

# Sport

## Sports Massage Package Level 3 and Level 4 Part-time

### In Brief

#### Start Date / Duration

This course starts in September 2024 and will take 26 weeks to complete. If you already hold a Level 3 qualification, you can study Level 4 in February 2025.

#### Entry Requirements

- Experience in massage or the completion of an introductory massage course would be desirable but is not essential.
- Learners must be 19+

#### You will achieve

- Active IQ Level 3 Diploma in Sports Massage Therapy
- Active IQ Level 4 Certificate in Sports Massage
- Pre-sports Taping

### Course Overview

This sports massage therapy package combines all of the qualifications you need to work successfully as a sports massage therapist and includes both the Active IQ Level 3 Diploma in Sports Massage Therapy and the Active IQ 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.

### Course Content

Barnsley College offers this highly popular and comprehensive 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, as well as those needed to be able to treat and/or seek to correct common patterns of dysfunction and suitable pre-diagnosed injuries.

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
- 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
- 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

## How will I be assessed?

- Multiple-choice question paper
- Worksheets
- Practical demonstration
- Coursework including a portfolio of evidence and assignments

## What Equipment Will I Need?

Manuals and learner assessment portfolios are provided. 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?

Successful completion of the qualification will allow you to 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. This qualification is also complimentary to the Active IQ Level 3 Diploma in Personal Training.

## How much does the course cost?

This course costs £2400. 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] . 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]

### 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**