



ITEC Level 3 Diploma in Sports Massage Rationale

Aims and objectives

The ITEC Level 3 Diploma in Sports Massage comprises of ITEC Unit 27 with a pre-requisite of the ITEC Level 3 Diploma in Holistic Massage or the ITEC Level 3 Diploma in Body Treatments or equivalent.

The unit has 3 elements – theory, practical and case studies.

The main aim of the ITEC Level 3 Diploma in Sports Massage is to enable candidates to provide treatments for sports injuries and help improve athletes' performance through pre- and post- event massage.

It also aims:

- to provide skills at Level 3 in the National Qualification Framework for those interested in the Sports industry
- to provide opportunities for staff in the Sports industry to gain a Level 3 qualification
- to qualify candidates as Sports Massage Therapists at Level 3 in the Sports industry
- to sustain the interest of candidates wanting to work in the Sports industry
- to encourage knowledge and understanding for the Sports industry at Level 3
- to provide opportunities for candidates to focus on the development of the major Key Skills and the wider Key Skills in a therapy context such as communicating with clients, working with others and problem solving
- to provide opportunities for candidates to develop a range of skills and techniques, personal qualities and attitudes essential for successful performance in employment as an Sports Massage Therapists.

The candidate will study the theory of sports massage treatments as well as additional anatomy, in particular the origin and insertion of muscles. The underpinning knowledge and skills required to successfully perform a Sports Massage treatment are also required.

Case studies are also required to be completed for this award. The case studies form the internal assessment and should be assessed throughout the training by the tutor using the ITEC Case Study Guidance sheet. The case studies are then verified by an ITEC Examiner at the end of the course during the visit for invigilating the practical examination. The case studies ensure that a variety of clients must be consulted and treated in all the above areas and the outcomes of the treatments must be documented in order to gain experience of working with a variety of clients and conditions whilst candidates are still under supervision. Detailed rationales for the type of Sports Massage treatment and outcomes must be shown, as well as aftercare.

The examinations consist of the following:

- Unit 27 Sports Massage multiple choice theory paper of 1 hour duration with a total of 50 questions covering each element of the syllabus, marked externally by ITEC.
- Unit 27 Sports Massage practical exam conducted by an ITEC Practical Examiner.
- Internal Assessment of ALL case studies by the College Lecturer and External Verification by the ITEC Practical Examiner.

As indicated above, all aspects of the award are examined and/or verified externally by ITEC Examiners.

Recommended prior learning

It is recommended that candidates should have achieved a level of education equivalent to five GCSEs at grades A*-C prior to commencing the ITEC Level 3 Diploma in Sports Massage. However, exemptions may be made for adult returners with experience of the work place.

There is a pre-requisite of the ITEC Level 3 Diploma in Holistic Massage, Body Treatments or equivalent.

Opportunities for progression

Once candidates have achieved the ITEC Level 3 Diploma in Sports Massage they may progress on to other ITEC or equivalent awards at Level 3, for example:

- Spa Treatments
- Reflexology
- On Site Massage
- Indian Head Massage
- Lymphatic Drainage
- Aromatherapy Massage

This award qualifies graduates to operate their own clinic or home visiting practice. Graduates can also gain employment in salons, health clubs, spas and liners, and various aspects of the Care industry.

Professional indemnity and public liability insurance can be obtained via Embody or other industry associations that recognise the ITEC Diploma.

Relationship to National Occupational Standards

As there are currently no National Occupational Standards for Unit 27 Sports Massage by which to map the massage unit, ITEC has ensured that best practice in the workplace has been reflected in the syllabus. ITEC has linked the qualification to the relative job role as well as ensuring that the syllabus reflects the required level of knowledge and ability for the Therapist.