

Marking Criteria

Provide sports massage techniques to prevent and manage injury

Learners must be able to demonstrate the following:

Appearance – 5 Marks (1 mark each)

1. Clean, ironed professional wear, flat shoes/trainers, no visible underwear
2. Clean hair, neat and tied back/up if long and off the collar and face
3. Short, clean, well-manicured nails with no varnish and clean hands
4. No jewellery – with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
5. No chewing gum or sucking sweets, body or breath odour

Client care – 5 Marks (1 mark each)

1. Greeted and introduced self to client
2. Assisted the client on and off the couch
3. Explained the treatment procedure to the client
4. Ensured the client's comfort/modesty throughout
5. Maintained a positive and professional approach to client/colleague throughout

Hygiene and sterilisation – 5 Marks (1 mark each)

1. Wiped over equipment with appropriate sanitiser before and after use
2. Sanitised hands before, during and after treatment as appropriate
3. Replaced lids on products and used spatulas to remove cream
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Used salon/clinic sterilising equipment/cabinets appropriately and sanitised, used and stored small equipment appropriately

Assessment of injury – 30 Marks (6 marks each)

1. Demonstrated a range of objective assessment techniques
2. Performed subjective assessment
3. Demonstrated relevant special tests
4. Made comparison with uninjured limb/area
5. Asked questions specific to the injury

Sports specific massage – 35 Marks (7 marks each)

1. Explained the indications for the treatment
2. Demonstrated suitable movements to warm the area
3. Demonstrated soft tissue techniques appropriate for the injury
4. Ensured soft tissue techniques are performed in a logical manner using suitable pressure for the area
5. Ensured client comfort and pain tolerance was referred to throughout

After/home care advice – 10 Marks (2 marks each)

1. Advised the client of the importance of rest and relaxation
2. Advised on the application for self-help, e.g. thermotherapy and cryotherapy
3. Advised on the implementation of remedial exercise with medical permission
4. Advised appropriate stretching
5. Advised healthy eating recommendations

Sample oral questions – 10 Marks (1 mark each)

1. Critically evaluate the effect of corrective frictions (transverse)
2. Explain the protocols to follow for soft tissue release
3. Explain how you would adapt the treatment plan based on evaluation of this treatment
4. Explain how you could adapt the soft tissue technique to meet the needs of your client
5. Explain your client's injury
6. Discuss how the client can help prevent the injury recurring
7. Discuss the longer term needs of the client
8. Discuss how the client can manage the injury
9. How soon after an injury can you treat someone?
10. How does massage help to prevent sporting injuries?
11. What indications are you looking for when testing an injury?
12. Explain the purpose of palpation

13. Why is it important to adapt your own posture and position throughout the treatment
14. Explain any contra-actions that might occur and the actions to take
15. What is a trigger point?