unit outcomes. Credit is a numerical value that represents a means of recognising, measuring, valuing and comparing achievement.
Guided learning hours (GLH)	GLH is an estimate of the time allocated to teach, instruct, assess and support learners throughout a unit. Learner initiated private study, preparation and marking of formative assessment is not taken into account.
Observations	This indicates the minimum number of observations required to achieve the unit.
Learning outcomes	The learning outcomes are the most important component of the unit, they set out what is expected in terms of knowing, understanding and practical ability as a result of the learning process. Learning outcomes are the results of learning.
Evidence requirements	This section provides guidelines on how evidence must be gathered.
Observation outcome	An observation outcome details the practical tasks that must be completed to achieve the unit.
Knowledge outcome	A knowledge outcome details the theoretical requirements of a unit that must be evidenced through oral questioning, a mandatory written question paper or portfolio of evidence.
Assessment criteria	Assessment criteria set out what is required, in terms of achievement, to meet a learning outcome. The assessment criteria and learning outcomes are the components that inform the learning and assessment that should take place. Assessment criteria define the standard expected to meet learning outcomes.
Range	The range indicates what must be covered. Ranges must be practically demonstrated in parallel to the unit's observation outcomes.

UV40325

Practical anatomy and physiology for sports massage

To provide you with a comprehensive understanding of the anatomy, physiology and pathology applied to sports massage methods and the effects of massage methods on the body and mind. It will also develop your advanced palpation skills and those needed to analyse posture and range of movement.

Level

4

Credit value

7

GLH

40

Observation(s)

2

External paper(s)

0



Practical anatomy and physiology for sports massage

Learning outcomes

On completion of this unit you will:

1. Be able to palpate structures of the musculoskeletal system
2. Be able to analyse posture and range of movement
3. Understand the relevant anatomy, physiology and pathology of massage
4. Understand the effects of massage methods on the body and mind

Evidence requirements

1. *Environment*
Evidence for this unit must be gathered in a real or realistic working environment.
2. *Simulation*
Simulation is not allowed in this unit.
3. *Observation outcomes*
Competent performance of 'Observation' outcomes must be demonstrated to your assessor on **at least two occasions**.
4. *Range*
All ranges must be practically demonstrated.
5. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the 'Knowledge' section of this unit. This evidence may include projects, assignments, case studies, reflective accounts, oral/written questioning and/or other forms of evidence.
6. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes and ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*
There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of observations required is indicated in the evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through oral questioning.

Your assessor will sign off an outcome when all criteria have been competently achieved in a single treatment/session.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.



Observations

Outcome 1

Be able to palpate structures of the musculoskeletal system

You can:

- a. Palpate key bony landmarks relevant to sports massage methods
- b. Palpate joint lines commonly used in sport and active leisure activities
- c. Palpate the origins, insertions and bellies of the muscles commonly used in sport and active leisure activities

** May be assessed through oral questioning.*

Observation	1	2
Date achieved		
Criteria questioned orally		
Portfolio reference		
Assessor initials		
Learner signature		



Outcome 2

Be able to analyse posture and range of movement

You can:

- a. Assess spinal range of movement
- b. Measure joint range of movement of the upper and lower limbs
- c. Carry out postural analyses of symmetry
- d. Communicate posture and range of movement findings, identifying strengths and areas for improvement

*May be assessed through oral questioning.

Observation	1	2
Date achieved		
Criteria questioned orally		
Portfolio reference		
Assessor initials		
Learner signature		



Range

You must practically demonstrate that you have:

Palpated at least 10 bony landmarks	Portfolio reference
Acromion process	
Anterior/medial borders of tibia	
Anterior superior iliac spine	
Calcaneus	
Clavicle	
Coracoid process	
Greater trochanter	
Head of fibula	
Head of radius	
Iliac crest	
Inferior angle of scapula	
Ischial tuberosity	
Lateral epicondyle	
Mastoid process	
Medial border of scapula	
Medial epicondyle	
Medial femoral condyle	
Lateral borders of scapula	
Lateral femoral condyle	
Medial and lateral malleolus	
Occipital process	
Olecranon process	
Patella	



You must practically demonstrate that you have:

Palpated at least 10 bony landmarks (continued)	Portfolio reference
Pisiform	
Posterior superior iliac spine	
Pubic tubercles	
Sacrum	
Scaphoid	
Spine of scapula	
Spinous processes C6 C7	
Spinous processes T3 T7	
Spinous processes L4 and L5	
Talus	
Tibial tuberosity	

Palpated at least 6 joint lines	Portfolio reference
Ankle	
Acromio-clavicular	
Elbow	
Hip	
Knee	
Radio-ulnar	
Sacro-iliac	
Shoulder	
Sterno-clavicular	
Wrist	



You must practically demonstrate that you have:

Palpated at least 10 origins insertions and bellies of muscles	Portfolio reference
Adductor longus and magnus	
Biceps brachii	
Biceps femoris	
Gastrocnemius	
Gluteus medius	
Gluteus maximus	
Gracilis	
Infraspinatus	
Intercostals	
Latissimus dorsi	
Levator scapulae	
Pectoralis major	
Piriformis	
Quadratus lumborum	
Rectus femoris	
Semimembranosus semitendinosus	
Soleus	
Subscapularis	
Supraspinatus	
Tensor fascia latae	
Teres major and minor	
Tibialis anterior	
Trapezius	
Triceps brachii	
Vastus lateralis	
Vastus medialis	



You must practically demonstrate that you have:

Measured range of movement for all joints	Portfolio reference
Ankle	
Elbow	
Hip	
Knee	
Shoulder	
Wrist	

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

Where possible your assessor will integrate knowledge outcomes into practical observations through oral questioning.

Knowledge



Outcome 3

Understand the relevant anatomy, physiology and pathology of massage

You can:	Portfolio reference / Assessor initials*
a. Outline the importance of sports massage practitioners having an advanced knowledge of anatomy, physiology and pathology	
b. Explain the anatomy relevant to massage methods used to prevent and manage injury	
c. Explain the physiology relevant to massage methods used to prevent and manage injury	
d. Explain the pathologies that may influence the massage methods used to prevent and manage injury	
e. Explain the relevance of nutrition and hydration and massage to the recovery strategy	

**Assessor initials to be inserted if orally questioned.*



Outcome 4

Understand the effects of massage methods on the body and mind

You can:	Portfolio reference / Assessor initials*
a. Critically evaluate the physiological effects of massage methods	
b. Critically evaluate the neurological effects of massage methods	
c. Explain the psychology of injury as it applies to massage methods	
d. Critically evaluate the psychological effects of massage methods	

**Assessor initials to be inserted if orally questioned.*

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to palpate structures of the musculoskeletal system

Bony landmarks: Key landmarks, points of attachment for muscles and ligaments, areas vulnerable to injury, bony landmarks to be palpated (acromion process, anterior and medial borders of tibia, anterior superior iliac spine (ASIS), calcaneus, clavicle, coracoid process, greater trochanter, head of fibula, head of radius, iliac crest, inferior angle of scapula, ischial tuberosity, lateral and medial epicondyle, lateral and medial femoral condyles, mastoid process, medial and lateral malleolus, medial border of scapula, lateral border of scapula, occipital process, olecranon process, patella, pisiform, posterior superior iliac spine (PSIS), pubic tubercles, sacrum, scaphoid, spine of scapula, spinous processes (C6, C7, T3, T7, L4, L5), talus, tibial tuberosity).

Joint lines: Importance of joint line palpation (identification of synovial thickening, swelling, adhesions), joints to be palpated (acromio-clavicular, ankle, elbow, hip, knee, radio-ulnar, sacro-iliac, shoulder, sterno-clavicular, wrist).

Muscle palpation: Origins, insertions, muscle bellies, tendons, fascia, muscles to be palpated (adductor longus and magnus, biceps brachii, biceps femoris, brachialis, brachioradialis, deltoid, erector spinae, extensor carpi radialis longus, extensor carpi radialis brevis, extensor carpi ulnaris, external obliques, flexor carpi radialis, flexor carpi ulnaris, gastrocnemius, gluteus medius/minimus, gluteus maximus, iliopsoas, infraspinatus,

internal obliques, latissimus dorsi, levator scapulae, gracilis, intercostals, pectoralis major/minor, pectineus, peroneus brevis and longus, piriformis, popliteus, pronator quadratus, pronator teres, quadratus lumborum, rectus abdominus, rectus femoris, rhomboid major and minor, sartorius, scalenes, semimembranosus, semitendinosus, serratus anterior, soleus, sternocleidomastoid, subscapularis, supraspinatus, supinator, tensor fascia latae, teres major and minor, tibialis anterior, tibialis posterior, transversus abdominus, trapezius, triceps brachii, vastus intermedius, lateralis and medialis), information from the tissues (texture, temperature, drag, inflammation, trigger points).



Outcome 2: Be able to analyse posture and range of movement

Spinal range of movement: Planes of movement, normal movement ranges, limitations, segmental movement, cervical thoracic and lumbar movement, use of bony landmarks, goniometry, active and passive movements.

Joint range of movement: Use of goniometry and other instruments, normal movement ranges, use of bony landmarks, active, passive, resisted movements, joints to be measured (ankle, elbow, hip, knee, shoulder, wrist).

Posture analysis: In standing and sitting, left and right, from different views, positions of joints and bony landmarks, muscle form and bulk, asymmetry, posture types (ideal posture, kypho-lordotic, swayback and flat back), awareness of when ideal posture may be inappropriate for the sport, causes of postural problems (muscular tightness weakness), link findings to treatment plan, give justification.

