

VTCT Level 3 Certificate in Sports Massage Therapy (QCF)

Accreditation start date: **1 December 2009**
Credit value: **30**
Guided learning hours (GLH): **210**
Qualification number: **500/8017/9**

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				
UV30378				
UV30379				

The qualification

Introduction

The Level 3 Certificate in Sports Massage Therapy (QCF) has been designed to provide you with the requisite knowledge, understanding and skills to work in an unsupervised capacity as a sports massage practitioner, with non-pathological (non-injured) tissue.

In this qualification you will develop your knowledge and understanding of the theory underpinning the practice of sports massage therapy, including functional anatomy and physiology, nutrition, classification of sports injuries and the stages of healing. In addition you will develop the understanding, skills and techniques to plan, prepare for and apply a range of sports massage methods to uninjured clients. You will also enhance your skills to evaluate massage strategies and methods to inform on future practice.

Professional membership

This qualification is endorsed by the Sports Massage Association (SMA). Once registered for this qualification you have the option to join the SMA as a Level 1 student member free of charge.

If you wish to join the SMA please complete the Student registration Form at the end of this book or for further information visit www.thesma.org.

National Occupational Standards (NOS)

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

- CNH20 - Plan, apply and evaluate massage methods.

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



Progression

This qualification is focused on employing a range of methods to massage uninjured clients in sport and active leisure.

On successful completion of this qualification you will be equipped to work in an unsupervised capacity as a sports massage practitioner throughout the sport and active leisure industry.

This qualification also provides progression opportunities to additional VTCT qualifications at Level 3 (i.e. Level 3 Diploma in the Prevention and Management of Sports Injuries (QCF)) and specialist VTCT qualifications at Level 4 (i.e. Level 4 Certificate in Sports Massage Therapy (QCF)).

Qualification structure

Total credits required - 30 (minimum)

All mandatory units must be completed.

Mandatory units - 30 credits

VTCT unit code	Ofqual unit reference	Unit title	Credit value	GLH
UV30378	H/600/8928	Functional anatomy, physiology and nutrition for sports therapies	12	90
UV30379	D/600/8930	Applying sports massage methods to non-pathological tissue	18	120*

* includes 50 hours of massage practice to be undertaken on non-pathological (non-injured) tissue.

Guidance on assessment

This book contains the mandatory units that make up this qualification. 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 have been learned. 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 the 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 the 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 50 hours of sports massage as part of unit UV30379.

Fifty 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 (three or more) in different environments (at least 2).

Under all circumstances sports massage must only be undertaken on non-pathological (non-injured) tissue.

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)
UV30378	Functional anatomy, physiology and nutrition for sports therapies	1	-	✓
UV30379	Applying sports massage methods to non-pathological tissue	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.

UV30378

Functional anatomy, physiology and nutrition for sports therapies

It is the aim of this unit to provide you with an understanding of the anatomy, physiology and nutrition specifically relevant to working as a therapist or practitioner in sport and active leisure.

