

## YMCA Certificate in Sports Massage Therapy (Soft Tissue Dysfunction) Level 4



### In a nutshell

A level 4 sports massage practitioner's role includes planning, providing and evaluating sport massage treatments to seek to correct common patterns of dysfunction, and/or pre-diagnosed injuries, using a range of basic and advanced massage techniques.

### This course is for...

...you're a Performance Massage Therapist looking for further continuing professional development.

...you're a Performance Massage Therapist wanting to further enhance their experience.

...you're a Performance Massage Therapist who wants a recognised qualification which meets professional standards.

### Course content



# COURSE INFORMATION LEAFLET

This course will cover a range of activities including:

Knowledge and understanding relating to the qualification:

- Anatomy and physiology of the major joints of the body
- The pathophysiology of common injuries/soft tissue patterns of dysfunction
- The principles and practice of objective assessment techniques and the influences and effects which such information has upon treatment planning
- How heat and ice may be used to safely support the soft tissue repair process
- The purpose and use of a range of soft tissue mobilisation and neuromuscular techniques used within sports massage therapy

Skills relating to the qualification:

- Conducting subjective and objective assessments
- Devising sports massage treatment plans to help correct identified areas of soft tissue dysfunction and /or support the soft tissue repair process of previously diagnosed injuries
- Application of a range of soft tissue mobilisation and neuromuscular techniques
- Evaluation of sports massage treatments

## Entry Requirements

Learners must hold a Level 3 Diploma in Performance Massage Therapy or equivalent.

## Additional information

The course is taught by qualified sports massage therapist lecturers.

Course is delivered for 21 weeks.

Apply online at [www.coleggwent.ac.uk](http://www.coleggwent.ac.uk)

[studentrecruitment@coleggwent.ac.uk](mailto:studentrecruitment@coleggwent.ac.uk) | 01495 333777 (Croesawn alwadau yn Gymraeg)

