



Sports massage treatments

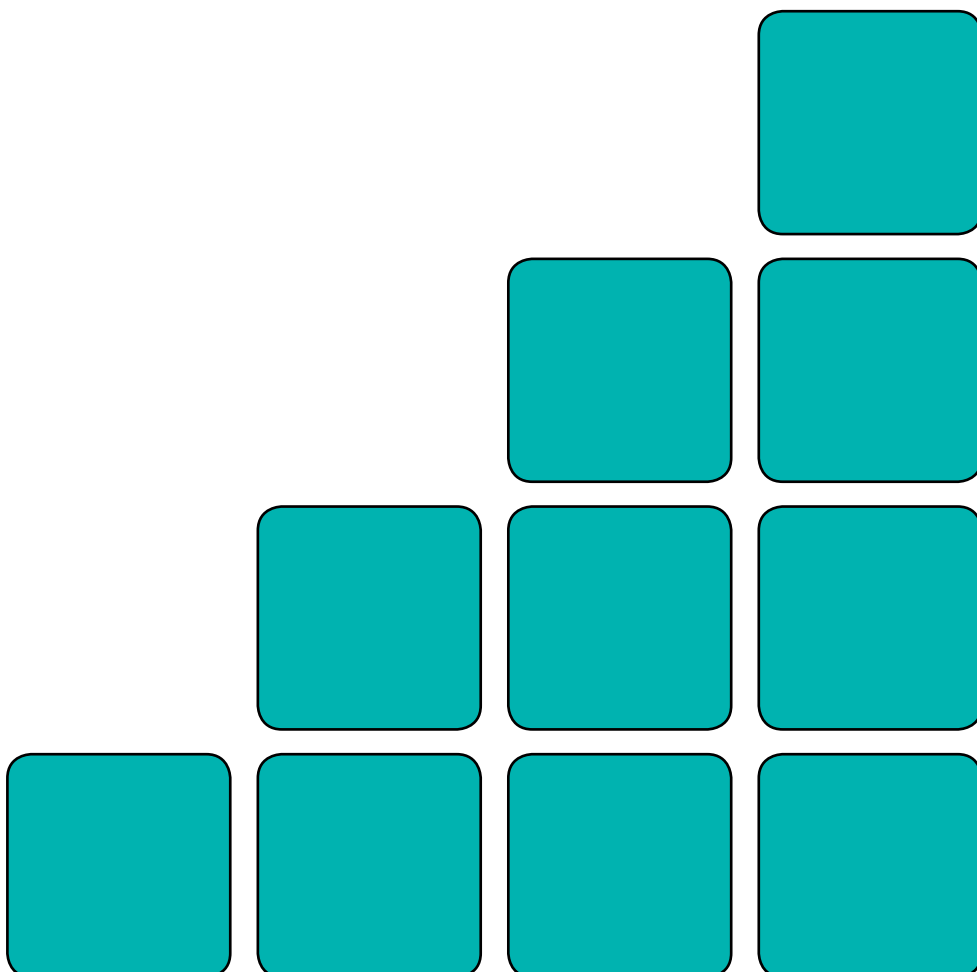
USP45

T/506/7228

Learner name:

Learner number:

VRQ





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VTCT is a registered charity investing in education and skills but also giving to good causes in the area of facial disfigurement.

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.

[illegible]

USP45

Sports massage treatments

The aim of this unit is to develop your knowledge, understanding and skills required to plan, apply and evaluate sports massage methods for pre, post, inter-event and maintenance purposes. It will also include assessment and screening of the client. In addition, the importance of evaluation and reflection will be covered. You will also learn about the history and development of sports massage and how sports massage can complement other therapies and treatment.

