



# Professional practice in sports massage

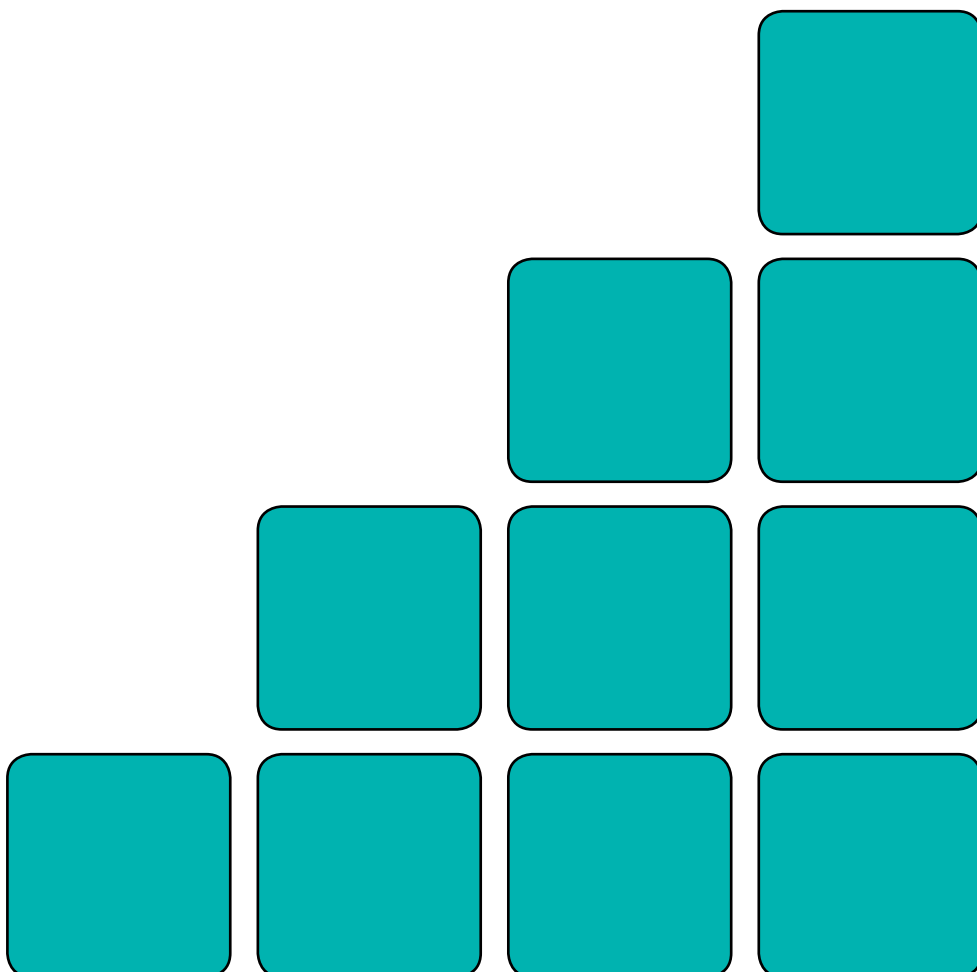
USP44

D/506/7224

Learner name:

Learner number:

VRQ





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### Statement of unit achievement

By signing this statement of unit achievement you are confirming that all learning outcomes, assessment criteria and range statements have been achieved under specified conditions and that the evidence gathered is authentic.

This statement of unit achievement table must be completed prior to claiming certification.

Unit code	Date achieved	Learner signature	Assessor initials	IV signature (if sampled)

## Assessor tracking table

All assessors using this Record of Assessment book must complete this table. This is required for verification purposes.

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# USP44

## Professional practice in sports massage

The aim of this unit is to develop the knowledge and understanding related to professional practice in sports massage. This will include legislation, use of chaperones, informed consent, scope of practice, contra-indications, referral and record keeping. You will also explore expected standards of professionalism and the importance of continual professional development.

Level

**3**

Credit value

**5**

GLH

**30**

Observation(s)

**0**

External paper(s)

**0**



# Professional practice in sports massage

## Learning outcomes

On completion of this unit you will:

1. Understand legislation required in sports massage
2. Understand scope of practice in sports massage
3. Understand the standards relevant to the sports massage profession
4. Understand the principles of professional practice in sports massage
5. Understand how to produce, maintain and store client records

## Evidence requirements

### 1. *Knowledge outcomes*

There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.