Communicate findings: Comparison with norms and tables, strengths and weaknesses, improvements, link to treatment plan, communicate verbally, record findings and plan of action, constructive approach.



Outcome 3: Understand the relevant anatomy, physiology and pathology of massage

Importance of practitioner having advanced knowledge base: Scope of practice, information gathering, identification of pathology, interpretation of findings, preparation and delivery of treatment plan (for desired aim and effect).

Anatomy relevant to massage methods: Anatomical movement and directional terminology, body planes and axes, range norms, major joints (articulations, internal structure, capsule, ligaments, surface anatomy, muscles involved), consideration of assessment and treatment positions for each joint e.g. side lying to put hip into flexion/extension; muscle fibre direction for treatment (fusiform, parallel, convergent, pennate, circular); work full length of muscle including origin and insertion, work on both limbs, work on opposing muscles, group action theory, muscle spindles, golgi tendon organs.

Physiology relevant to massage methods: Physiological changes that take effect when mechanical force is placed into tissues including muscle tone, stimulation of muscle spindles and golgi tendon organs; stimulation and action of receptors (temperature, touch, pressure, pain, proprioception); physical movement of blood and lymph, cardiac output, oxygen consumption, oedema, cellular effect (increased intercellular space, dilation of cells, viscosity of matrix (thixotropic), exchange of nutrients and waste, capillarisation, massage stroke variables (speed, depth, direction, duration, rhythm, frequency); effects on the endocrine system (e.g. dopamine, serotonin, norepinephrine/epinephrine, cortisol).

Pathologies and massage methods: Common soft tissue presentations (strain, sprain, cartilage, meniscus, bursa, haematoma, contusion, trigger points – areas of hypersensitivity, hypertonicity); stages of healing (bleeding, inflammation, proliferation, regeneration); realignment of muscle tissue.

Massage interventions at each stage:

Inflammation - PRICE, passive movement (pain free and mid range), general drainage away from site, non-specific body massage.

Proliferation - pain free movement (active and passive), cautious mobilisation of scar tissue along fibre direction towards injury, no stressing of lesion, non-specific body massage, cautious transverse frictions.

Regeneration - transverse frictions, directional stroking of muscle fibres away from lesion, progressive stretching, active and resisted range of movement to full range, MET techniques, non-specific body massage, areas of hypersensitivity-trigger points, all techniques.

Relevance of nutrition in recovery: Body utilises more nutrients during recovery, role of protein (key nutritional component – growth and repair); role of key vitamins in recovery, role of zinc, role of vitamin B group, weight management during recovery, role of nutrition in preventing injury (e.g. good nutrition results in being conditioned for the sport, correct intake of nutrients to meet demands of the sport); sport performance diet, carbohydrate key provider of energy (minimises impact of fatigue – work harder for longer, in doing so work rate, correct posture,



Outcome 3: Understand the relevant anatomy, physiology and pathology of massage (continued)

movement and skill execution are maintained), carbohydrate loading, role of vitamin D (athletes' who train indoors/northern latitudes), supplementation, eating disorders.

Relevance of hydration in recovery:

Relevance (maintain homeostasis, maintain performance levels, heat regulation, maintain blood plasma levels, removal of metabolic products), recommended fluid intakes, formulated soft drinks, purpose (replenish carbohydrates, replenish electrolytes, assist with muscle recovery), use (short intense and endurance workouts); hypotonic, isotonic, hypertonic, timings of intake (before, during and after activity), signs of dehydration (dizziness or light-headedness, headache, tiredness, dry mouth, lips and eyes, dark, concentrated urine).

Relevance of massage in recovery:

Speed up recovery following heavy training or competition, maintenance, lengthen adaptive shortening, psychological benefits, appropriate use of massage (overworking or inappropriate massage techniques may have adverse effects); valuable role in injury prevention.



Outcome 4: Understand the effects of massage methods on the body and mind

Critically evaluate the physiological effects of massage: Physiological effects on the musculo-skeletal system, endocrine system, circulatory system, lymphatic system, injury healing process, evaluate using case studies, literature, empirical research papers, evidence based documentation.

Critically evaluate the neurological effects of massage: Nervous system, central nervous system (brain and spinal cord), peripheral nervous system (autonomic, somatic, enteric), pain gate theory, evaluate using case studies, literature, empirical research papers, evidence based documentation.

Psychology of injury: Principles and theories, athlete response to injury, pain management, application in the context of sports massage, psychological considerations when treating injured clients, recovery time, mood, affective response to massage methods.

Critically evaluate the psychological effects of massage: Relaxation, stimulation, placebo, improved state of well being, improved body awareness, evaluate using case studies, literature, empirical research papers, evidence based documentation.

UV40326

Applying massage methods to prevent and manage injury

The purpose of this unit is to provide you with the knowledge, understanding and practical skills to prepare, apply and evaluate a range of sports massage methods to prevent and manage injury.