Level

3

Credit value

12

GLH

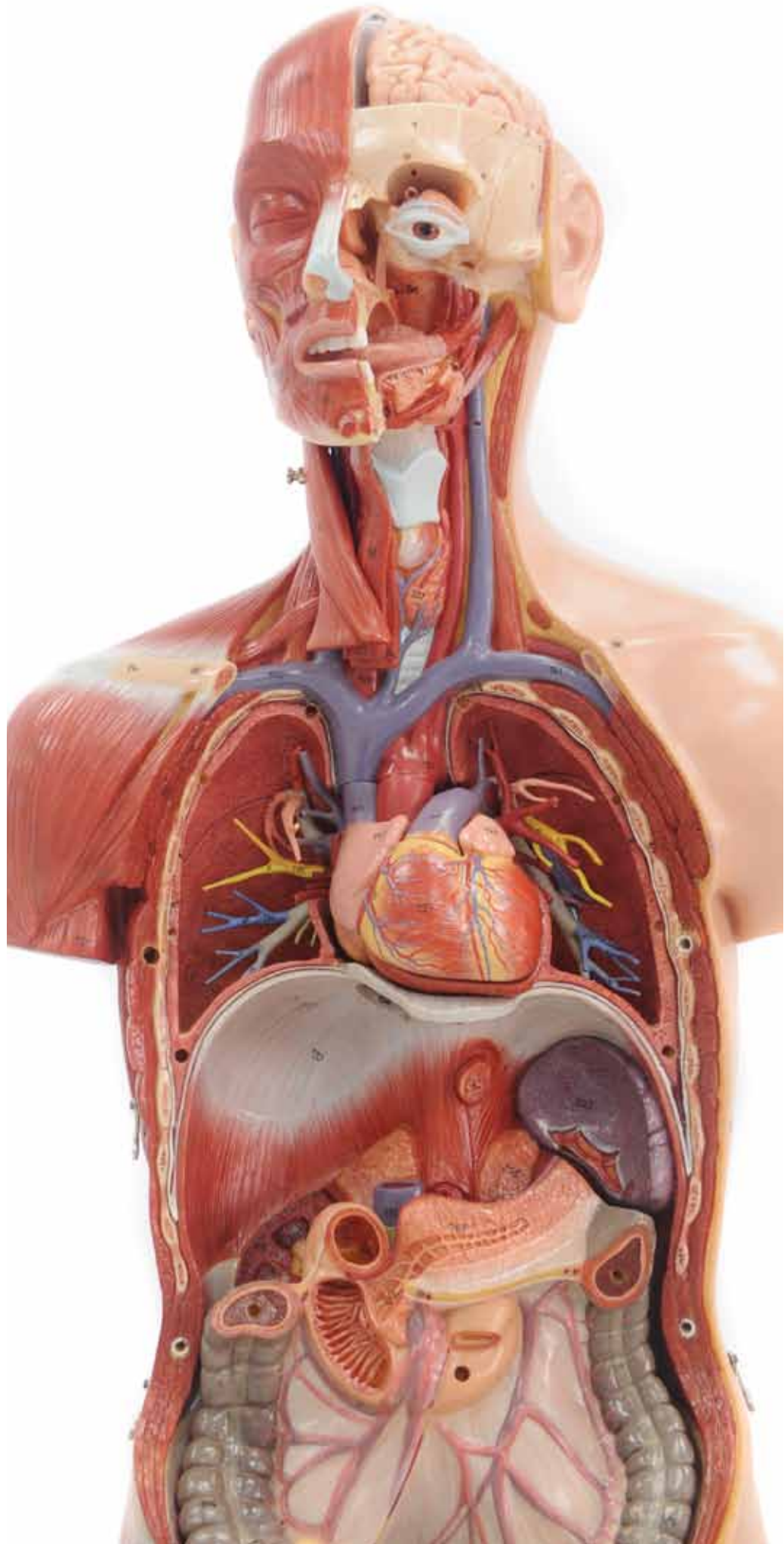
90

Observation(s)

0

External paper(s)

1



Functional anatomy, physiology and nutrition for sports therapies

Learning outcomes

On completion of this unit you will:

1. Understand the structure and functions of human cells and tissues
2. Know the structure, functions and common pathologies of the skin
3. Understand the structure and functions of the musculoskeletal system
4. Know the different types of posture
5. Understand the structure and functions of the nervous system
6. Understand the structure and functions of the cardiovascular system
7. Understand the structure and functions of the respiratory system
8. Understand the structure and functions of the lymphatic system
9. Understand the structure and functions of the digestive system
10. Understand the structure and functions of the urinary system
11. Understand the structure and functions of the endocrine system
12. Understand differences between men and women
13. Understand the underpinning principles of sports injuries
14. Understand the principles of nutrition in relation to sports injuries

Evidence requirements

1. *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.
2. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
3. *External paper*
There is one external paper that must be achieved.

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.

Achieving the external paper

The external paper will test your knowledge of the criteria highlighted in white. **A pass mark of 70% must be achieved.**

Your assessor will complete the table below when the 70% pass mark has been achieved.

Paper	Date achieved	Assessor initials
1 of 1		

Knowledge



Outcome 1

Understand the structure and functions of human cells and tissues

You can:	Portfolio reference / Assessor initials*
a. Explain the structures of a human cell	
b. Describe the processes of osmosis and diffusion	
c. Explain basal metabolic rate	
d. Explain the principles of homeostasis	
e. Describe the structures and functions of the different types of human tissues	

* Assessor initials to be inserted if orally questioned.



Outcome 2

Know the structure, functions and common pathologies of the skin

You can:	Portfolio reference / Assessor initials*
a. Describe the structure of the skin	
b. Explain the functions of the skin	
c. Describe common pathologies that affect the skin	

* Assessor initials to be inserted if orally questioned.



Outcome 3

Understand the structure and functions of the musculoskeletal system

You can:	Portfolio reference / Assessor initials*
a. Identify anatomical planes and directional terms	
b. Explain the structure and functions of different types of bone	
c. Explain the structure and function of muscle tissue	
d. Describe the sliding filament theory	
e. Explain the co-ordinated action of muscles and types of contraction	
f. Outline the functions of the skeleton	
g. Describe the different types of joint that make up the human body	
h. Explain the structure of the major joints of the body	
i. Describe the movements of the major joints of the body	
j. Describe the positions, actions and attachments sites of the major muscles	
k. Explain the structure and functions of the vertebral column and thorax	
l. Explain the arches of the foot	

* Assessor initials to be inserted if orally questioned.



Outcome 4

Know the different types of posture

You can:	Portfolio reference / Assessor initials*
a. Identify different postural types	
b. Describe the muscle imbalances associated with different types of posture	
c. Outline the common causes of postural problems	

* Assessor initials to be inserted if orally questioned.



