

## YMCA Diploma in Performance Massage Level 3



### In a nutshell

This qualification enables learners to perform massage at a fundamental level on nonpathological tissue, perhaps as an adjunct to a personal training or gym session.

The purpose of this qualification is to provide learners with the knowledge and skills necessary to provide massage for preparation and recovery from strenuous activities.

It also meets the pre-entry requirement for the new YMCA Level 4 Certificate in Sports Massage Therapy (Soft Tissue Dysfunction), the only qualification mapped to the new NOS that meets the requirements for entry to SMA for membership as sports massage therapist.

### This course is for you if...

... Qualified fitness professionals

... Anyone looking for a career as a sports massage therapist.



# COURSE INFORMATION LEAFLET

## What will I be doing?

To achieve the YMCA Level 3 Diploma in Performance Massage, you will need to achieve 8 mandatory units:

Fundamentals of anatomy and physiology (M/650/4982)

Lifestyle management and health awareness (K/616/7949)

Further anatomy and physiology for performance massage (L/650/1361)

Massage professional practice (M/650/1362)

The principles of soft tissue dysfunction (A/650/6136)

Assessing clients and treatment planning (R/650/1363)

Application of performance massage (Y/650/1365)

Providing post-treatment care advice (T/650/1364)

## Additional information

This is both a practical and theoretical qualification, so you'll gain hands-on experience to reinforce your theoretical knowledge.

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

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