Level

3

Credit value

16

GLH

90

Observation(s)

3

External paper(s)

0



Sports massage treatments

Learning outcomes

On completion of this unit you will:

1. Be able to carry out client assessment
2. Be able to devise sports massage treatment plans
3. Be able to apply sports massage treatments
4. Be able to evaluate sports massage treatments
5. Understand the history and development of massage
6. Understand the fundamentals of sports massage treatments
7. Understand how to assess and screen clients for sports massage treatments
8. Understand evaluation of sports massage treatments

Evidence requirements

1. *Environment*
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*
Simulation is allowed in this unit. The sporting activities and treatment contexts can be simulated e.g. by scenarios set by tutor.
3. *Observation outcomes*
Competent performance of Observation outcomes must be demonstrated on **at least three occasions**. Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.

4. *Range*
All ranges must be practically demonstrated to show they have been covered.
5. *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.
6. *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.

You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*
There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

Tutor/assessor guidance

Best practice should be encouraged by giving students the opportunity to work on real clients and in real environments e.g. events. However, as this is not always possible and may create barriers to assessment, students may carry out treatments on peers in simulated environments.

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.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.



Observations

Learning outcome 1

Be able to carry out client assessments

You can:

- a. Carry out subjective assessments of clients
- b. Obtain informed consent before carrying out physical assessments
- c. Carry out objective assessments of clients

** May be assessed by supplementary evidence.*

| Observation | 1 | 2 | 3 |
|----------------------------|---|---|---|
| Date achieved | | | |
| Criteria questioned orally | | | |
| Portfolio reference | | | |
| Assessor initials | | | |
| Learner signature | | | |



Learning outcome 2

Be able to devise sports massage treatment plans

You can:

- a. Devise massage strategies relevant to collated information
- b. Present massage strategies to clients and obtain informed consent

** May be assessed by supplementary evidence.*

| Observation | 1 | 2 | 3 |
|----------------------------|---|---|---|
| Date achieved | | | |
| Criteria questioned orally | | | |
| Portfolio reference | | | |
| Assessor initials | | | |
| Learner signature | | | |



Learning outcome 3

Be able to apply sports massage treatments

You can:

- a. Prepare treatment area, equipment and self for sports massage
- b. Prepare clients for sports massage
- c. Position clients for comfort, dignity and maximal effectiveness
- d. Carry out massage methods that meet the presentation and needs of the client
- e. Adapt own posture and position throughout application to ensure safe and effective application
- f. Monitor visual and oral feedback and adapt treatment strategy
- g. Remove massage medium when necessary
- h. Maintain interaction with clients throughout the massage
- i. Apply and maintain professional standards throughout treatments
- j. Restore working environment to safe and hygienic condition

* May be assessed by supplementary evidence.

| Observation | 1 | 2 | 3 |
|----------------------------|---|---|---|
| Date achieved | | | |
| Criteria questioned orally | | | |
| Portfolio reference | | | |
| Assessor initials | | | |
| Learner signature | | | |



Learning outcome 4

Be able to evaluate sports massage treatments

You can:

- a. Carry out post-massage assessments of clients
- b. Obtain feedback from clients
- c. Reflect on feedback received and self analysis of treatment
- d. Evaluate treatment and identify areas and opportunities for improvement
- e. Present aftercare advice to clients, providing opportunities for questions
- f. Record massage sessions as legally required

*May be assessed by supplementary evidence.

| Observation | 1 | 2 | 3 |
|----------------------------|---|---|---|
| Date achieved | | | |
| Criteria questioned orally | | | |
| Portfolio reference | | | |
| Assessor initials | | | |
| Learner signature | | | |



Range

***You must practically demonstrate that you have:**

| Provided sports massage to a minimum of 3 different clients | | Portfolio reference |
|--|--|---------------------|
| Client 1 | | |
| Client 2 | | |
| Client 3 | | |
| Worked across a range of environments | | Portfolio reference |
| Clinical | | |
| Non-clinical | | |
| At different types of event | | |
| Worked in each of the following contexts | | Portfolio reference |
| Pre-event | | |
| Post-event | | |
| Maintenance | | |

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 documents on the relevant qualification at www.vtct.org.uk.