Level

4

Credit value

13

GLH

90

Observation(s)

2

External paper(s)

0



Applying massage methods to prevent and manage injury

Learning outcomes

On completion of this unit you will:

1. Be able to work within agreed standards of practice
2. Be able to prepare for massage methods
3. Be able to assess clients
4. Be able to devise massage strategies for clients
5. Be able to apply massage methods
6. Be able to evaluate the effectiveness of massage methods
7. Be able to produce, maintain and store client records

Evidence requirements

1. *Environment*
Evidence for this unit must be gathered in a real or realistic working environment.
2. *Simulation*
Simulation is not allowed in this unit.
3. *Observation outcomes*
Competent performance of 'Observation' outcomes must be demonstrated to your assessor on **at least two occasions**.
4. *Range*
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the 'Knowledge' section of this unit. This evidence may include projects, assignments, case studies, reflective accounts, oral/written questioning and/or other forms of evidence.
6. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes and ranges in this unit. All outcomes and ranges must be achieved.
7. *Sports massage practice*
One hundred hours of sports massage must be supervised and documented in your portfolio of evidence. Evidence must demonstrate application of all massage methods that make up this qualification and must be undertaken on a range of clients in different environments.
8. *External paper*
There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of observations required is indicated in the evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through oral questioning.

Your assessor will sign off an outcome when all criteria have been competently achieved in a single treatment/session.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.

Evidence of sports massage practice

One hundred hours of massage practice must be carried out to achieve this unit.

Your assessor will complete the table below when one hundred hours of sports massage practice have been completed and are documented in your portfolio of evidence.

Date achieved	Assessor initials



Observations

Outcome 1

Be able to work within agreed standards of practice

You can:

- a. Apply professional standards of personal hygiene, dress and appearance
- b. Ensure there is adequate public liability and professional indemnity insurance
- c. Carry out equipment checks to ensure cleanliness and hygiene and that current health and safety requirements are met
- d. Carry out risk assessments of equipment and treatment areas

** May be assessed through oral questioning.*

Observation	1	2	Optional
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



Outcome 2

Be able to prepare for massage methods

You can:

- a. Prepare treatment areas and equipment to ensure comfort and dignity for the client
- b. Prepare materials appropriate for planned massage methods
- c. Demonstrate the correct procedures to obtain informed consent
- d. Prepare client records as legally required

*May be assessed through oral questioning.

Observation	1	2	Optional
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



Outcome 3

Be able to assess clients

You can:

- a. Carry out subjective assessments of clients
- b. Carry out objective assessments of clients
- c. Gather information relevant to the cautions and contra-indications to massage methods, responding appropriately*

* May be assessed through oral questioning.

Observation	1	2	Optional
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



Outcome 4

Be able to devise massage strategies for clients

You can:

- a. Present aims and objectives of agreed massage methods with clients
- b. Present the nature, purpose and process of massage methods to clients with justification
- c. Present objective and subjective markers to measure the effects of massage methods

*May be assessed through oral questioning.

Observation	1	2	<i>Optional</i>
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



Outcome 5

Be able to apply massage methods

You can:

- a. Demonstrate correct positioning of clients for massage
- b. Prepare relevant body areas for massage
- c. Apply massage methods correctly and consistently to meet the presentation and needs of clients
- d. Demonstrate how to take account of the cautions and contra-indications to massage methods*
- e. Record and respond appropriately to visual and oral feedback during the delivery of massage methods*
- f. Provide clients with appropriate materials and assistance to remove the massage medium
- g. Respond appropriately to pre-existing conditions and disease processes*

* May be assessed through oral questioning.

Observation	1	2	Optional
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



Outcome 6

Be able to evaluate the effectiveness of massage methods

You can:

- a. Reassess clients
- b. Gain feedback on the effects of massage methods from clients
- c. Provide appropriate advice and opportunities for client questions and/or feedback

*May be assessed through oral questioning.

Observation	1	2	Optional
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



Outcome 7

Be able to produce, maintain and store client records

You can:

- a. Demonstrate the safe and secure storage of records according to legal requirements

** May be assessed through oral questioning.*

Observation	1	2	Optional
Date achieved			
Criteria questioned orally			
Portfolio reference			
Assessor initials			
Learner signature			



Range

You must practically demonstrate that you have:

Gathered information using all subjective assessments		Portfolio reference
Personal details		
History of presenting symptoms		
Past medical history/previous injuries		
Clients reasons for seeking treatment		
Sporting profile/training regime		
Lifestyle and diet		
Carried out all objective assessments		Portfolio reference
Observation		
Joint line palpation		
Muscle palpation		
Range of movement (active, passive, resisted)		
Postural assessment		
Worked with all clients		Portfolio reference
Male		
Female		
Pre-adolescent (9-12 years)		
Adolescent (13-19, in puberty)		
Adult		
Specific populations* (Pregnant women, older adults, people with disabilities, and elite athletes)		

*You must work with at least one specific population.



