

YMCA Level 4 Certificate in Sports Massage Therapy (601/5123/7)

Qualification Specification



YMCA Awards

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Level 4 Certificate in Sports Massage Therapy

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Qualification number: 601/5123/7

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Introduction

About YMCA Awards

At YMCA Awards, we are passionate about learner progress. Our qualifications support every learner, whether taking their first steps into fitness or simply wishing to boost their skills. Our high quality resources and assessment materials have been created by leading industry experts in consultation with employers and training providers.

YMCA Awards are an internationally recognised organisation. We are highly respected in health and fitness circles, and most importantly of all we have helped over 200, 000 people launch and advance their careers.

Qualification overview

This qualification is regulated by:

Ofqual
CCEA (Council for Curriculum, Examinations and Assessment)
QW (Qualifications Wales).

Qualification aim

At Level 4, a sports massage practitioner's role includes planning, providing and evaluating sport massage treatments to seek to correct common patterns of dysfunction, and/or pre-diagnosed injuries, using a range of basic and advanced massage techniques.

Overview of knowledge, skills and understanding

Learners will cover:

Knowledge and understanding relating to the qualification

- Anatomy and physiology of the major joints of the body.
- The pathophysiology of common injuries/soft tissue patterns of dysfunction.
- The principles and practice of objective assessment techniques and the influences and effects which such information has on treatment planning.
- How heat and ice may be used to safely support the soft tissue repair process.
- The purpose and use of a range of soft tissue mobilisation and neuromuscular techniques used within sports massage therapy.

Skills relating to the qualification

- Conducting subjective and objective assessments.
- Devising sports massage treatment plans to help correct identified areas of soft tissue dysfunction and/or support the soft tissue repair process of previously diagnosed injuries.
- Application of a range of soft tissue mobilisation and neuromuscular techniques.
- Evaluation of sports massage treatments.

Target group and age range

This qualification is aimed at a range of learners aged 16 and over.

Qualification structure

To achieve the YMCA Level 4 Certificate in Sports Massage Therapy, learners must complete 3 mandatory units.

Unit reference number	Unit title	Level	Credit
D/506/7501	Conducting Subjective and Objective Assessment	4	7
H/506/7502	Provide Sports Massage Techniques to Prevent and Manage Injury	4	9
K/506/7503	Treatment Modalities to Support Soft Tissue Repair	4	3

The Total Qualification Time (TQT) for this qualification is 190. The Guided Learning Hours (GLH) assigned are 128 minimum.

Total Qualification Time (TQT)

This is an estimate of the total amount of time, measured in hours that a learner would reasonably need to be able to show the level of achievement necessary for the award of a qualification.

Total Qualification Time is made up of the following two elements:

- (a) the number of hours which an awarding organisation has assigned to a qualification for Guided Learning (see below), and
- (b) an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

Guided Learning Hours (GLH)

This is:

- Face-to-face delivery (learning delivered by a lecturer, supervisor, tutor or other appropriate member of the training team)
- E-learning with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place)
- Invigilated assessment (external tests sat under controlled or open-book conditions)
- Internal assessment carried out by the learner with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place).

This is **not**:

Unsupervised learning such as:

- E-learning that the learner carries out unsupervised and with no real-time support from a lecturer, teacher or tutor
- Assessment internally carried out by the learner without a lecturer, teacher or tutor present/available in real-time (for example, completing a Learner Assessment Record (LAR) at home)

- Any additional further study, revision and training activities that the learner does unsupervised to support their learning.

Recommended Guided Learning Hours – our ongoing review

Your External Quality Assurer (EQA) will ask you to feedback on GLH annually as part of the quality assurance visit. You should base your feedback on a typical learner taking this qualification and the time spent on supervised learning (GLH). If you feel the GLH is different from the above and you wish to feedback before your next EQA visit, please email us: awards.products@ymca.co.uk.

Entry requirements

- The qualification has a pre-entry requirement of Level 3 Diploma in Sports Massage Therapy or equivalent.
- The learner must be fit enough to perform sports massage.
- The learner must have basic skills in communication pitched at level 3.

Opportunities for progression

Learners who complete this qualification can gain employment and insurance to work as either an employed or self-employed sports massage practitioner. They can work with both injured clients and non-injured clients, within organisations/facilities such as sports massage therapy/osteopathic clinics, and sporting/fitness venues.

The qualification may be used to support access towards degree studies related to Sports Therapy and/or Sport and Exercise Sciences.

The qualification is different from the YMCA Awards Level 3 Diploma in Sports Massage Therapy since it qualifies you to work, as a sports massage practitioner, with injured clients.

The scope of practice of a sports massage therapist with Level 3 Diploma in Sports Massage Therapy is limited to applying pre-/post-event/maintenance massage on 'non-injured' tissue.

Mapping to standards

This qualification has links to the following National Occupational Standards:

- Plan, apply and evaluate complex massage/soft tissue methods SKAD522.
- Plan, apply and evaluate massage methods to prevent and manage injury SKAD521.
- Apply basic cold techniques to clients in a sport and activity context SFHD527.