### 2. *Tutor/Assessor guidance*

Your tutor/assessor **must** adhere to the '**Assessment Guidance and Evidence Requirements**' for this unit. This can be found under documents on the relevant qualification page at [www.vtct.org.uk](http://www.vtct.org.uk).

You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.

### 3. *External paper*

There is no external paper requirement for this unit.

# Developing knowledge

## Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below\*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

## Tutor/assessor guidance

Your tutor/assessor **must** adhere to the **'Assessment Guidance and Evidence Requirements'** for this unit. This document will give guidance for the tutor/assessor on breadth and depth of content that must be covered in this unit. This can be found under the documents tab on the relevant qualification page at [www.vtct.org.uk](http://www.vtct.org.uk).

*\*This is not an exhaustive list.*

# Knowledge



## Learning outcome 1

### Understand legislation required in sports massage

You can:	Portfolio reference
a. Explain how current legal obligations relate to the sports massage therapist	
b. Explain the importance of having a chaperone present when working with children and vulnerable adults	
c. Explain the importance of obtaining and working within boundaries of informed consent	
d. Describe what information needs to be given to clients to obtain informed consent	
e. Evaluate the consequences of non compliance with legislation and professional standards	



## Learning outcome 2

### Understand scope of practice in sports massage

You can:	Portfolio reference
a. Describe cautions and contra-indications to sports massage	
b. Distinguish the actions to take if presented with cautions or contra-indications: <ul style="list-style-type: none"><li>• local</li><li>• systemic</li></ul>	
c. Describe referral procedures when working with other professionals	
d. Describe how to communicate with others in a professional manner	





### Learning outcome 3

## Understand the standards relevant to the sports massage profession

You can:	Portfolio reference
a. Discuss key principles of professional standards as stipulated by sports massage membership organisations	
b. Evaluate the roles of professional organisations relating to sports massage	
c. Explain the purpose of regulation	
d. Explain the importance of continuing professional development	
e. Describe the protocol to follow when presented with an emergency situation	
f. Describe insurance requirements for sports massage practice	



## Learning outcome 4

### Understand the principles of professional practice in sports massage

You can:	Portfolio reference
a. Explain the importance of valuing equality and diversity when working with clients	
b. Explain the importance of professionalism	
c. Explain the personal and clinical standards expected of the sports massage therapist	
d. Explain the importance of good communication skills	
e. Describe advantages/disadvantages of different means of communication	



## Learning outcome 5

### Understand how to produce, maintain and store client records

You can:	Portfolio reference
a. Explain the importance of accurate and confidential record keeping	
b. Explain what information should be recorded	
c. Explain the principles to apply when recording treatments	
d. Explain the legal requirements for the storage and disposal of records	

# Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

## Learning outcome 1: Understand legislation required in sports massage

**Legal obligations:** Health and Safety, discrimination, substances hazardous to health, data protection, employee and public liability insurance, professional liability insurance, data protection, first aid, manual handling, accident recording and reporting, reporting of diseases, dangerous occurrence regulations, different environments i.e event and clinic, maintenance procedures of both equipment and building, risk assessment, duty of care, disclosure and non-disclosure, how laws relate to the sports massage therapist.

**Importance of a chaperone:** Adhere to legislation, safeguarding, acting as an advocate, providing interpretation and explanation, providing reassurance, possible consequences of not having a chaperone present.

**Importance of informed consent:** Legality, ethical practice, adherence to code of conduct, protection, examination and treatment confined to the agreed informed consent, verbal/written consent, prior and during treatments.

**Information given to clients:** Purpose of sports massage, nature and procedure of treatment, alternative treatment options, effects and benefits of treatments, risks of treatments.

**Consequences:** Loss of professional membership, loss of right to practise, prosecution, invalid insurance, cause personal injury to clients, liability claims.



## Learning outcome 2: Understand scope of practice in sports massage

### **Cautions and contra-indications:**

Definitions, difference between cautions and contra-indications, local contra-indications, systemic contra-indications, specific examples of cautions and contra-indications, pre-existing conditions.

**Actions:** Cautions (adapt treatment), local contra-indications (no treatment given to local area of client's body), systemic contra-indications (no treatment given, referral to medical practitioner, medical clearance required prior to giving massage treatment), massage allowed for specific cautions and contra-indications.