Outcome 5

Understand the structure and functions of the nervous system

You can:	Portfolio reference / Assessor initials*
a. Explain the structure and function of neurones and nerves	
b. Outline the divisions of the nervous system	
c. Describe the structure and functions of the central nervous system	
d. Describe the structure and functions of the peripheral nervous system	
e. Explain the components and functions of autonomic nervous system	

* Assessor initials to be inserted if orally questioned.



Outcome 6

Understand the structure and functions of the cardiovascular system

You can:	Portfolio reference / Assessor initials*
a. Explain the components and functions of the blood	
b. Describe the structure of the heart	
c. Explain pulmonary and systemic circulation	
d. Explain the cardiac conduction system and cardiac cycle	
e. Define key cardiovascular variables	

* Assessor initials to be inserted if orally questioned.



Outcome 7

Understand the structure and functions of the respiratory system

You can:	Portfolio reference / Assessor initials*
a. Describe the structure of the respiratory system	
b. Explain the functions of the respiratory system	

* Assessor initials to be inserted if orally questioned.



Outcome 8

Understand the structure and functions of the lymphatic system

You can:	Portfolio reference / Assessor initials*
a. Outline the functions of the lymphatic system	
b. Explain the structures that make up the lymphatic system	

* Assessor initials to be inserted if orally questioned.



Outcome 9

Understand the structure and functions of the digestive system

You can:	Portfolio reference / Assessor initials*
a. Describe the structures that make up the digestive system	
b. Explain the processes of digestion and absorption	

* Assessor initials to be inserted if orally questioned.



Outcome 10

Understand the structure and functions of the urinary system

You can:	Portfolio reference / Assessor initials*
a. Describe the structure of the urinary system	
b. Explain the functions of the kidneys	
c. Explain the functions of the ureters, bladder and urethra	

* Assessor initials to be inserted if orally questioned.



Outcome 11

Understand the structure and functions of the endocrine system

You can:

Portfolio reference /
Assessor initials*

a. Explain the structure and functions of the endocrine glands

* Assessor initials to be inserted if orally questioned.



Outcome 12

Understand differences between men and women

You can:	Portfolio reference / Assessor initials*
a. Explain the anatomical and physiological differences between men and women	
b. Explain the performance differences between men and women	

* Assessor initials to be inserted if orally questioned.



Outcome 13

Understand the underpinning principles of sports injuries

You can:	Portfolio reference / Assessor initials*
a. Explain the different causes of injury	
b. Describe the main principles of injury prevention	
c. Describe the classifications of injury	
d. Describe the common types of sports injury	
e. Describe the stages of inflammation and repair	
f. Explain the causes and effects of chronic inflammation	

* Assessor initials to be inserted if orally questioned.



Outcome 14

Understand the principles of nutrition in relation to sports injuries

You can:	Portfolio reference / Assessor initials*
a. Explain the importance of macronutrients	
b. Explain the importance of micronutrients	
c. Explain the importance of water	
d. Outline the healthy eating guidelines	

* 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: Understand the structure and functions of human cells and tissues

Structure of cells: Extracellular fluid, cell membrane, protoplasm, cytoplasm, cytosol, organelles (nucleus, nucleolus, endoplasmic reticulum (ER), including smooth ER, rough ER, ribosomes, golgi apparatus, lysosomes, mitochondria, vacuole), cytoskeleton (microfilaments, intermediate filaments, microtubules, flagella, cilia).

Cell functions: The process of cellular respiration, cell metabolism.

Osmosis and diffusion: Through cell membranes, passage of substances such as nutrients, gas, water and waste products.

Basal metabolic rate: Definition, daily requirements for males and females at rest, for sedentary work and heavy manual work, in a range of sport and active leisure activities, kilocalories, kilojoules.

Homeostasis: Definition, positive feedback mechanisms (loops), negative feedback mechanisms (loops), maintaining physiological variables, including temperature, water and electrolyte concentrations, pH (acidity or alkalinity of body fluids), blood glucose, oxygen, carbon dioxide levels and blood pressure.

Structure and functions of tissues: Epithelial tissue (simple squamous, columnar, cuboidal, ciliated, stratified and transitional epithelium cells), glandular tissue, (exocrine, endocrine), connective tissue (areolar, adipose, fibrous, elastic, reticular), bone (compact and cancellous),

lymphoid tissue, nervous tissue, neuroglia, cartilage (hyaline, elastic, fibrocartilage), muscle tissue (smooth, striated, voluntary, involuntary), membranes (mucous, synovial, serous).



Outcome 2: Know the structure, functions and common pathologies of the skin

Skin structure: Functions of layers and individual structures, epidermis (horny, clear, granular, prickle cell, basal), skin pigmentation and melanocytes, dermis including (papillary layer, reticular layer), appendages (arrector pili, eccrine glands, pores, apocrine glands, sebaceous glands, sensory nerve endings, blood vessels), subcutaneous layer (adipose tissue, muscle).