For more information, please visit www.ukstandards.org.uk.

Centre approval

This qualification can only be offered by centres approved by YMCA Awards to deliver it. Details of YMCA Awards approvals processes can be found on our website: www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre.

Qualification approval

If your centre is already approved, you should only need to complete and submit a qualification approval form to deliver this qualification. However, you may also need to complete an additional staff approval form if the qualification is going to be delivered by staff who are not currently approved by YMCA Awards. Details of additional approvals can be found on our website: www.ymcaawards.co.uk/approvals.

Tutor, assessor and IQA approval requirements

To make sure you meet the most up-to-date requirements please see the YMCA Awards staff approval requirement document. This can be found on our website: www.ymcaawards.co.uk/centres/centre-guidance.

Registration

All learners must be registered within the first 10% of the duration of their course (eg, for a course that lasts 10 days, learners should be registered on the first day of their course at the latest). For further details on registration please go to our website: www.ymcaawards.co.uk/registration.

Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Northern Ireland and regulated by CCEA (Council for Curriculum, Examinations and Assessment).

Reasonable adjustments and special considerations

In making this qualification available, YMCA Awards has made every attempt to make sure that there are no unnecessary barriers to achievement. You can find full details of our reasonable adjustment and special considerations policy on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Enquires and appeals procedures

YMCA Awards has an appeals procedure in accordance with the regulatory arrangements in the General Conditions of Recognition. Full details of these procedures are available on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Assessment and quality assurance

How the qualification is assessed

Assessment is the process of measuring a learner's skills, knowledge and understanding against the standards set in the qualification.

This qualification is a unit-based qualification and each unit contains learning outcomes and assessment criteria. Learning outcomes set out what the learner is expected to know, understand or be able to do as a result of the learning process. Assessment criteria detail the standards a learner is expected to meet and are broken down into what the learner 'can' do as a result of successfully achieving the unit.

The learner can be assessed holistically or individually as long as they show that the learning outcomes have been achieved.

Competency-based learning outcomes (eg, be able to) are typically assessed through direct observation and these will take place in a real work environment. Where a real work environment is not stipulated the observation can be simulated and be internally assessed.

Knowledge-based learning outcomes (eg, know or understand) can be assessed in a number of different ways such as worksheets, projects, professional discussion, etc. The assessment method chosen should reflect the content of the unit.

This qualification must be assessed in line with YMCA Awards assessment policies and procedures www.ymcaawards.co.uk/centres/centre-guidance.

The YMCA Awards Level 4 Certificate in Sports Massage Therapy is assessed through a combination of internal and external assessment.

Internal assessment

YMCA Awards suggest the following approaches to internal assessment:

Using a Learner Assessment Record (LAR)

This document typically contains assessment guidance and paperwork developed by YMCA Awards to support the assessment of a qualification.

To check if a Learner Assessment Record is available for this qualification, please make sure you are logged in to the centre home on the website and follow this link: www.ymcaawards.co.uk/download-resources/lars.

Creating a portfolio of evidence

If a YMCA Awards Learner Assessment Record (LAR) is not used to evidence internal assessment then the learner must create a portfolio of evidence. Centres must work with learners to create this portfolio and need to make sure that the learner's portfolio shows coverage of the learning outcomes and/or assessment criteria where required.

A typical portfolio of evidence could include:

- Evidence index
- Assessor observation – completed observational checklists and related action plans
- Witness testimony
- Candidate's proof of work
- Worksheets
- Assignments/projects/reports/presentations
- Record of professional discussion
- Record of oral and written questioning
- Candidate and peer reports
- Recognition of Prior Learning (RPL)
- Summary of achievement.

Centres need to make sure assessment specifications and paperwork are signed off by the EQA before delivery.

As a guide to selecting appropriate assessment methods see the suggested example in the 'Qualification content' section of this specification.

External assessment

There are no external assessments for this qualification.

Assessors

The role of the assessor is to make an informed judgement about the evidence a learner should provide to show they can meet the assessment criteria. For further guidance please see the 'Role of the assessor' document on the website: www.ymcaawards.co.uk/centres/centre-guidance.

Internal and external quality assurance

The role of the Internal Quality Assurer (IQA) is to make an informed judgement(s) regarding the practice of and decisions made by the assessment team to maintain standards. They are a vital link between the assessors and the External Quality Assurer (EQA). For further information on the role of the IQA and the EQA go to the website: www.ymcaawards.co.uk/centres/centre-guidance.

Qualification content

Unit specifications and recommended assessment methods

Conducting Subjective and Objective Assessment (D/506/7501)

Unit aim

The aim of this unit is to provide the learner with the knowledge, understanding and skills required to ensure safe and effective treatments through the use of effective clinical assessments.

