

Sports Massage Level 4 Course Outline

The course will cover the ITEC Sports Massage (Level 4 QCF) syllabus in formal lectures, practicals and class demonstrations, as well as home assignments.

Topics covered in this combined ITEC Sports Massage course include:

ITEC Sports Therapy (Level 4)

- Regional Anatomy - study of constituent parts of a given body region.
- Applied Anatomy - study of how the body parts function. Individually and in relation to other body regions.
- Origin, Insertion and Action of over 50 muscles.
- Injuries - study of specific injuries to muscles, tendons, ligaments, bursa and bone.
- Posture evaluation - how and what to observe for postural evaluation.
- Regional Anatomy & Assessment.
- Orthopaedic Testing & Injury Assessment.
- The effect and application of Thermo (heat) & Cryotherapy (cold).
- Treatment of acute & chronic injuries, including techniques such as:
 - Effective Deep Tissue Massage Techniques.
 - Neuro Muscular Technique (NMT).
 - Trigger Points.
 - Muscle Energy Technique (MET).
 - Proprioceptive Neuromuscular Facilitation (PNF).
 - Soft Tissue Release Technique (STR).
 - Connective Tissue Massage (CTM).
 - Passive articulation of major joints (excl. spine).
- A look at different types of exercises and stretching routines.
- Sports Rehabilitation of the injured individual.