Skin functions: Sensation, heat regulation (vasoconstriction, vasodilation, shivering and sweating), absorption, protection, excretion, secretion, synthesis of vitamin D.

Common pathologies: Bacterial infections (boils, impetigo, folliculitis), viral infections (herpes, shingles, warts, verrucas), fungal (athlete's foot), allergies (urticaria, dermatitis, eczema, psoriasis), others (corns and skin cancers).

Outcome 3: Understand the structure and functions of the musculoskeletal system

Anatomical planes: Sagittal (vertical), frontal (coronal), transverse, axes.

Directional terms: Anterior (ventral), posterior (dorsal), superior, inferior, medial, lateral, proximal, distal, superficial, deep.

Types of bone: Composition of bone, microscopic structure of (compact, cancellous), the structure and function of bone cells, types of bone (long, short, flat, irregular, sesamoid), locations of types throughout the body, structure of a long bone (articular cartilage, medullary cavity, epiphysis, diaphysis, shaft, perimysium).

Structure and function of muscle tissue: Types and functions of muscle tissue (cardiac, skeletal, voluntary, involuntary, structure), striated or smooth, location of different muscle tissue, structure of skeletal muscle including the organisation of muscle fibres (endomysium, fascicles, perimysium, epimysium, fascia, tendons), structure of the myofibril (actin and myosin), parts of a skeletal muscle (origin, insertion and belly), classification of skeletal muscles (fusiform, parallel, convergent, pennate, circular),

characteristics (contractility, elasticity, excitability, extensibility).

Sliding filament theory: Structures involved (myofibril, sarcomere, actin, myosin, troponin, tropomyosin), the process of muscle contraction, characteristics of (stretched, partially contracted, fully contracted muscle fibres), (A-band, I-band, Z-line, H-zone).

Co-ordinated action of muscles: Paired muscle action, prime mover (agonist), antagonist, synergist, fixator, levers, fulcrums, Z effort, resistance.

Types of muscle contraction: Isometric, isotonic-concentric, isotonic-eccentric.

Functions of the skeleton: Shape and support, attachment for muscles and tendons, development of blood cells, movement of the body, mineral storage, endocrine function.

Types of joint: Fibrous (fixed), cartilaginous (slightly moveable), synovial (freely moveable), types of synovial joints (ball and socket, hinge, gliding, pivot,



Outcome 3: Understand the structure and functions of the musculoskeletal system (continued)

condyloid, saddle), characteristics of a synovial joint (articular or hyaline cartilage, capsule, capsular ligament, membrane, synovial fluid), intracapsular structures (fat pads, bursa, menisci), extra capsular structures (ligaments, muscles and tendons).

Major joints: Shoulder, shoulder girdle, elbow, wrist and hand, hip and pelvis, knee, foot and ankle.

Structure of major joints: Type of joint, articulating bones, structures that make up the joint, joint stabilisers, joint movements allowed.

Joint movements: Flexion, extension, hyperextension, horizontal flexion, horizontal extension, abduction, adduction, circumduction, rotation, pronation, supination, inversion, eversion, retraction, protraction, elevation, depression, plantar flexion, dorsiflexion, range of movement (in degrees).

Major muscles:

Muscles of the shoulder - sternocleidomastoid, scalenes, trapezius, deltoid, infraspinatus, supraspinatus, teres major, teres minor, rhomboids, subscapularis, latissimus dorsi, pectoralis major, pectoralis minor, serratus anterior levator scapulae, coracobrachialis.

Muscles of the upper limb - biceps brachii, triceps brachii, brachialis, common wrist flexors and extensors, brachioradialis, pronator teres.

Muscles of the anterior aspect of the trunk - external obliques, internal obliques, rectus abdominus, transverse abdominus, diaphragm and intercostals.

Muscles of the posterior aspect of the trunk - quadratus lumborum, multifidus,

erector spinae.

Muscles of the lower limb - psoas, iliacus, gluteus maximus, medius and minimus, piriformis, pectineus, quadriceps (rectus femoris, vastus lateralis, medialis and intermedius); sartorius, hamstrings (biceps femoris, semitendinosus and semimembranosus); tensor fasciae latae, adductors (longus, brevis, magnus); gracilis, gastrocnemius, soleus, tibialis anterior and posterior, peroneus longus, extensor hallucis longus, flexor hallucis longus, extensor digitorum longus, flexor digitorum longus.

Positions, actions and attachments of muscles: Locations throughout the body, origin and insertion sites, muscle actions, importance of the pelvic floor.

