



SPORTS MASSAGE QUALIFICATION © GCMT 2007

DEFINITION

Sports Massage may be explained as the skilled, manual, therapeutic application of soft tissue remedial techniques which are selected and performed after careful consultation, recording of medical history and appropriate general and specific assessment.

The techniques involved will include performance enhancement, injury, trauma and or soft tissue damage prevention, restorative, event related and rehabilitative techniques to improve the condition of the client as well as early identification and treatment of minor soft tissue overuse conditions, improved self-awareness of the sports person and pre and post event treatment.

REQUIREMENTS

The Diploma in Sports Massage consists of pre requisite units:-

- MT - M1 Assess the needs of the client
- MT - M2 Swedish massage and guidance on self-care
- MT - M3 An understanding of Professional Practice Management
- MT - M4 Specify what is necessary to support Health, Safety and Security in the workplace.
- MT - M5 Knowledge of Anatomy, Physiology and Pathology
- MT - M6 First Aid

The units/elements which cover the Remedial Massage are also a requirement. These are:-

- MT2 - M1 Element 2 - Client Patient Evaluation
- MT2 - M2 - Remedial Massage
- MT2 - M5 Element 2 - Applied Anatomy and Physiology
- MT2 - M7 - Injury Treatment and Rehabilitation

The units/elements specific to Sports Massage are also a requirement. These can be studied alongside the Remedial Massage Course or can be an add-on unit to the Remedial Massage Qualification.

These are:-

- MT2 - M1 Element 3 - Sport Specific Client Patient Evaluation
- MT2 - M2 Element 2 - Sports Massage
- MT2 - M5 Element 3 - Applied Anatomy and Physiology specific to Sports
- MT2 - M7 Element 2 - Injury Treatment and Rehab specific to Sports

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TRAINING PERIOD

The Sports Massage training period from commencement to qualification must be a minimum of three 3 (three) months full time training and education or 6 (six) months academic period of part time training and education.

The course may be studied without prior attainment of the pre requisite units but they must be incorporated within the training course. In this instance the training period must be a minimum of 15 (fifteen) months full time training and education or 2 (two) year plus of part time training and education.

TEACHING HOURS

The recommended supervised or contact education and training required to complete the add-on units of Sports Massage is as follows:-

a) Sport Specific Client Evaluation	(Unit MT2 – M1 Element 3)	10 hours
b) Sports Massage	(Unit MT2 - M2 Element 2)	20 hours
c) Sports Specific Anatomy & Physiology	(Unit MT2 –M5 Element 3)	20 hours
d) Sports Specific Injury Treatment.	(Unit MT2 – M7 Element 2)	30 hours

CASE STUDIES/HOME STUDIES

A minimum requirement of 6 (six) clients, with a minimum of 4 (four) treatments per client, for at least 3 (three) of them. The overall total should be at least 18 (eighteen) treatments. These treatments should evaluate the effectiveness of Sports Massage therapy for clients over a period of time. They should also be used by students as reflective practice for self evaluation and continuing professional development.

In addition to the above hours, students should be fully aware that considerable home study is required. The hours required will be determined by the student's ability and commitment but are unlikely to be less than 50 hours during the training as a whole.

UNIT MT2 - M1 ELEMENT 3 CLIENT PATIENT EVALUATION

- a) To assess the client's needs, which affect their health, well being and effective functioning. This includes life style, exercise, diet and nutrition **and sport specific information** as well as full assessment of relevant physical and emotional back ground information.

- b) To balance the client expectations with reasonable or achievable outcomes such as:-
 - 1. Improved Stamina levels
 - 2. Improved Endurance levels

AIMS

- a) The practitioner must be able to communicate effectively with the client and balance any information gained to the treatment required.

- b) The assessment aims to determine the nature, extent and urgency of the client's needs and agree a course of action with them.

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- c) To develop a treatment programme, including evaluation and monitoring which takes into consideration the client's age, health, life style, physical capabilities or restrictions and previous exercise/sport history.
- d) To refer the client to another health care practitioner if necessary or decide if or when Sports massage treatment is not or no longer appropriate to meet the client's needs.

Core Curriculum

1. Equipment and materials are appropriate to the treatment being offered.
2. All Health and Safety requirements are met with regard to treatment and specific sports massage mediums such as gels, ice and heat packs and equipment.
3. All information regarding past soft tissue damage/trauma and accidents, sport activities and the present situation are fully recorded and assessment taken on these results and not assumptions regarding age or other factors.
4. Making valued assessment regarding when and what is safe to treat, when it may be necessary to refer and to whom and how.
5. Acknowledging referral of the client does not negate the practitioner from responsibility to the client.
6. Exercises in palpation are carried out, allowing the practitioner to become proficient and to develop a 'feel' for different tissues and their condition.
7. Recognise scar tissue, adhesions, chronic tension and other types of injury or damage associated with sport and/or overuse.
8. Explain to the client the benefits of Sports Massage such as:-
 - a) flexibility, injury recover, injury prevention.
 - b) enhancement of quality and quantity of training and improved sport performance.
 - c) pre and post event treatment
 - d) sport specific treatment.