You must practically demonstrate that you have:

Applied all massage methods/techniques	Portfolio reference
Effleurage	
Petrissage	
Tapotement	
Vibration	
Compressions	
Frictions	
Passive stretching/MET techniques	
Trigger points/neuromuscular	
Massaged for all massage aims	Portfolio reference
Injury management	
Injury prevention	
Pre-existing conditions/disease processes	
Worked in all environments	Portfolio reference
Massage room/clinic	
In situ/event/sporting environment	
Used all equipment	Portfolio reference
Couch and couch roll	
Other suitable surface	
Massage medium	
Towels	

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

Where possible your assessor will integrate knowledge outcomes into practical observations through oral questioning.

Knowledge



Outcome 1

Be able to work within agreed standards of practice

You can:	Portfolio reference / Assessor initials*
e. Clarify the accepted standards of practice	
f. Explain the importance of cleanliness and hygiene, dress and appearance and the standards to be applied	
g. Clarify relevant and current health and safety legislation	

**Assessor initials to be inserted if orally questioned.*



Outcome 2

Be able to prepare for massage methods

You can:	Portfolio reference / Assessor initials*
e. Explain the importance of having a chaperone present when working with children and vulnerable adults	
f. Explain the importance of maintaining the dignity and comfort of clients throughout the massage process	
g. Explain the materials used for a range of massage methods	
h. Explain the importance of obtaining informed consent prior to assessments and application the of massage	
i. Explain the importance of working within the boundaries of informed consent	

**Assessor initials to be inserted if orally questioned.*



Outcome 3

Be able to assess clients

You can:	Portfolio reference / Assessor initials*
d. Explain the importance of accurate client assessments	
e. Critically evaluate the range of assessment methods used to gather information	
f. Explain how to carry out objective assessments of clients	
g. Explain the importance of obtaining information on the possible cautions and contra-indications to massage before commencing any treatments	
h. Explain the cautions and contra-indications to massage	
i. Explain the importance of recognising client's presenting with pre-existing conditions and problems	

**Assessor initials to be inserted if orally questioned.*



Outcome 4

Be able to devise massage strategies for clients

You can:	Portfolio reference / Assessor initials*
d. Devise justified massage strategies appropriate to clients needs, their context and within your scope of practice	
e. Explain the indications for massage	
f. Justify the importance of explaining the aims and objectives of massage to clients	
g. Explain why it is important for clients to understand the nature and purpose of massage and the equipment used	
h. Outline situations when the massage medium should and should not be removed	
i. Explain the content of massage mediums in relation to allergic reaction and contra-indications	
j. Explain the possible adverse reactions to massage and their identification	

**Assessor initials to be inserted if orally questioned.*



Outcome 5

Be able to apply massage methods

You can:	Portfolio reference / Assessor initials*
h. Explain the importance of ensuring clients are correctly positioned	
i. Explain the preparation of body areas for a range of massage methods	
j. Explain how a range of massage methods can be applied in relation to technique	
k. Explain the application of massage methods to a range of conditions/situations	

**Assessor initials to be inserted if orally questioned.*



Outcome 6

Be able to evaluate the effectiveness of massage methods

You can:	Portfolio reference / Assessor initials*
d. Clarify the importance of accurate client reassessment	
e. Critically evaluate methods used for obtaining feedback from clients on the effects of massage	
f. Analyse client feedback against the aims and objectives of massage strategies	
g. Explain why it is important to provide opportunities for further feedback	
h. Explain the importance of evaluating the effectiveness of massage	
i. Critically evaluate the objective and subjective markers used to measure the effects of massage	
j. Critically analyse the overall effectiveness of massage strategies applied	

*Assessor initials to be inserted if orally questioned.



Outcome 7

Be able to produce, maintain and store client records

You can:	Portfolio reference / Assessor initials*
b. Explain the importance of accurate and confidential record keeping and safely storing records	
c. Explain massage methods used and the details that should be recorded	
d. Produce records of massage sessions in the accepted format	
e. Explain the importance and process of referral to relevant professionals when necessary	
f. Produce reports/letters of referral for relevant healthcare professionals	
g. Explain the importance of following the directions of healthcare professionals	
h. Explain the legal requirements for the storage of information on clients and the systems used	
i. Clarify when client records must be destroyed as legally required	

**Assessor initials to be inserted if orally questioned.*

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to work within agreed standards of practice

Standards of practice: Roles and responsibilities of the sports massage practitioner, boundaries, limitations of the practitioner, professional associations (Federation of Holistic Therapists (FHT), Sports Massage Association (SMA), others); relevant codes of ethics and practice.

Importance of professional standards: Maximise treatment benefits, prevention of cross infection, instil confidence in the practitioner, repeated business, potential for increased business, gain respect, trust, and rapport; reputation, public confidence in the profession.