**Referral procedures:** When to refer (when contra-indications are identified, when treatment is not working, when outside limits of professional knowledge or responsibility, when outside scope of practice), identification of appropriate healthcare professionals, format and content of referral letter, assessment report for referral.

**Professional communication:** Personal appearance (clean, hygienic, uniform), verbal communication (use of appropriate language, tone, pace, clarity), positive body language (facial expressions, body positioning, gestures, eye contact), active listening, paperwork, professional etiquette.



### Learning outcome 3: Understand the standards relevant to the sports massage profession

#### **Key principles of professional standards:**

Stipulated by Complementary and Natural Healthcare Council (CNHC), Federation of Holistic Therapists (FHT), General Council for Massage Therapists (GCMT), Sports Massage Association (SMA).

#### **Roles of professional organisations:**

Roles of Complementary and Natural Healthcare Council (CNHC), Federation of Holistic Therapists (FHT), General Council for Massage Therapists (GCMT), Sports Massage Association (SMA).

**Purpose of regulation:** To maintain high standards of practice, safety and protection, to ensure continuous professional development of practitioners, to maintain a national register of professionals.

#### **Importance of continuing professional development:**

To keep up-to-date with professional practice, to develop and improve professional practice, to maintain membership within professional organisations.

**Emergency protocol:** Emergency situations in the home (protocol in accordance with health and safety guidelines), emergency situations within an organisation (protocol in accordance with the organisation's policies and health and safety guidelines), emergency situations during an event (protocol in accordance with event organiser policies and health and safety guidelines, protocol should be established prior to the event).

**Insurance requirements:** Employers liability, professional liability, public liability, personal injury, income protection, clinic and equipment, travel and car, claiming

on insurance, dealing with claims against the sports massage practitioner, questions to ask insurers and the level of cover they provide.



## Learning outcome 4: Understand the principles of professional practice in sports massage

### **Importance of valuing equality and diversity:**

Removal of barriers to treatment, fair access to treatment, fair and equal treatment of all clients, no discrimination, respect the views and beliefs of clients (gender, ethnic origins, culture, sexuality, lifestyle, age and social status), build rapport and trust, comply with legislation.

**Importance of professionalism:** Provide a high standard of treatment, optimise treatment benefits, prevent cross-infection, promote confidence in the practitioner, client retention and satisfaction, maintain reputation, maintain credibility of the profession.

### **Personal and clinical standards:**

Personal standards (personal hygiene, appearance, dress, attitude, conduct, integrity, respect, communication, continuous professional development (CPD)), clinical standards (providing treatments within professional competence, hygiene, premises and equipment, health and safety, referral, record keeping), standards stipulated by professional organisations.

### **Importance of good communication**

**skills:** Build rapport, demonstrate professionalism, inspire confidence, give clear information about treatment and risks, clarity of instructions, putting the client at ease, ensure understanding.

**Means of communication:** Advantages and disadvantages of face-to-face verbal communication, body language, telephone, written (client feedback, email, letter, leaflet), social media.



## Learning outcome 5: Understand how to produce, maintain and store client records

**Importance of record keeping:** Adhere to legal requirements for data protection, in case of litigation, protection of the client, to inform safe and effective treatment over time, confidentiality.

**Information to be recorded:** Client details on every sheet of record, medical history, subjective information, objective information, massage strategy plan (subjective, objective, analysis, plan (SOAP)), effects, outcomes, changes to strategy, cautions and contra-indications, referrals, aftercare/advice given, client signature giving informed consent.

**Principles when recording treatments:** Clear and legible, recorded in a logical format, accurate details, use of permanent ink, completed within 24 hours of massage, initialled when corrections are made, no judgemental statements, signed by practitioner on each page, blank lines lined through, no correction fluid (errors lined through), electronic records (regular back-ups made, password protected, firewall protected).

### **Legal requirements:**

**Storage of records** – data protection, in a safe place, use of locked cabinets for paper records, password protected electronic records, not accessible to third parties, written permission must be gained from client to release records, adhere to organisation's policy, clients must have access to their records if requested.

**Disposal of records** – records not kept for longer than necessary, destroy records as legally required, follow guidelines of professional association, drive professionally wiped upon disposal of computer.