Structure of the vertebral column: Vertebrae (cervical including axis and atlas, thoracic, lumbar, sacral, coccygeal), structure of a vertebrae (transverse, spinous and articular processes, body, pedicles, spinal canal), intervertebral discs (annulus fibrosus, nucleus pulposus), facet joints, spinal cord, natural curves of the spine, ligaments that stabilise the spine (supraspinous, interspinous, anterior and posterior longitudinal), attachment of ribs, sternum.

Functions of the vertebral column: Protection of spinal cord/nerve roots, attachment, structural support/stability, balance weight distribution, flexibility and mobility, blood cell production, mineral storage, absorb impact.

Arches of the foot: Arches (medial longitudinal, lateral longitudinal and transverse), functions (support body weight, provide leverage and shock absorption).



Outcome 4: Know the different types of posture

Types of posture: Correct posture, posture for sports, lordosis, kyphosis, sway back, scoliosis, weak and tight muscles associated with each posture type.

Factors: Tension and stress, injury, lifestyle, inappropriate clothing (i.e. high heels), chronic fatigue, weakness, tightness, poor nutrition, illness, disease, hereditary factors, poor working posture, sport, pregnancy, height, weight, age.

Outcome 5: Understand the structure and functions of the nervous system

Neurones/nerves: Structure (dendrites, axon, myelin sheath, Schwann cells, neurilemma, Nodes of Ranvier), ganglion, transmission of impulses to neurones, organs, muscles (synapse and the neuromuscular junction).

Structure of the central nervous system:

The brain (cerebrum, white and grey matter, cerebellum, medulla oblongata, pons, thalamus, hypothalamus), neuroglia, spinal cord, meninges, layers (pia, arachnoid and dura mater), cerebrospinal fluid.

Functions of the central nervous system: Communication, maintenance of homeostasis.

Structure and functions of the peripheral nervous system: Motor nerves, sensory nerves, mixed nerves, interneurons, cranial nerves, sense organs, receptors (baroreceptors, chemoreceptors, mechanoreceptors, nociceptors, proprioceptors, thermoreceptors), spinal nerves (plexuses, cervical, brachial, lumbar, sacral and coccygeal), major nerves (radial, ulnar, median, femoral, sciatic), the reflex arc.

Structure and functions of the autonomic nervous system: Part of the peripheral nervous system, functions including involuntary movement of smooth and cardiac muscle and of the glands, sympathetic and parasympathetic divisions, nerves and responses.



Outcome 6: Understand the structure and functions of the cardiovascular system

Components of blood: Plasma, plasma proteins, red blood cells (haemoglobin), white blood cells, platelets.

Functions of the blood: Distribution of oxygen, nutrients, hormones and heat, removal of carbon dioxide and waste, protection by removing harmful organisms, clotting to prevent loss of blood.

Structure of the heart: Position, size, chambers (atria, ventricles), septum, valves (bicuspid, tricuspid), pulmonary and aortic valves, blood vessels (pulmonary artery and vein, aorta, vena cavae), heart wall (endocardium, myocardium and pericardium), pathway of oxygenated and deoxygenated blood through the heart, coronary circulation.

Pulmonary and systemic circulation:

Pulmonary circulation (pathway of deoxygenated blood, gaseous exchange with the lungs, pathway of oxygenated blood), systemic circulation through blood vessels (arteries, arterioles, capillaries, venules and veins), structure of blood vessels, pathway of blood and gaseous exchange with tissues, major blood vessels of the body.

Cardiac conduction system: Sinoatrial (SA) node, atrioventricular (AV) node, right and left bundle branches, bundle of HIS, purkinje fibres.

Cardiac cycle: Systole, diastole.

Cardiovascular variables: Blood pressure, heart rate (pulse), cardiac output, stroke volume.

Outcome 7: Understand the structure and functions of the respiratory system

Structure: Nose (cilia, mucus and goblet cells), pharynx, larynx, trachea, bronchi, bronchioles, alveoli, lungs, diaphragm.

Functions: The mechanism of breathing (inspiration and expiration), roles of the intercostals muscles), process of gaseous exchange.



Outcome 8: Understand the structure and functions of the lymphatic system

Functions: To fight infection, distribution of fluid throughout the body, transportation of fats.

Structure: Composition of lymph, monocytes and lymphocytes, lymph nodes in the head and neck (occipital, submandibular, cervical and auricular),

lymph nodes in the body (axillary, abdominal, inguinal, popliteal and supratrochlear), structure of lymph nodes and glands (afferent vessels, efferent vessels, trabeculae), lymphatic vessels, lymphatic ducts, lymph drainage, the spleen, circulatory pathway of lymph.

Outcome 9: Understand the structure and functions of the digestive system

Structure: Mouth, parotid, submandibular and sublingual glands, tongue, pharynx (epiglottis), oesophagus, stomach, small intestine (duodenum, jejunum, ileum), pancreas, large intestine, rectum, liver, gall bladder.