Unit content

The learner will:

1. Understand the anatomy and physiology of the major joints of the body

The learner can:

- 1.1 Identify bony structures associated with the major joints
- 1.2 Explain the functions of bony structures associated with the major joints
- 1.3 Identify soft tissue structures located at the major joints
- 1.4 Explain the function of soft tissue structures located at the major joints
- 1.5 Explain the different types of joint-end feel

The learner will:

2. Understand the influences and effects of client information on treatment planning

The learner can:

- 2.1 Explain factors which may predispose clients to injury and dysfunction
- 2.2 Explain how factors may influence a client's ability to recover from injury
- 2.3 Give examples of how subjective information may influence treatment planning
- 2.4 Identify reasons for treatment deferral and referral

The learner will:

3. Understand the effects of anatomy, physiology & pathology on human function

The learner can:

- 3.1 Describe the characteristics of common postural types
- 3.2 Explain the effects of postural deviations

3.3 Describe the pathophysiology of common injuries/soft tissue dysfunction

3.4 Explain how the ageing process affects the musculo-skeletal systems

The learner will:

4. Understand the principles and practice of objective assessment techniques

The learner can:

4.1 Explain the methods and purpose for a range of objective assessment techniques:

- Asymmetry
- Palpation
- Range of movement (Active, Passive, Resisted)
- Postural analysis
- Functional Tests
- Special Tests

4.2 Explain how to interpret findings for each objective assessment technique

4.3 Critically evaluate the range of objective assessment methods used to gather information

The learner will:

5. Be able to conduct subjective and objective assessment

The learner can:

5.1 Carry out subjective assessments of clients

5.2 Obtain consent for objective assessments

5.3 Carry out objective assessments of clients

5.4 Record client information in accordance with professional practice requirements

5.5 Store clients' information as legally required

The learner will:

6 Be able to devise a sport massage treatment plan

The learner can:

6.1 Devise treatment plan

6.2 Explain rationale for chosen massage interventions

6.3 Present massage interventions and rationale to clients

6.4 Obtain consent for treatment

Assessment specification

- Worksheet
- Combined Theory Assessment (short answers)
- Observation x 5

Provide Sports Massage Techniques to Prevent and Manage Injury (H/506/7502)

Unit aim

The aim of this unit is to provide the learner with the knowledge, understanding and skills needed when utilising soft tissue techniques to support the soft tissue repair process.

Unit content

The learner will:

1. Understand the principles of soft tissue techniques used in sports massage

The learner can:

1.1 Describe a range of soft tissue techniques:

- Soft tissue release
- Connective tissue
- Corrective frictions (transverse)
- Trigger points
- Muscle energy

1.2 Explain the protocols to follow for each soft tissue technique:

- Soft tissue release
- Connective tissue
- Corrective frictions (transverse)
- Trigger points
- Muscle energy

1.3 Critically evaluate the effects of each soft tissue technique

The learner will:

2. Be able to apply soft tissue techniques in sports massage treatments

The learner can:

2.1 Prepare clients for soft tissue techniques

2.2 Position clients for comfort, dignity and maximal effectiveness

2.3 Demonstrate a range of soft tissue techniques

2.4 Monitor tissue response throughout treatments

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2.5 Gain feedback from clients throughout treatments

2.6 Adapt soft tissue techniques to meet the needs of clients

2.7 Adapt own posture and position throughout application to ensure safe and effective application

2.8 Evaluate the effectiveness of soft tissue techniques

2.9 Adapt treatment plans based on evaluation of treatments

2.10 Present aftercare advice to clients, providing opportunities for questions

Assessment specification	<ul style="list-style-type: none">• Combined Theory Assessment (short answers)• Observation x 5
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Treatment Modalities to Support Soft Tissue Repair (K/506/7503)

Unit aim

The aim of this unit is to provide the learner with the knowledge, understanding and skills needed when utilising treatment modalities, other than manual therapy, to support the soft tissue repair process.

Unit content

The learner will:

1. Understand treatments to support soft tissue repair

The learner can:

1.1 Explain the aims of treatments to support soft tissue repair during the acute stage of injury

1.2 Describe treatment protocols to use with clients during the acute stage of injury

1.3 Explain the aims of treatments to support soft tissue repair during sub-acute stage of injury

1.4 Explain which treatment options support the sub-acute stage of injury

1.5 Explain the aims of treatments to support soft tissue repair during the chronic stage of injury

1.6 Explain which treatment options support the chronic stage of injury

The learner will:

2. Understand the use of cryotherapy during soft tissue repair

The learner can:

2.1 Explain the physiological and neurological effects of using ice during soft tissue repair

2.2 Describe methods of applying cryotherapy during soft tissue repair

2.3 Identify contra-indications to cryotherapy

2.4 Describe adverse reactions to cryotherapy

2.5 Explain actions to take in the event of an adverse reaction

The learner will:

3. Understand the use of heat treatments during soft tissue repair

The learner can:

3.1 Explain the physiological and neurological effects of using heat during soft tissue repair

3.2 Describe methods of applying heat during the soft tissue repair process

3.3 Identify contra-indications to heat treatments

3.4 Describe adverse reactions to heat treatments

3.5 Explain actions to take in the event of an adverse reaction

Assessment specification

- Treatment aims tables
- Treatment modalities tables



YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).

YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.

*To view YMCA Awards' full range of qualifications please visit
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