

# Sport

## Sports Massage Level 3 Part-time

### In Brief

#### Start Date / Duration

This course starts in September 2024 and will take 14 weeks to complete.

#### Entry Requirements

Experience in massage or the completion of an introductory massage course would be desirable but is not essential.

#### You will achieve

Active IQ Level 3 Certificate in Sports Massage (Soft Tissue) Therapy.

### Course Overview

Barnsley College offers this highly popular and comprehensive level 3 qualification to enable you to gain the practical and theoretical skills necessary to provide sports massage therapy. It will provide you with the requisite knowledge, understanding and skills to work in an unsupervised capacity as a sports massage practitioner with non-pathological (non-injured) tissue.

### Course Content

The course will be predominantly delivered through face-to-face theoretical and practical workshops. A variety of flexible delivery strategies will be used to accommodate individual learning styles. You are also required to study from home.

You will study the following units:

- Anatomy and physiology for exercise
- Principles of exercise, fitness and health
- Anatomy and physiology for sports massage
- Assisting soft tissue repair
- Professional practice in sports massage
- Assessing clients and treatment planning
- Applying sports massage techniques
- Providing post-treatment care

### How will I be assessed?

The course assesses both theoretical and practical knowledge and understanding through

practical observations, assignments, case studies and theoretical exams.

## What Equipment Will I Need?

As a student within the Department of Sport and Public Services, you will be expected to wear appropriate and professional clothing at all times. Jeans and non-regulation tops are not allowed. You will also require all necessary writing materials and stationery.

## Where will I study?

Honeywell Sports campus  
Honeywell Lane  
Barnsley  
S75 1BP

## What can I do next?

On completion you can become self-employed and run your own sports massage therapy business. You may also wish to seek employment within a fitness centre, spa, sports club, hotel or other leisure outlet. You can progress to Active IQ Level 4 Certificate in Sports Massage [<https://www.barnsley.ac.uk/course/sports-massage-level-4-part-time/>] . This qualification is also complimentary to the Active IQ Level 3 Diploma in Personal Training.

## How much does the course cost?

This course costs £1900. You can apply for an Advanced Learner Loan to cover the cost of this course. Please see the drop-down option below for more details. There is no other funding available for this course.

## Extra information

### Advanced Learner Loans

This course may be eligible for an Advanced Learner Loan. Contact our friendly Information Team on +44 (0)1226 216 123 or email [info@barnsley.ac.uk](mailto:info@barnsley.ac.uk) [mailto:[info@barnsley.ac.uk](mailto:info@barnsley.ac.uk)] . about eligibility and how to apply. You can also visit the Advanced Learner Loan [<https://www.barnsley.ac.uk/courses/paying-for-your-course/advanced-learner-loans/>] page.

## Join the Sports Village

We have a state-of-the-art fitness village, Honeywell Sports Village

[<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates.

## Full Fee Payable

If the course is listed as full fee payable, you will have to pay for the course.

## Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email [info@barnsley.ac.uk](mailto:info@barnsley.ac.uk) [<mailto:info@barnsley.ac.uk>]

## Additional Learning Support

Our Additional Learning Support team can provide you with the support you need. Please contact them on +44 (0)1226 216 769.

## Disclaimer

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

**Last updated:** 23rd February 2024

### Want to apply?

Visit <https://www.barnsley.ac.uk/apply> to get started  
Call us on **01226 216 123**