Process of digestion: Ingestion, mastication, enzyme breakdown in the

mouth (amylase), peristalsis, mechanical and chemical breakdown of foods in the stomach (hydrochloric acid, pepsin), role of pancreatic enzymes, trypsin, amylase, lipase, role of bile.

Process of absorption: Nutrient absorption (through villi and lacteals), elimination of waste.

Outcome 10: Understand the structure and functions of the urinary system

Structure: Kidneys, ureters, bladder, urethra.

Kidney functions: Filtering of blood including the structure and function of a nephron (filtration, reabsorption, waste removal), control of fluid balance (antidiuretic hormone), control of salt levels (aldosterone), control of potassium levels.

Other functions: Ureters (transportation), bladder control (contraction and relaxation), urethra (passage for urine and sperm), gender variations.



Outcome 11: Understand the structure and functions of the endocrine system

Structure and functions: Role of the hypothalamus, hormones released and their actions for each gland, pituitary gland (anterior and posterior lobes), pineal gland, thyroid, parathyroid, thymus, adrenal glands, pancreas, ovaries, testes.

Outcome 12: Understand differences between men and women

Differences: Genetics, formative developments, anatomical, body composition, cardiovascular, respiratory.

Performance differences: Strength, power, flexibility, aerobic capacity.

Outcome 13: Understand the underpinning principles of sports injuries

Causes: Internal (forces from within the body), external (forces from outside the body).

Principles of injury prevention: Older age groups, children (developmental problems, overtraining), gender, medical conditions, injury history, detraining effects, fitness levels, postural and biomechanical problems, poor technique, nutrition, painful exercises, the exercise environment, exercise equipment, excessive repetition, exercising heart rates, avoiding over-exertion, exercising when unwell.

Classifications: Primary and secondary injuries, macrotrauma (acute injury from event), microtrauma (overuse and cumulative), accidental, overuse and chronic, severity of injury (grades 1-3), direct and indirect.

Common injuries: Strains, sprains, fractures, overuse injuries, skin problems.

Stages of inflammation and repair: Acute (vascular), subacute (regeneration and repair), remodelling, factors affecting the healing of injuries, therapeutic inflammation.

Chronic inflammation: Causes (repeated episodes of microtrauma or chronic irritation); effects including stimulation of pain receptors, hypertonicity, inhibited muscle action and weakness, sensitisation of mechanoreceptors, curtailed sports performance.



Outcome 14: Understand the principles of nutrition in relation to sports injuries

Macronutrients: Functions in the body, food sources for each, carbohydrates (simple, complex, fibre), blood sugar, glycaemic index, carbo loading, lipids/fats (saturated, unsaturated polyunsaturated, essential fatty acids, hydrogenation, trans-fats), proteins, amino acids (essential, non-essential).

Micronutrients: Sources, functions, symptoms of deficiency, vitamins (fat and water soluble), minerals (calcium, magnesium, iron, sodium, potassium, chlorine) female triad, free radicals, antioxidants, phytochemicals.

Water: Fluid balance, sources of water, water loss, dehydration, preventing dehydration.

Guidelines: Recommended daily intakes for water, macronutrients, micronutrients, for health and exercise.

UV30379

Applying sports massage methods to non-pathological tissue

It is the aim of this unit to provide you with the knowledge, understanding and skills to plan and apply sports massage methods to non-pathological tissue and to evaluate performance to inform on future practice.

Level

3

Credit value

18

GLH

120

Observation(s)

2

External paper(s)

0



Applying sports massage methods to non-pathological tissue

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 sports massage methods
3. Be able to assess clients
4. Be able to devise sports massage strategies for clients
5. Be able to apply sports massage methods
6. Be able to evaluate sports 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**, and must be completed in a commercially acceptable time.
4. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the 'Knowledge' section of this unit. In most cases this can be done by your assessor questioning you orally. However, other techniques, such as projects, assignments and/or reflective accounts may also be used.
5. *External paper*
There is no external paper requirement for this unit.
6. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
7. *Sports massage practice*
Fifty 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 (3 or more) in different environments (at least 2).

Under all circumstances massage must only be undertaken on non-pathological (non-injured) tissue.

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.

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

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

Your assessor will complete the table below when 50 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. Carry out equipment checks to ensure cleanliness and hygiene and that current health and safety requirements are met

** 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 prepare for sports massage methods

You can:

- a. Prepare work areas and equipment to ensure comfort and dignity for clients
- b. Prepare materials appropriate for the planned sports massage methods
- c. Demonstrate the correct procedures to obtain informed consent

*May be assessed through oral questioning.

Observation	1	2
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 sports massage methods and respond appropriately

** May be assessed through oral questioning.*

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



Outcome 4

Be able to devise sports massage strategies for clients

You can:

- a. Present the aims and objectives of agreed sports massage methods to clients
- b. Present the nature, purpose and process of sports massage methods to clients with justification
- c. If necessary refer clients to relevant professionals*

*May be assessed through oral questioning.

