

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 4 Certificate in Sports Massage Therapy
Qualification level	4
Qualification accreditation number	601/4929/2
Qualification type	Vocationally Related Qualification

Qualification overview

The Active IQ Level 4 Certificate in Sports Massage Therapy provides learners with a combination of knowledge and skills to be recognised as a sports massage therapist and further develop their skills base and competencies, allowing them to treat and/or seek to correct common patterns of dysfunction and pre-diagnosed injuries. 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, but not limited to sports performers, athletes and individuals with pre-diagnosed injuries.

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 and have already achieved the Level 3 Diploma in Sports Massage Therapy or equivalent. There is also 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 broaden their massage skills base and work/or seek employment as a sports massage therapist.
- 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:

- The clinical procedures for client assessment and treatment planning.
- How to conduct objective physical assessments.
- Neuromuscular and soft tissue mobilisation techniques used in sports massage.
- How to apply effective neuromuscular and soft tissue mobilisation techniques.
- How to utilise soft tissue techniques appropriate to specific clients.
- Treatment modalities to support soft tissue repair.

Qualification structure

To gain the qualification learners must achieve a total of 36 credits:

To achieve the qualification learners must complete the three mandatory units (19 credits).

Unit	Unit accreditation number	Level	Credits
1. Conducting subjective and objective assessment	D/506/7501	4	7
2. Provide sports massage techniques to prevent and manage injury	H/506/7502	4	7
3. Treatment modalities to support soft tissue repair	K/506/7503	4	7

What could this qualification lead to?

Successful achievement of this qualification will give individuals access the massage register regulated by the Complementary & Natural Healthcare Council (CNHC). Learners who achieve this qualification will have confirmed their competence at Level 4.

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential. Learners will be able to progress to the following job role:

- Sports Massage Therapist.

This qualification will enable learners to work as a sports massage therapist in a variety of organisations, such as sports massage and rehabilitation clinics, complementary health clinics, spas, coaching facilities, health and fitness facilities and sporting organisations/clubs.

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

This qualification can support progression to Higher Education Institutions for access to degree studies related to Sports Therapy, and Sport and Exercise Sciences.

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 is not available in 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.

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/>