



## **VTCT LEVEL 3 SPORTS MASSAGE CERTIFICATE**

### ***Is this the right course for me?***

This certificate has been designed to provide learners 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 learners will develop their 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. It will also provide learners with the understanding of skills and techniques to plan, prepare for and apply a range of sports massage methods to uninjured clients. Learners will also develop skills to evaluate massage strategies and methods to inform on future practice.

The programme of study is endorsed by the Sports Massage Association at Level 3 and graduates of this programme will be eligible for Level 3 membership of the Sports Massage Association.

### ***Progression***

This qualification is focused on employing a range of methods to massage uninjured clients in sport and active leisure. Therefore, graduates of this programme will be equipped to work in an unsupervised capacity through the sport and active leisure industry. This qualification is recognised as an approved qualification for continued professional development (CPD) by the Sports Massage Association. It also provides progression opportunities to additional VTCT Level 3 qualifications and specialist qualification at Level 4 e.g. Level 4 Certificate in Sports Massage Therapy.

### ***What do I need to join the course?***

An interest in sport / muscular problems.

You will need to be a person who enjoys communicating with people.

Enthusiasm, dedication and a mature attitude are all necessary to gain the full benefit of the course. A suitable reference will be required.

Students who wish to apply will have to satisfy the College at interview that they are committed and capable of completing academic and practical elements of the course successfully, and meeting the strict codes of behavior and appearance.

Appropriate uniform is a necessary requirement. This can be purchased through the College and should be ordered prior to the start of the course.

### ***What will I be doing?***

- Fundamental basics of sports massage, with emphasis on recognizing pathological tissue.
- Practical anatomy and physiology
- Nutrition
- Working in both clinical and non-clinical situations
- 50 hours of practical (which includes hours outside the College)

### ***How long will the course last and what patterns of attendance are available?***

Wednesday                      9.15 - 4.00pm                      30 weeks

*\*Days subject to change*

The courses are held at Lowestoft College.

***How will my progress on the course be assessed?***

Your practical skills will be assessed continuously during client sessions in the College and out at events, with a possible final assessment by an external verifier. A portfolio/log book of evidence will be required to illustrate your understanding of both practical and theoretical aspects of the course.

***What will I achieve?***

VTCT – Level 3 Certificate in Sports Massage

***What does it cost?***

*Tuition Fees Body Massage	-	£tba	Uniform - £35.00 approx
Materials	-	£25.00	(Order forms available at
VTCT Registration Fee (if applicable)	-	£16.00	your first class)
Assessment Books and Certificate fees	-	£40.00	

NOTE:

\*\*\* A minimum attendance of 80% of lessons is required

***And the future?***

Students who successfully complete the course may gain employment in:

- Sports Clubs & Teams under a supervisory position
- Cruise Ships
- Health Hydros
- Sports Centres
- Ski Centres

**Enter further training in:**

Level 4 Certificate in Sports Massage

***What should I do now?***

If you wish to be interviewed for a place on this course please complete a part time application form and return it to **Reception**. If you have any queries please ring **The Advice Centre** on freephone 0800 854 695 which is open from 8.30 am to 5.00 pm Monday to Thursday and 8.30 am to 4.30 pm Friday.

*It is the policy of this College that everyone is entitled to equality of opportunity in education and training.*

*Please note that all the details on this fact sheet were correct at the time of printing and may be subject to change.*

If you would like this factsheet in larger print or alternative format, eg Braille or audio tape, please contact Study Skills Support on (01502) 525191.