

Statement of Declared Purpose

Training Provider Name	FitAsylum
Awarding organisation name	Active IQ
Name of regulated qualification	Active IQ Level 3 Diploma in Sports Massage Therapy (QCF)
Qualification level	Level 3
Qualification accreditation number	601/4390/9
Qualification type	Qualifications and Credit Framework (QCF) The QCF is a way of recognising achievement through the award of credit for units and qualifications. For more information visit: http://ofqual.gov.uk/qualifications-and-assessments/qualification-frameworks/

Qualification Overview

The Active IQ Level 3 Diploma in Sports Massage Therapy (QCF) provides learners with a combination of knowledge and skills to be recognised as a qualified sports massage therapist. The qualification is suitable for individuals who wish to pursue or further a career in sports massage, providing sports massage therapy to a wide range of clients, inclusive of sports performers, athletes and individuals suffering from day to day problems such as repetitive strain injury, sprains, tension and fatigue.

The qualification is recognised by the Complementary and Natural Care Council (CNHC) and the General Council for Massage Therapies (GCMT). To read more about the CNHC please visit: www.cnhc.org.uk. To read more about the GCMT please visit: <http://www.gcmt.org.uk/>

Learners will cover mandatory core knowledge and skills set out in the aims and objectives below:

Aim:

- To provide learners with the skills and knowledge to be able to apply sports massage techniques to healthy clients with no diagnosed medical conditions or acute injuries.

Objectives:

- To understand the anatomy and physiology required to be able to apply sports massage
- To be able to carry out a range of assessments
- To be able to collect information relating to the clients current condition and status (including the identification of conditions that would be inappropriate for treatment by someone at this level of qualification)
- To be able to distinguish between acute injury and soft tissue dysfunction
- To be able to recognise when to defer treatment or when to refer to a more qualified massage or healthcare professional
- To be able to select appropriate massage techniques for a range of clients
- To be able to apply sports massage techniques safely and effectively, understanding the potential effects

Qualification Structure

To achieve the qualification learners must complete all five of the following mandatory units (37 credits):

- Anatomy and physiology for sports massage (Level 3, 10 credits)
- Principles of health and fitness (Level 2, 3 credits)
- Understand the principles of soft tissue dysfunction (Level 3, 3 credits)
- Professional practice in sports massage (Level 3, 5 credits)
- Sports massage treatments (Level 3, 16 credits)



Who is this qualification designed for?

Learners must be 16+ years old. Whilst there are no other specific entry requirements an element of communication (discussing, presenting, reading and writing) is involved and learners should have basic skills in communication pitched at level 3. Performing sports massage is a physical activity and learners will need to be fit enough to carry this out.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment as a sports massage therapist
- Individuals considering a career in active leisure
- Individuals already working in the active leisure sector wishing to enhance their career progression opportunities.

The qualification will enable learners to work as a sports massage therapist in variety of organisations, such as sports massage therapy and rehabilitation clinics, wellness clinics, spas, coaching facilities, fitness facilities and sporting organisations.

What could this qualification lead to?

Successful achievement of this qualification will give individuals a licence to practice as a sports massage therapist and enables successful learners to access the massage register regulated by the Complementary & Natural Healthcare Council (CNHC). Learners who achieve this qualification will have confirmed their competence in this occupational role.

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential. This qualification will lead will lead to the following job role across a variety of different organisation types:

- Sports Massage Therapist

Will the qualification support progression to further learning, if so, what to?

The qualification is designed to offer entry to employment and progression in employment; however learners can also progress onto the Level 4 Certificate in Sports Massage Therapy (QCF)

The qualification also provides routes in to fitness instructing and other occupations in the active leisure sector such as community health and wellbeing coaches.

If there are larger and/or smaller versions of this qualification at the same level, why should a learner take this particular one?

This qualification is not available in a larger or smaller version at this level. Learners should be aware there is a Level 4 Certificate in Sports Massage Therapy (QCF) available; however the Level 3 Diploma in Sports Massage Therapy (QCF) or equivalent must be achieved as an entry requirement to access the Level 4 Certificate in Sports Massage Therapy (QCF).



Support for the qualification has been provided by the following Professional and Governing Bodies:

- Sports Massage Association (SMA)
- General Council for Massage Therapies (GCMT)

To read more about the SMA please visit <http://www.thesma.org/> To read more about the GCMT please visit: <http://www.gcmt.org.uk/>