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



Outcome 5

Be able to apply sports massage methods

You can:

- a. Demonstrate correct positioning of clients for sports massage
- b. Prepare the relevant body areas for sports massage
- c. Apply sports massage methods correctly and consistently to meet client presentations and needs
- d. Demonstrate how to take account of the cautions and contra-indications to sports massage methods
- e. Record and respond appropriately to visual and oral feedback during the delivery of sports massage methods
- f. Provide clients with appropriate materials and assistance to remove massage mediums when appropriate*

* May be assessed through oral questioning.

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



Outcome 6

Be able to evaluate sports massage methods

You can:

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

**May be assessed through oral questioning.*

Observation	1	2
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 local protocol and legal requirements and destroy such records if legally required

** 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:**

Gathered information using all subjective assessments		Portfolio reference
Personal and medical details		
Medical history		
Previous medical history		
Carried out all objective assessments		Portfolio reference
Observations		
Palpation		
Range of movement		
Worked with all clients		Portfolio reference
Both sexes		
Pre-adolescent		
Adolescent		
Adult		
Specific populations** (Pregnant women, older adults, people with disabilities, and elite athletes)		
Applied all massage methods/techniques		Portfolio reference
Effleurage		
Pétrissage		
Tapotement		
Vibration		
Stretching		
Through clothing/towels		

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

**You must work with at least one specific population.



***You must practically demonstrate that you have:**

Worked in all environments		Portfolio reference
Massage room		
In situ/events		
Used all equipment		Portfolio reference
Couch and couch roll		
Other suitable surface		
Massage medium		
Towels		

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

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*
c. Explain the accepted standards of practice	
d. Explain the importance of cleanliness, hygiene, dress, appearance, attitude and the standards to be applied	
e. Ensure there is adequate public liability and professional indemnity insurance	
f. Explain relevant and current health and safety legislation	

* Assessor initials to be inserted if orally questioned.



Outcome 2

Be able to prepare for sports massage methods

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

* 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 assessment	
e. Explain the range of assessment methods used to gather information in the subjective and objective components	
f. Explain the importance of obtaining information on the possible cautions and contraindications to methods before commencing any sports massage	
g. Explain the cautions and contra-indications to sports massage	
h. 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 sports massage strategies for clients

You can:	Portfolio reference / Assessor initials*
d. Explain the indications for sports massage	
e. Devise sports massage strategies appropriate to client's needs, and within your scope of practice	
f. Explain the importance of explaining the aims and objectives of sports massage to clients	
g. Explain why it is important for clients to understand the nature and purpose of sports massage and the equipment used	
h. Outline situations when the massage medium should be removed	
i. Explain the content of massage mediums in relation to allergic reaction and contra-indication	
j. Explain the possible adverse reactions to massage mediums and their identification	

* Assessor initials to be inserted if orally questioned.



Outcome 5

Be able to apply sports massage methods

You can:	Portfolio reference / Assessor initials*
g. Explain the importance of ensuring clients are correctly positioned	
h. Explain the preparation of body areas for a range of sports massage methods	
i. Explain how to apply the range of sports massage methods in relation to technique	

* Assessor initials to be inserted if orally questioned.



Outcome 6

Be able to evaluate sports massage methods

You can:	Portfolio reference / Assessor initials*
d. Explain the importance of accurate client reassessment	
e. Explain the methods used for obtaining feedback from clients on the effects of sports massage	
f. Measure client feedback against the aims and objectives of your sports massage strategy	
g. Explain why it is important to provide opportunities for further feedback	
h. Explain the importance of evaluating the effectiveness of sports massage	
i. Assess the overall effectiveness of sports massage strategies	

* 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 the details of sports massage and its effects that should be recorded	
d. Produce records of sports massage sessions in the accepted formats	
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 methods applied	
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), Complementary and Natural Healthcare Council (CNHC), others), relevant codes of ethics and practice.

Professional standards: Importance of professional standards (personal hygiene, appropriate dress, appearance, attitude), to maximise treatment benefits, prevention of cross infection, to instill confidence in the practitioner, repeated business, professionalism, to give credibility to profession.

Insurance: Types and requirements, employers liability, 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 legislation: 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, first aid protocol at events, accident recording and reporting, evacuation procedures, maintenance (equipment and building), manual handling, control of substances hazardous to health, reporting of injuries, diseases and dangerous occurrence 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, other).

Ensure health and safety requirements are met: Adhere to relevant health and safety legislation (clinic and event environments), assess risk to ensure health and safety requirements are met, have procedures in place, possible risks factors include environment, space, obstacles, heat, noise, light, privacy, ventilation, manual handling, cross infection, possible injuries/conditions outside of scope of practice.



Outcome 2: Be able to prepare for sports 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: To build up rapport, trust, enhance 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, 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.