Professional standards: Personal hygiene, dress, appearance, attitude.

Insurance: Types and requirements, professional liability, public liability, personal injury, income protection, clinic and equipment, travel and car, claiming on insurance, dealing with claims against the sports massage practitioner.

Health and safety: Current legislation, legal responsibilities for health and safety (clinic, at events, on field of play); data protection legislation, employers liability (compulsory) legislation, first aid legislation, accident recording and reporting, evacuation procedures, maintenance (equipment, building), manual handling, control of substances hazardous to health, reporting of injuries, diseases and dangerous occurrences regulations.

Equipment checks: Couch (height, stability, position), visual checks of working area/resources, check for wear and tear, faults, cleanliness, possibility of contamination, check that all appropriate resources are available for clinic/event (covers, towels, mediums, cleansing resources).

Risk assessments: Components of risk assessment form, risk assessment process, managing risks, counter measures and recommendations, assess risk of environment to ensure safety of practitioner, risk factors (space, environment, weather, obstacles, cross infection, heat, noise, light, privacy and ventilation); hygiene (equipment and personal); assess risk in clinic, sporting locations and on the field of play, emergency plans, liaise in advance with event organisation/organisers (emergency procedures, first aid protocol); ensure work is within scope of practice.



Outcome 2: Be able to prepare for massage methods

Child protection and vulnerable adults:

Child protection legislation, safeguarding children and vulnerable adults, principles to observe in relation to legislation, suitable chaperones, role of chaperones, importance of using chaperones, possible consequences of not having a chaperone present.

Importance of maintaining dignity of the client: Build rapport, trust and enhance the effectiveness of treatment.

Preparation to ensure dignity and comfort: Ensure privacy, appropriate draping, use of supports, maintain comfort, give reassurance, answer questions, respond to audio and visual signs, maintain warmth, only expose treatment areas, additional steps to maintain dignity and comfort.

Client positioning: Comfort, dignity, accessibility, use of supports, consider practitioner working posture, appropriate position to ensure effectiveness of treatment, appropriate position to ensure effective application of techniques.

Preparation of materials/working area: Plinth, bench, chair, mat, mediums, towels, supports, blankets, other materials/equipment, appropriate paperwork, set-up is appropriate to available work area, risk assessment.

Informed consent: Define 'informed', purpose, importance of obtaining consent prior to and during assessment and treatment, practitioner explains nature and purpose of massage, risks, alternatives, effects.

Boundaries of consent: Examination and treatment confined to agreed informed consent.

Procedures to obtain informed consent: Verbal, consultation, records, signature of client; signature of chaperone/guardian for children/vulnerable adults.

Prepare records: Record consent, record client personal details, medical history, treatment objectives, subjective and objective testing, record techniques, effects, contra-actions, contra-indications, records should include acceptance or refusal of a chaperone (if appropriate).



Outcome 3: Be able to assess clients

Importance of client assessment:

Identify aims and objectives of treatment, identify any contra-indications/cautions to massage, identify realistic outcomes, to give markers for evaluation of treatment, review of previous sports massage treatments, to form a hypothesis to guide and form treatment plan.

Critically evaluate range of assessment methods:

Reliability, validity of assessment methods, critically evaluate subjective and objective information, range of assessment methods (subjective information, visual information, range of movement - active, passive and resisted, postural assessment, symmetry, palpation).

Subjective assessment: Age and occupation, sport and leisure activities, previous medical history, previous injuries, medication, other lifestyle factors (stress, diet, dependants); aims and objectives of treatment, perceived problem, site and spread of symptoms, behaviour of symptoms, onset and duration of symptoms, pain scale, aggravating and relieving factors, accumulate information to form hypothesis.

Objective assessment: Observation (symmetry, posture, mobility, functional gait assessment, mobility); initial palpation (palpate for temperature, drag, resistance, oedema, swelling); palpate joint lines (swelling, synovial thickening, inflammation); active, passive and resisted movements (contractile or non-contractile tissue problem, possible acute injury, loss of strength, strength imbalances); use objective assessments to test hypothesis.

Importance of obtaining information before commencing any sports massage:

To ensure practitioner is working within scope of practice, to ensure clients are referred accordingly, to eliminate any possible dangers to client and practitioner, to gain informed consent, to identify any possible cautions and contra-indications.

Contra-indications and cautions:

Absolute contra-indications (GP consent or no massage); local contra-indications (avoid area); temporary contra-indications (may not treat this time but could in future e.g. fever), acute trauma, tumour, open wounds, frostbite, acute soft tissue, circulatory disorders, thrombosis, risk of haemorrhage, fractures, bursitis, periostitis, myositis ossificans, infections, skin disorders, allergic conditions, areas of altered skin sensation, red flags (symptoms that may indicate serious pathology/ disease or indicate the need for referral). N.B. this is not an exhaustive list.

