

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 3 Diploma in Sports Massage Therapy
Qualification level	3
Qualification accreditation number	601/4390/9
Qualification type	Vocationally Related Qualification

Qualification overview

The Active IQ Level 3 Diploma in Sports Massage Therapy provides learners with a combination of knowledge and skills to be recognised as a qualified sports massage therapist. The qualification is suitable for individuals who wish to pursue or further a career in sports massage, providing sports massage therapy to a wide range of clients, inclusive of sports performers, athletes and individuals suffering from day to day problems such as repetitive strain injury, sprains, tension and fatigue.

The qualification is recognised by the Complementary and Natural Care Council (CNHC) and the General Council for Massage Therapies (GCMT). To read more about the CNHC please visit: www.cnhc.org.uk. To read more about the GCMT please visit: <http://www.gcmt.org.uk/>

Who could do this qualification?

Learners must be 16+ years old. Whilst there are no other specific entry requirements an element of communication (discussing, presenting, reading and writing) is involved and learners should have basic skills in communication pitched at level 3. Performing sports massage is a physical activity and learners will need to be fit enough to carry this out.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment as a sports massage therapist.
- Individuals considering a career in active leisure.
- Individuals already working in the active leisure sector wishing to enhance their career progression opportunities.

What does the qualification cover?

During the qualification learners will cover the following:

- Anatomy and physiology required to be able to apply sports massage.
- How to carry out a range of assessments.
- How to collect information relating to the clients current condition and status (including the identification of conditions that would be inappropriate for treatment by someone at this level of qualification).
- How to distinguish between acute injury and soft tissue dysfunction.
- How to recognise when to defer treatment or when to refer to a more qualified massage or healthcare professional.
- How to select appropriate massage techniques for a range of clients.
- How to apply sports massage techniques safely and effectively, understanding the potential effects.

Qualification structure

To achieve the qualification learners must complete the five mandatory units (37 credits).

Unit	Unit accreditation number	Level	Credits
1. Anatomy and physiology for sports massage	J/506/7220	3	10
2. Principles of health and fitness	R/506/7222	2	3
3. Understand the principles of soft tissue dysfunction	Y/506/7223	3	3
4. Professional practice in sports massage	D/506/7224	3	5
5. Sports massage treatments	T/506/7228	3	16

What could this qualification lead to?

Successful achievement of this qualification will give individuals a licence to practice as a sports massage therapist and enables successful learners to access the massage register regulated by the Complementary & Natural Healthcare Council (CNHC). Learners who achieve this qualification will have confirmed their competence in this occupational role.

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

This qualification will lead will lead to the following job role:

- Sports Massage Therapist.

Will the qualification support progression to further learning, and, if so, what?

The qualification is designed to offer entry to employment and progression in employment; however learners can also progress onto the Level 4 Certificate in Sports Massage Therapy.

The qualification also provides routes in to fitness instructing and other occupations in the active leisure sector such as community health and wellbeing coaches.

Is this qualification available as an apprenticeship?

No, this qualification does not sit within an apprenticeship framework.

Is this qualification eligible for an Advanced Learner Loan?

Yes, this qualification is available within the Advanced Learner Loan catalogue, information on which can be found by following the link below:

<https://www.gov.uk/government/publications/advanced-learner-loans-qualifications-catalogue>

Similar qualifications

This qualification is not available in a larger or smaller version at this level. Learners should be aware there is a Level 4 Certificate in Sports Massage Therapy available; however the Level 3 Diploma in Sports Massage Therapy or equivalent must be achieved as an entry requirement to access the Level 4 Certificate in Sports Massage Therapy.

Who supports the qualification?

Support for the qualification has been provided by the following professional bodies:

- Sports Massage Association (SMA).
- General Council for Massage Therapies (GCMT).

To read more about the SMA please visit <http://www.thesma.org/>

To read more about the GCMT please visit: <http://www.gcmt.org.uk/>