Informed consent: Define 'informed', purpose, importance of obtaining consent prior to 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.

Prepare records: Record consent, record client personal details, medical history, treatment objectives, subjective and objective testing, record techniques, uses, effects, contra-actions, contra-indications.



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.

Range of assessment: Subjective, objective, appropriate to aims and objectives of treatment, appropriate to time available, pre-existing conditions, contra-indications, injury.

Subjective assessment: Age and occupation, sports and leisure activities, previous medical history, medication, other lifestyle factors (stress, diet, dependants), aims and objectives of treatment, perceived problem.

Objective assessment: Observation (symmetry, posture, mobility), initial palpation (skin, bones, muscles), range of movement (active, passive).

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.

Contra-indications and cautions:

Absolute and local contra-indications, 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). Note this is not an exhaustive list.

Positive contra-indication, pre-existing condition:

May be outside the practitioners scope of practice, may pose a danger to client or therapist, may need to obtain GP or specialists' 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 sports 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.

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.

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, if necessary refer the client to a relevant health professional, if necessary 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, is fully prepared for treatment, ensure that client understands nature, purpose, effects, outcomes, techniques, mediums, positions and equipment purposes, give justification for sports massage strategy and reasons for choices.

Removal of massage medium/

adverse reactions: Allergic reaction, rash, drug testing in sport, interference with performance, when wanting to use techniques that do not require a medium, when grip or depth is required.

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

Identification of adverse reactions:

Rash, excess redness, temperature, swelling, irritated skin, allergic reaction.



Outcome 5: Be able to apply sports 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, demonstrate: prone, supine, side lying, sitting, standing, vary position as appropriate.

Prepare relevant body area for sports massage: Appropriate positioning for support, draping, degree of exposure, only area to be massaged exposed, cleanse area if appropriate in preparation for technique, massage medium or not.

Sports massage techniques: Application of techniques, variation of techniques, effects and benefits, effleurage, pétrissage, tapotement, vibration, stretching, through towels/clothing.

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.

Working with cautions and contra-indications: Within scope of practice, dealing with pre-existing conditions and disease, recognising absolute contra-indications, working with local contra-indications, working with factors that require caution.

Record and respond: Respond to client feedback, adverse reactions (visual and oral), change sports massage technique to adapt to circumstance, practitioner observation of the effects of sports massage, 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 when appropriate, provide clients with appropriate materials to remove mediums, consider in clinic or sporting context, consider consequence of not removing the medium on performance, provide materials (wipes, cleansing agents, couch roll).



Outcome 6: Be able to evaluate sports 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 clients feedback, empowerment, build rapport, build confidence in practitioner, professional approach.

Client reassessment and feedback:

Give opportunities for feedback from client, before during and after sports massage and subsequent sports massage, note contradictions in message received, reassessment measured against achievement of sports massage objectives, reassessment measured against pre-massage testing to evaluate effectiveness.

Methods to obtain feedback: Verbal, written, non-verbal, subjective, objective, posture check, range of movement, palpation.

Evaluating effectiveness of sports massage: Amalgamation of all feedback, evaluate during sports massage reassessment and post-sports massage assessment, achievement of aims and objectives, future improvements to sports massage strategy.

Opportunities for further feedback:

To keep client informed, to ensure full understanding, informed client's empowerment, to establish immediate feelings, beliefs, impressions.

Appropriate advice: Scope of practice, referral to other appropriate health care professionals if required, adverse reactions, contra-actions, erythema, pain and stiffness, hydration, rest.

Importance of evaluating the effectiveness of sports massage:

Measure against aims and objectives of strategy, to establish effectiveness of the sport massage, to review strategy and adjust as appropriate.



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

Record keeping: Adhere to legal requirements, in case of litigation, confidentiality, data protection legislation,

Storage: in safe place, locked cabinets, password on computer, not accessible to third parties.

Details to be recorded: Client 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 format, details are accurate, in legible writing, in permanent ink, completed within 24 hours of massage, initialled when corrections are made, without judgemental statements, without subjective statements, signed by practitioner on each page.

Referrals: Scope of practice, identification of relevant health care professionals, process of referral, referral letter to health care professional, content of a referral letter, assessment report, details of any sports massage or advice given.

Importance of following directions of healthcare professionals:

Professionalism, scope of practice, multi-disciplinary, optimum client care, client may already be receiving treatment, massage may contradict other treatments being received, health care professional may know of a reason why massage may not be performed.

Storage of records: Paper and electronic records, legal requirements to store personal data (data protection), stored

in safe place (locked cabinets, password on computer), not accessible to third parties, written permission must be gained from client to release records, adhere to company policy, clients must have access to their records if requested.

When records must be destroyed:

Destroy as legally required, different guidelines for adults and children, guidance on when records must be destroyed may vary, follow guidelines of professional association, destroy records by shredding.



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



