

Sport

Sports Massage Package Level 3 and Level 4 Part-time

In Brief

Start Date / Duration

This course will start 29 September 2020 and will run on Tuesdays and Thursdays plus two Sundays. Please see individual courses for days and times and will be completed in 32 weeks.

Entry Requirements

You will achieve

- Active IQ Level 3 Diploma in Sports Massage
- Active IQ Level 4 Certificate in Sports Massage
- Sports Taping course
- First Aid Level 3
- Award in Business Level 3

Course Overview

This Sports Massage Therapy Package combines all of the qualifications you need to work successfully as a sports massage therapist, including both the Active IQ Level 3 Diploma in Sports Massage together with the Level 4 Certificate in Sports Massage.

This qualification package will provide you with the knowledge skills and abilities for advanced client assessments, enhanced massage practice and more detailed post massage advice.

The Kinesio Taping Method is at the forefront of fascial, lymphatic, and muscle research. The Kinesio Taping Association International is a worldwide organisation and regulates the teaching of Kinesio Taping courses worldwide.

This first aid course aims to provide candidates with a sound knowledge and understanding of first aid procedures when working in leisure venues and aims to build skills and knowledge of first aid incidents. It is also a requirement for fitness professionals who affiliate with the Register of Exercise Professionals (REPS) and a pre-requisite for sports coaching.

Course Content

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.

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

The Active IQ Level 4 Certificate in Sports Massage Therapy qualification provides you with the knowledge and skills needed to be able to treat and/or seek to correct common patterns of dysfunction and suitable pre-diagnosed injuries.

- Applying neuromuscular and soft tissue mobilisation techniques
- Conducting an objective physical assessment
- Prescribing corrective exercise to support the treatment of common injuries/soft tissue dysfunction

Sports Taping – you will study the following:

- Introduction to the Kinesio Taping method
- History
- Tape properties & comparison
- The effect of Kinesio Taping on physiology, inflammation and proprioception
- Relevant anatomy and palpation for taping
- How to cut and apply the tape safely
- Taping for a variety of common areas: neck, shoulder, wrist, back, knee and foot

First Aid – you will study the following:

- Understand the role and responsibilities of a first aider
- Know how to assess an incident
- Manage a variety of different casualties

How will I be assessed?

- Multiple choice question paper
- Worksheets
- Practical demonstration/assignment
- Coursework/portfolio of evidence

What Equipment Will I Need?

Manuals and learner assessment portfolios are provided. You will need to bring pens and stationary as well as training clothes and trainers.

Where will I study?

Honeywell Sports Campus
Honeywell Lane
Barnsley
S75 1BP

What can I do next?

This qualification enhances knowledge and skills in sports massage to be able to treat correctly the common patterns of dysfunction with injuries.

Successful achievement of the qualification will allow the learner to gain employment within an organisational setting such as a sports club or alternatively in a self-employed environment.

How much does the course cost?

Course Fees: £1,750 Full Fee Payable.

The total cost of individual courses £2,290 (Save £540)

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] . 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.

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]

Want to join Barnsley Sports Academy and the Sports Village?

Barnsley College has a range of sports opportunities for all students to take part in, gain professional training and compete nationally and internationally. We also 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. You don't have to be studying sport to get involved in the Sports Academy [<https://www.barnsley.ac.uk/our-departments/sport/sports-academy/>] .

Disclaimer

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

Last updated: 6th July 2020

Want to apply?

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**