Note: where "client" is referred to, read also "patient", "user", "pupil" and "learner". This definition will apply throughout the Core Curriculum.

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UNIT MT2 - M2 ELEMENT 2 SPORTS MASSAGE

Rationale

- a) To develop the practical skills to provide Sports Massage.
- b) To further develop advanced movements such as fascia release work, neuromuscular technique, technique, trigger point release, soft tissue release and other movements as applicable to the treatment of the individual.
- c) To further enhance consultation abilities to include, sport activity history both past and present, their injury and healing levels and present situation.

Contact hours 30 (thirty) hours

AIMS

- a) To ascertain the client' suitability for Sports Massage whilst taking into account any cautions or contra indications.
- b) To safely position the client (prone, supine, on their side etc) to enable access to all necessary soft tissue.
- c) To be able to apply deep friction techniques, longitudinal, transverse and differing pressures.
- d) To apply safely and within the client's tolerance zone, such sports massage movements as deemed necessary through the consultation process.
- e) To safely use mechanical and electrical massage methods where required to further improve the outcome of the treatment and ease discomfort. *
- f) To have an understanding of the principles of strapping and taping an injured joint when necessary. *
 - Sections e) and f) can be included within the unit/element or taken as a separate addition using Continued Professional Development.

Teaching and Learning

- a) Learning should take place through the student's own learning activities by a variety of sources including examining and reporting on skeletons, and the living body.
- b) Teaching can include demonstrations, lectures, discussions, interaction and practical application.
- c) Students must be able to extract information from a wide variety of source material including library resources, the media, textbooks, audio-visual aids, information technology and use such information in problem solving activities.
- d) Every advantage must be taken to ensure teaching relates to the working environment.

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It is recommended that repeated supervised practice be provided during training. A ratio of a maximum of twelve students per tutor, in a practical class, with 6 (six) students only, working at any one time.

Students should be advised that extensive hours of home practice would be necessary to develop their practical skills.

Core Curriculum

Students should be able to:

1. Explain the philosophy and role of Sports Massage.
2. Describe the main healing benefits and the effect on the quality of activity via
 - Improved Range of Movement (ROM) and flexibility.
 - Be able to respond appropriately to different client reactions (contra actions) which can take place during and after the treatment.
 - Be able to carry out Soft Tissue Manipulation as covered in the Remedial Massage Qualification (MT2-M2).
3. Be able to instruct and carry out massage in the following:
 - Pre and Post event massage
4. Carry out Sports Massage treatment to individual areas of the body, identified during the consultation process and taking into consideration, posture analysis, flexibility and ROM assessment.
5. Carry out Sports Massage application to enhance specific sports performance.

UNIT MT2 – M5 ELEMENT 3 APPLIED ANATOMY AND PHYSIOLOGY

Rationale

This unit has been designed to:-

- a) To enhance the knowledge and understanding of the structure and related pathology of the human body in relation to Sports activity.
- b) To further the understanding and principles of human physiology and its application within sporting activities.

Education and Training Twenty (20) hours

AIMS

- a) To provide opportunities to access the living body and apply knowledge to practical skills.
- b) To enhance the student's skills of observation and analysis through practical experience.
- c) To develop the students understanding and recognition of common

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sports injuries.

- d) To understand the restraints and restrictions lifestyles and body structure have on the individual sports person and to be able to devise a treatment plan within the client's ability and tolerance levels without undue demands, discomfort or embarrassment.

Teaching and Learning

- a) Learning should take place through the student's own learning activities by a variety of sources including examining and reporting on the skeletons and the living body.
- b) Teaching can include demonstrations, lectures, discussions, interaction and practical application.
- c) Students must be able to extract information from a wide variety of source material, including library resources, the media, textbooks, audio-visual aids and information technology and use such information in problem solving activities.

Core Curriculum

UNIT 5 ELEMENT 3

A. MUSCULOSKELETAL SYSTEM

1. How ATP/ADP affect the muscles ability to function.
2. An understanding of fast and slow twitch fibres and the effect they have on the sports person's capability within their chosen activity or sport.
3. Understand the mechanics behind the action of muscle spasm and its link with the client's tolerance level of pain. (The necessity of not going beyond the tolerance level).

