

**Unit Title:** Introduction To Sports Massage  
**Unit Level:** Level 2  
**Unit Credit Value:** 6  
**GLH:** 50  
**LASER Unit Code:** WJE869  
**Ofqual Unit Code:** D/507/1564

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand anatomy and physiology for sports massage.	1.1	Describe the role of the circulatory system in sports massage.
		1.2	Describe the structure of skeletal muscle.
		1.3	Identify the joint actions brought about by specific muscle group contractions.
		1.4	Identify skeletal muscle fibre types and their characteristics.
		1.5	Name and locate the anterior and posterior skeletal muscles.
		1.6	Describe different posture types.
2.	Understand the effects of sports massage.	2.1	Describe the effects of sports massage to include: a) physical/mechanical b) psychological c) physiological.
3.	Understand how to collect information to conduct sports massage.	3.1	Outline components of the initial consultation to include informed consent.
		3.2	Describe the importance of gaining client medical history.
		3.3	Describe good communication practice with clients.
4.	Understand how to assist in sports massage sessions.	4.1	Outline health and safety requirements in preparation for sports massage sessions.
		4.2	Describe different massage techniques.
		4.3	Describe the appropriate use of oils, creams and lotions for sports massage sessions.
		4.4	Describe how to provide safe and effective assistance for sports massage sessions.
5.	Understand how to advise on sports massage aftercare.	5.1	Identify other agencies and professionals that clients may be referred to.
		5.2	Describe safe and effective aftercare following sports massage.
		5.3	Identify when further treatment may be required.

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<b>Assessment Guidance:</b>
NA

<b>Additional Information:</b>
NA