Positive contra-indication, pre-existing condition: May be outside the practitioner's scope of practice, may pose a danger to client or therapist, and may need to obtain GP or specialist clearance before massaging, adjustments may be needed to the planned sports massage strategy, existing conditions may be a causal factor/ influence.



Outcome 4: Be able to devise massage strategies for clients

Indications for sports massage: Part of general conditioning programme including injury prevention, maintenance, pre-event (aid pre-exercise preparation); prepare psychologically, post event (aid post exercise recovery); during events, post-travel, treatment of injury, soft tissue dysfunction.

General indications for massage: Relaxation, anxiety reduction, stimulation, increase range of movement, increase tissue flexibility, increase or decrease muscle tone, increase local circulation, remove waste products, enhance immune function, exercise recovery, inflammation management, nerve impingement, pain management.

Devise sports massage strategies: To meet aims and objectives of the proposed sports massage, to meet client's needs, strategy to be negotiated and agreed with client; agree short, medium and long term goals, if necessary refer the client to a relevant healthcare professional, or follow approved guidelines for a chaperone.

Explain/present aims and objectives: Full information to be given to client to gain informed consent, client then knows exactly what to expect, does not have any misconceptions, has not been misled about possible outcomes, and is fully prepared for treatment; ensure that client understands nature, purpose, effects, outcome, techniques, mediums, positions and equipment that are to be used; provide justification for sports massage strategy.

Removal of massage medium/adverse reactions: Allergic reaction, rash, potential interference of drug testing in sport,

abide with rules of the sport, interference with performance, when wanting to use techniques that do not require a medium, when grip of depth is required, when using trigger point/neuromuscular techniques.

Massage mediums: Types of medium (oils, creams, lotions, gels, talcum powder, wax); properties that may cause adverse reactions.

Markers to measure effects of massage methods: Objective and subjective markers, including pain scales, swelling measurements, muscle tone, muscle length; measurement of an increase or decrease in the ability to perform an activity, range of movement, client feedback and appearance; satisfaction questionnaires.



Outcome 5: Be able to apply massage methods

Importance of client positioning: For effective application of different techniques, for effective application on different body areas, for dignity and comfort of client, for practitioner to be able to maintain correct postural and manual handling techniques.

Correct positioning: With couch, without couch (bench, floor, chair, mat); working in team dressing rooms, working pitch side, working through towels/clothing; positioning to include prone, supine, side lying, sitting, standing; adjust position as appropriate, to maintain comfort and dignity of client, and safety of practitioner.

Prepare relevant body area for massage: Appropriate positioning for support and to ensure effectiveness of technique; draping, degree of exposure, exposure of massage area only; cleanse area if appropriate in preparation for technique, use of massage medium or not.

Sports massage techniques: Application of techniques, variation and modification of techniques, effects and benefits, techniques (effleurage, petrissage, tapotement, vibration, through towels/clothing, compressions, frictions, trigger points/neuromuscular, muscle energy techniques (post-isometric relaxation (PIR) and reciprocal inhibition (RI)), movement in a pain free range.

Application of sports massage: Working posture, contour of hands, position of hands, correct alignment of practitioner's joints, stance, depth of pressure, direction of movements, speed and rhythm of strokes in varying positions and environments, adaptation of techniques to suit client need and in context of presenting conditions and delivery environment.

Application of massage methods to a range of conditions/situations:

Pre-event, post-event, maintenance, post-travel, corrective, injury (stage of inflammation including acute, sub-acute), proliferation, regeneration); pre-existing conditions, disease processes, appropriate techniques to use.

Working with cautions and contra-indications: Within scope of practice, dealing with pre-existing conditions and disease, recognising absolute contra-indications, working with local or temporary contra-indications, working with factors that require caution e.g. low pain threshold, pregnancy, sub-acute injury.

Respond and record: Respond to client feedback, adverse reactions (visual and oral); change sports massage technique to adapt to circumstance, change massage variable (depth, pressure speed, rhythm); practitioner observation of the effects of treatment, record the sports massage methods, note variations between planned and actual sports massage in records, note adverse reactions.

Removal of massage medium: Assist with removal of mediums as appropriate, provide clients with appropriate materials to remove mediums, consider in clinic or sporting context, consider consequences of not removing the medium on the sport or performance, provide materials (wipes, cleansing agents, couch roll).

Respond appropriately to pre-existing conditions and disease processes:

Work within scope of practice, refer to healthcare professional, adapt treatment/techniques as necessary, self-research of condition and medication.



Outcome 6: Be able to evaluate the effectiveness of massage methods

Importance of client reassessment:

Reasons why reassessment is necessary, evaluation of sports massage strategy, provides marker on effectiveness of treatment, provides baseline starting point for future treatments, review of previous massage strategy, identify adverse reactions to sports massage, opportunity for client feedback, empowerment, build rapport, build practitioner confidence, professional approach.