UNIT 5 ELEMENT 3

B. PLANES OF THE HUMAN BODY

Understanding of the structural plan of the human body with respect to planes (imaginary flat surfaces) that pass through it:-

1. Sagittal plane – the vertical plane that divides the body/organs into right and left sides.
2. Midsagittal plane – vertical plane that passes mid line of the body and divides the body/organs into **equal** right and left sides.

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3. Parasagittal plane – vertical plane that does not pass through midline of the body and divides the body/organs into **unequal** left and right portions.
4. Frontal plane – is at right angles to midsagittal or parasagittal and divides the body into anterior and posterior areas.
5. Horizontal (transverse) plane – parallel to the ground, that is, at a right angle to midsagittal, parasagittal and frontal planes. It divides the body/organs into superior and inferior areas.

UNIT 5 ELEMENT 3

C. SPORTS PHYSIOLOGY

1. Understand and be able to explain to the client the Aerobic and Anaerobic systems of energy, how each system is created and the individual needs of the client.
2. Understand and be able to explain to the client such areas as strength and endurance and working within the client's limitations and give instruction and guidance on how to enhance their sports/exercise ability.
3. To further understand the importance of quality of life style enhancement and where/when physical ability may be curtailed.

UNIT 5 ELEMENT 3

D. SPORTS PSYCHOLOGY

1. Have an understanding of the expectations of the client and how anxiety can affect sports performance.
2. How to set achievable goals, micro bites, changing mind set and work patterns – Cognitive restructuring.
3. To be able to give encouragement and maintain the client's interest during the rehabilitative process.

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UNIT 7 ELEMENT 2 -

SPORTS SPECIFIC INJURY TREATMENT AND REHABILITATION

In class hours 25 (Twenty Five)

Rationale

- a) to develop the practical skills to assess the client and to provide safe and effective injury treatment.
- b) To incorporate all massage movement specific to Sports Massage.
- c) to develop a responsible and competent approach to the use of Sports massage techniques.
- d) to develop practical skills necessary to apply manual techniques of Sports massage movements safely and effectively and relating such movements to individual soft tissue damage or sports specific requirements.

Teaching and Learning

Demonstrations, supervised practice and student participation are the main strategies employed to develop a variety of techniques and to build up experience of different injuries and levels of soft tissue damage.

It is suggested that repeated supervised practice be provided during training. During initial training it can be seen that the ratio of 1 (one) tutor to 12 (twelve) students with a maximum of six students working at any one time would be adequate.

It may be necessary to reduce this ratio when the students are participating in actual injury situations and the recommended ration would become 1 (one) tutor to 3 (three) practicing students.

Core Curriculum.

Students should be able to:

1. assess a client fully through the consultation process taking all medical and physical details along with all other relevant information.
2. explain the role of Sports Massage within sports injury and sports ability enhancement.
3. assess ROM and flexibility and plan a programme for improvement.
4. instruct the sports person on 'warming up' and 'cooling down' procedures and use sports massage as a medium.

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5. recognise posture defects via a posture analysis programme and give specific exercise routines to encourage improvement where possible.
6. carry out an analysis of soft tissue damage, assess the grade and level and use a range of methods to improve and ease discomfort, in a safe and professional manner.
7. use R.I.C.E. and other acute soft tissue damage methods where appropriate
8. have an appreciation of the overuse syndrome, micro trauma, scar tissue and their gradual effects and deterioration on biomechanics.
9. link the taught theory with clinical techniques for soft tissue damage.
10. explain and demonstrate to the client such preventative and rehabilitative training as
 - Active-passive resisted exercise.
 - Functional movement patterns.
 - Stretching and strengthening techniques.
11. explain to the client, the risks involved with over use factors or incorrect or inappropriate exercise techniques, poor posture and the incorrect equipment or the incorrect use of equipment.
12. carry out safely and competently the use of such equipment as Infra Red Lamps and heating products.
13. give advice on different breathing techniques used in pain management and relaxation.
14. recognise the symptoms and phases of inflammation and carry out an inflammation test when required.
15. appreciate the different grades of a sprain and the common associated conditions.
16. recognise signs and symptoms and grades of strains and the tissues involved.
17. understand the repair mechanisms and give advice to the client regarding the relationship between training days and the healing process.
18. recommend referral when/where necessary.

It is recognised that the majority of learning covered in this unit will have been covered in Remedial Massage and the further work involved is Sport Specific.

The learning based outline is not exhaustive. It is indicative of the contents of an education programme, having sufficient information and training, to enable the student to achieve understanding and awareness of the subject matter.