**This is not an exhaustive list.*

Knowledge



Learning outcome 5

Understand the history and development of massage

| You can: | Portfolio reference |
|---|---------------------|
| a. Summarise the history and origins of massage | |
| b. Explain the development of sports massage | |
| c. Explain how sports massage can complement other therapies and treatments | |



Learning outcome 6

Understand the fundamentals of sports massage treatments

| You can: | Portfolio reference |
|--|---------------------|
| a. Explain the contexts in which sports massage is used, to include: <ul style="list-style-type: none"> • pre-event • inter/intra-event • post-event • maintenance | |
| b. Explain the requirements of a suitable environment for sports massage | |
| c. Identify types of equipment needed for sports massage, giving reasons | |
| d. Identify signs and symptoms of contra-actions | |
| e. Identify the therapist's subsequent response to contra-actions | |
| f. Describe a range of sports massage techniques, to include: <ul style="list-style-type: none"> • methods • application • effects • safety considerations | |
| g. Explain the importance of positioning and posture for the: <ul style="list-style-type: none"> • sports masseur • client • use of props | |
| h. Describe effects and benefits of commonly used mediums in sports massage | |
| i. Explain the advantages and disadvantages of commonly used mediums in sports massage | |



Learning outcome 7

Understand how to assess and screen clients for sports massage treatments

| You can: | Portfolio reference |
|---|---------------------|
| a. Describe what is meant by subjective and objective assessments | |
| b. Explain methods of carrying out subjective and objective assessments | |
| c. Explain reasons for use of subjective and objective assessments | |
| d. Explain the value of client consultation | |
| e. Explain the importance of accurate client assessments and re-assessments | |



Learning outcome 8

Understand evaluation of sports massage treatments

| You can: | Portfolio reference |
|---|---------------------|
| a. Describe methods used to evaluate the effectiveness of treatments | |
| b. Describe the advantages and disadvantages of evaluation methods | |
| c. Explain the importance of providing opportunities for further feedback | |
| d. Explain the importance of self-reflection | |

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: Be able to carry out client assessments

Subjective assessment: Methods (consultation, questionnaires), communication skills (verbal, non-verbal), information to be obtained (age and occupation, sports and leisure activities, previous medical history, medication, other lifestyle factors, aims and objectives of treatment, perceived problem, symptoms of condition).

Informed consent: Explain purpose of physical assessment, nature and procedure of assessment, alternative assessment options, effects and benefits of assessment, risks of assessment, obtain signature of client.

Objective assessment: Observation (symmetry, posture (kyphosis, lordosis), redness, swelling), initial palpation (skin feel, drag, hot, cold), normal movement patterns, pain free active movement patterns, reduced function.

Learning outcome 2: Be able to devise sports massage treatment plans

Massage strategies: To meet aims and objectives of the proposed sports massage, to meet client's needs, strategy to be negotiated and agreed with client, if necessary refer the client to a relevant health professional, if necessary follow approved guidelines for a chaperone.

Present massage strategies: Aims and objectives, purpose of massage, nature and procedure of massage strategy (techniques, mediums, positions, equipment), alternative strategies, effects and benefits, risks, justification of strategy, obtain signature of client.



Learning outcome 3: Be able to apply sports massage treatments

Treatment areas: Clinical (clinic, salon), non-clinical treatment areas (changing room, pitch side).

Prepare treatment area: Risk assess, privacy, hygiene, atmosphere, temperature, noise level, ventilation, lighting, music.

Prepare equipment: Hygiene, couch height and position, couch stability, checking for faults, provision of massage resources and mediums, consultation forms, informed consent.

Prepare self: Hygiene, uniform, psychologically.

Prepare clients: Informed consent, positioning, degree of exposure, relaxation, cleanse area if appropriate in preparation for technique, apply massage medium if applicable.