Reassess client: Objective (observation, function, palpation (muscles, joint lines), tone, measurement, posture, symmetry, range of movement); subjective (pain scales, client feedback, body language).

Gain feedback: Verbal, written, subjective, objective.

Critically evaluate effectiveness of treatment: Amalgamation of all feedback, evaluate before, during and after treatment, progression, achievement of aims and objectives, progression from short/medium to long term goals, future improvements to sports massage strategy, critically evaluate assessment markers, validity and reliability of markers, client feedback and perception.

Analyse client feedback: In depth analysis and cross-reference of all feedback received; messages (verbal, non-verbal and physical communication); achievement of treatment objectives.

Importance of providing opportunities for further feedback: Keep client informed, ensure full understanding, client empowerment, establish immediate feelings, beliefs, impressions, likes, dislikes, opportunity for discussion,

opportunity to identify any required changes to treatment plan.

Appropriate advice: Provide advice within scope of practice e.g. hydration, rest, stretching, referral to other appropriate professionals including exercise professionals, advice on possible adverse reactions/contra-actions (erythema, pain and stiffness).

Importance of evaluating the effectiveness of sports massage: Measure against the aims of objectives of strategy, to establish effectiveness of the sports massage, to review strategy and adjust as appropriate.

Critically evaluate objective and subjective markers: Methods to evaluate should be appropriate (validity, reliability, reproducibility of tests), consider all influencing factors that may influence results, consider influence of environment other factors.

Critically analyse the overall effectiveness of massage strategies applied: Measure effectiveness of techniques applied against the outcomes, analyse appropriateness of techniques applied, consider specific variables that may have influenced the treatment, variables including the environment, clients motivation to achieve aims and objectives, placebo, willingness, opportunity and ability of the client, amount of support, other psychological/lifestyle factors.

Record keeping: Adhere to legal requirements, confidentiality, data protection legislation.



Outcome 7: Be able to produce, maintain and store client records

Details that should be recorded: Clients details on each sheet of record, subjective information, objective information, massage strategy plan (subjective, objective, analysis plan (SOAP)); effects, outcomes, changes to strategy, contra-actions, aftercare/advice given, client signature giving informed consent.

Accepted format for records: Clear, recorded in a logical sequence, details are accurate, legible writing, permanent ink, completed within 24 hours of massage, corrections initialled, non-judgemental or subjective, signed by practitioner on each page, key supplied for use of abbreviations or use of medically recognised abbreviations, strikethrough blank spaces.

Referrals: Scope of practice, identification of relevant healthcare professionals, process of referral, referral letter to healthcare professional, assessment report, details of any sport massage or advice given.

Referral process: Stringent referral procedures must be practiced to upkeep and build upon professional image of the sports massage practitioner, use of formal, headed paper, including personal details (e.g. clients full name, address, date of birth, overview of assessments, findings and treatments, status reports, regular updates on progress); clients must sign for release of information, follow recommendations, always formally acknowledge referrals received after preliminary treatment, and report findings, and share possible plan of treatment).

Importance of following directions of healthcare professionals:

Professionalism, reputation and working within scope of practice, multidisciplinary approach, optimum client care, client may already be receiving treatment, massage may contradict other treatments being received, healthcare professional may know of a reason why massage may not be performed.

Storage of records: Paper and electronic records, legal requirement (data protection); stored in safe place (locked cabinets, password on computer); not accessible to third parties, written permission must be gained from clients to release records, adhere to policies of professional bodies and regulators; clients have legal right to access their records.



Sports Massage Association (SMA) Level 1 Student Registration Form

If you wish to join the SMA as a Level 1 student member you must complete this form and return it to the SMA at the address below. For further information on the SMA please visit www.thesma.org

Please indicate (tick the box) the VTCT qualification you are undertaking:

- VTCT Level 3 Certificate in Sports Massage Therapy (QCF)
- VTCT Level 4 Certificate in Sports Massage Therapy (QCF)
- VTCT Level 5 Diploma in Sports Massage Therapy (QCF)

Student Details

Name (Mr / Mrs / Ms / Dr / other):

Address:

Postcode:

Tel no:

Email:

VTCT centre name:

VTCT learner number:

Student Declaration

I hereby agree to the following:

1. I have read, understood and agree to abide by the SMA Code of Conduct* and to work within my course's Scope of Practice.
2. I have no current or pending criminal convictions.
3. To my knowledge I have no current or pending incident that may give rise to an insurance claim against me.
4. All the information I have stated in this application is true and accurate.
5. SMA data will be retained by the Association for processing requirements under the Data Protection Act 1998.

Signed:

Print name:

Date:

**The SMA Code of Conduct is available at www.thesma.org*

Completed registration forms must be sent to:

Membership Applications, Sports Massage Association Ltd, Kalbarri House, London Road, London. E13 ODA.

or admin@sportsmassageassociation.org



