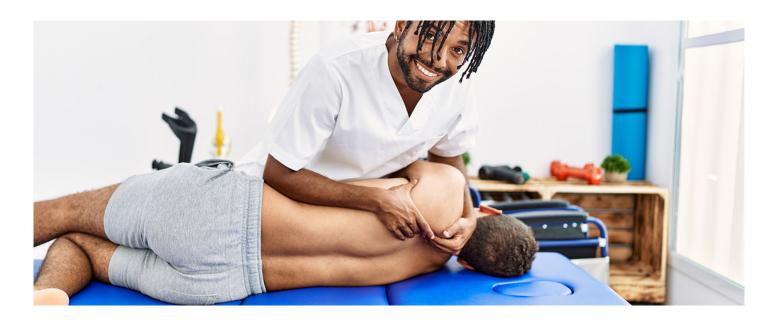


COURSE INFORMATION LEAFLET

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.

