

Active IQ Level 3 Technical Specialist in Sports Massage Therapy (Diploma)

Qualification accreditation number: 610/3925/1

Introduction

The Active IQ Level 3 Technical Specialist in Sports Massage Therapy (Diploma) is at level 3 on the Regulated Qualifications Framework (RQF). This qualification has been approved by IfATE, Ofqual and DfE to be recognised as an Additional Specialist Technical Qualification. This qualification builds on the outcomes within an occupational standard and enables an individual to specialise in an occupation having achieved the specialist qualification in addition to their attainment of outcomes set out in the standard.

Guided learning hours	295	Total qualification time	390
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Entry Requirements:

- There are no specific entry requirements.
- Performing sports massage is a physical activity, therefore a degree of physical fitness is necessary.
- There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 3.

Qualification Outline

Target Learners:

- Learners aged 16+.
- Individuals wishing to become sports massage therapist.

Purpose

The purpose of this qualification is to provide learners with the knowledge and skills to provide sports massage treatments to clients.

This qualification includes the essential knowledge and skills that are needed to meet the minimum requirements for deployment.

This additional specialist qualification supports practitioners to work with clients who have dysfunctional tissue but do not have acute/post-acute injuries or underlying pathological conditions.

Learners who achieve this qualification will:

Understand:

- How to apply knowledge of human anatomy and physiology to sports massage.
- The principles of soft tissue dysfunction.
- How to determine the appropriate techniques for specific clients.
- The legal obligations and requirements for professional practice.

Have demonstrated:

- How to collect information and carry out a range of subjective and objective assessments.
- How to construct a specific sports massage treatment plan for their client.
- How to apply a range of sports massage techniques.
- How to evaluate sports massage treatments and provide appropriate aftercare.

Progression

This qualification provides progression to:

- Active IQ Level 4 Certificate in Sports Massage Therapy
- Active IQ Level 3 Technical Occupational Entry in Personal Training (Diploma)
- Apprenticeship in Personal Training.

Links to National Standards

There are links to:

- The Personal Trainer Apprenticeship Trailblazer standard ST0302.
- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Learning and Development Requirements (LDR).

Qualification Structure

Learners must complete the five mandatory units.

Unit	Unit accreditation number	Level	GLH	TQT
1. Anatomy and physiology for sports massage therapy	M/650/7781	3	80	100
2. Professional practice in sports massage therapy	R/650/7782	3	45	60
3. Understand the principles of soft tissue dysfunction, injury and repair	T/650/7783	3	35	50
4. Client consultation, assessment and treatment planning for sports massage therapy	Y/650/7784	3	70	90
5. Sports massage therapy treatments and aftercare	A/650/7785	3	65	90

Assessment Design

The assessments for the Active IQ Level 3 Technical Specialist in Sports Massage Therapy (Diploma) have been designed to ensure they are valid, fit for purpose and meet the requirements of a technical occupational entry qualification. We have focused on the reliability and validity of the assessments, to ensure that a learner who successfully completes this qualification is well placed to secure employment in roles related to this standard.

The assessments for this Additional Specialist Technical Qualification consist of the following:

Assessment component title	Assessment method	Unit/s
<ul style="list-style-type: none"> • Assessment 1 – Structural organisation of the body and skin • Assessment 2 – Skeletal system, joints and posture • Assessment 3 - Muscular and nervous systems • Assessment 4 – Cardiorespiratory system • Assessment 5 – Lymphatic, endocrine, digestive and urinary systems • Assessment 6 – The physiological effects of sports massage 	Knowledge assessment	Unit 1: Anatomy and physiology for sports massage therapy

<ul style="list-style-type: none"> • Assessment 7 – Legislation, standards, and scope of professional practice 	Knowledge assessment	Unit 2: Professional practice in sports massage therapy
<ul style="list-style-type: none"> • Assessment 8 – Soft tissue in sports massage 	Knowledge assessment	Unit 3: Understand the principles of soft tissue dysfunction, injury, and repair
<ul style="list-style-type: none"> • Assessment 9 – Client consultation, assessment, and communication 	Knowledge assessment	Unit 4: Client consultation, assessment, and treatment planning for sports massage therapy
<ul style="list-style-type: none"> • Assessment 10 – Client consultation, assessment record, and remedial exercise plan 	Case Study	
<ul style="list-style-type: none"> • Assessment 11 – Sports massage physical assessment 	Observation and questioning	
<ul style="list-style-type: none"> • Assessment 12 – Sports massage therapy treatment, aftercare, and remedial exercise 	Knowledge assessment	Unit 5: Sports massage therapy treatment, aftercare, and remedial exercise
<ul style="list-style-type: none"> • Assessment 13 – Perform an upper body sports massage treatment 	Observation and questioning	
<ul style="list-style-type: none"> • Assessment 14 – Perform a lower body sports massage treatment 	Observation and questioning	
<ul style="list-style-type: none"> • Assessment 15 – Perform a pre/post event sports massage treatment 	Case study including Observation and questioning	

Assessment Methods

The following lists the assessment methods used in this qualification, with a description of how they are intended to work.

- **Knowledge assessment**

The knowledge assessments use a range of different question types to assess the learner's cognitive abilities; retention of knowledge and factual recall. The different types of questions include multiple choice, short essays, drag and drop into text and scenario-/video-based questions and answers. The different question types give learners an opportunity to demonstrate achievement in a range of different contexts, allowing learners to apply their knowledge in real life scenarios linked to the qualification's purpose. Each knowledge assessment has a minimum pass mark of 70%.

- **Case study**

This assessment uses a clearly constructed case study briefs and associated marking scheme to allow learners to demonstrate application of knowledge and skills in a specific context. This assessment method allows for synoptic assessment of target proficiency utilising real life scenarios and problems. These assessments allow learners to demonstrate problem solving, analytical, research and planning skills. Alongside application and transfer of knowledge and use of initiative in response to complex concepts. Case study assessments are either pass or refer against set criteria.

- **Observation and questioning**

An observation assesses the learner's competence, skills and behaviour through the application of knowledge. This assessment method will also provide an opportunity for the learner to be assessed holistically across the standard.

The focus of the questioning will be on the knowledge, skills and behaviours that are assessed within the observation and in particular on criteria that the learner was unable to demonstrate competence in due to them not occurring naturally. Questions may also be on criteria that have been partially demonstrated during the observation. The purpose of the questions and answers session is not to re-assess criteria that the learner did not achieve as a result of not being competent.

The performance observed and responses to questions will be assessed holistically as part of this assessment method. This assessment is a valid way to assess the learner's knowledge, skills and behaviours in a real-life context, and suitably prepares the learner for the role and demands of a personal trainer. Observations are either pass or refer against set criteria.

Grading

To achieve this qualification, learners must achieve a pass in all of the assessments.

The overall grade for this qualification is **Pass / Refer**.