

Sports Massage Level 3 Course Outline

The course will cover the full ITEC Sports Massage level 3 QCF syllabus through formal lectures, practicals and class demonstrations as well as home assignments.

Some of the topics covered in the sports massage course are:

Human Anatomy - study of anatomy relevant to Sports Therapy

- Location and identification of over 60 muscles.
- Injuries - study of common injuries to muscles, tendons, ligaments and bones.
- Posture evaluation - how and what to observe for postural evaluation.
- Treatment - of acute & chronic injuries.
- Effective Deep Tissue Massage Techniques.
- Use of effective stretching techniques - active and passive.
- A look at different types of exercises and stretching routines.
- Sports Rehabilitation of the injured individual.
- Pre, post and maintenance sports massage routines.

Anatomy, Physiology & Pathology

Anatomy and Physiology are the study of the body structures and how they work.

The course will cover all the major systems of the body including:

- Cells, tissues and skin.
- Muscles and bones.
- Respiratory and Circulatory systems.
- Nervous and Endocrine systems.
- Gastrointestinal and Reproductive systems.

Each topic will be followed by learning about some of the major massage strokes, benefits and contraindications.

Topics covered include:

- The principles of Holistic Therapeutic Body Massage.
- Supervised hands on approach to teaching practical massage skills.
- Guidance & demonstrations on a sequenced massage routine lasting one full hour.
- The benefits of massage and its contraindications.
- Development of a holistic approach - treating the 'mind, body and spirit'.
- The proper application of massage techniques and use of proper body posture.
- Use of different massage mediums.

Setting Up in Business

This section provides the starting tools you need to set up your own practice.

Topics covered include:

- Forms of Marketing and how to get yourself noticed.
- UK Business Laws relevant to sound practice.
- Professionalism & Ethics.
- Concepts and practice of hygiene.