Position clients: Appropriate positioning for comfort and dignity (prone, supine, side lying, sitting, standing), appropriate supports (head, legs, arms, face cradle), draping, only expose treatment areas, for effective application of different techniques, for effective application on different body areas, visual/verbal checks to maintain client comfort and relaxation.

Massage methods:

Methods – effleurage, petrissage, frictions, tapotement, compressions, vibrations, passive stretching.

Carry out methods – working posture, correct alignment of practitioner's joints, stance, application of the technique, order of technique, contour of hands, position of hands, depth of pressure, direction, speed, rhythm, use of different digits, adaptation of techniques to meet client's needs, reinforcement of hands/digits as required.

Adapt own posture and position: Stance, weight distribution, for client positioning, for the body area being massaged, for different massage techniques, to avoid repetitive strain injury, safe manual handling.

Monitor: Visual feedback, oral feedback, adverse reactions, practitioner observation of the effects of sports massage, adapt sports massage techniques in accordance with feedback, record the sports massage methods, note variations between planned and actual sports massage in records, note adverse reactions.

Removal of massage medium: Assist with removal of mediums when appropriate, provide clients with appropriate materials to remove mediums, consider in-clinic or sporting context, consider consequences of not removing the medium, provide materials (wipes, cleansing agents, couch roll).

Maintain interaction: Use communication skills (verbal, non-verbal), build trust and rapport, explain massage treatments, encourage client feedback.

Professional standards: Appearance, manner, client care, health and safety, hygiene, confidentiality, boundaries and limitations of the practitioner, follow guidelines of professional associations, follow relevant codes of ethics and practice.

Restore working environment: Return equipment to place of storage, sterilise equipment used (trolley, couch), fresh linen, new couch roll, dispose of waste product appropriately, turn off power supplies.



Learning outcome 4: Be able to evaluate sports massage treatments

Post-massage assessments: Subjective, objective, posture, movement patterns, palpation.

Obtain feedback: Verbal, written, non-verbal.

Reflect on feedback: Methods of reflection (feedback from client, peer/tutor review, mentors, reflective journals, strength and weaknesses of treatment, opportunities for future improvement, limitations).

Self-analysis: Posture, use of body weight, application of techniques, interpersonal skills, assessment skills.

Evaluate treatment: Achievement of aims and objectives, techniques used, methods used, areas and opportunities for improvement.

Aftercare advice: Advice to meet client's individual needs, aftercare (rest, hydration, awareness of adverse reactions, erythema, pain stiffness, tiredness, light headedness, bruising, stretches, referral to other healthcare professional).

Record sessions: Details to be recorded (subjective, objective, analysis and plan, effects, outcomes, changes to strategy, contra-actions, aftercare, evidence of informed consent), accept format (clear, accurate, legible, permanent ink, mistakes initialled and lined through, no correction fluid, patient identity on each page, practitioner signature for each treatment, non-judgemental or subjective statements), adhere to legislation, maintain confidentiality, may be required in case of litigation.

Learning outcome 5: Understand the history and development of massage

History and origins: From ancient times to the modern day (Ancient Egypt, China, India, Ancient Greece, Rome, Persia, Europe and the Americas).

Development of sports massage: For example role alongside other professionals, progression into sports therapy, Olympics 2012.

Other therapies and treatments: For example acupuncture, Alexander technique, aromatherapy, shiatsu, Reiki, remedial massage, kinesiology, herbalism, hypnotherapy.



Learning outcome 6: Understand the fundamentals of sports massage treatments

Sports massage contexts: Different types of events, clinical contexts, non-clinical contexts, pre-event (warm-up, stimulation, relaxation), inter/intra-event (recovery, injury prevention), post-event (cool down, relaxation, recovery), maintenance (posture, alignment).

Suitable environment: Clinical, non-clinical, privacy, sanitised, hygienic, atmosphere, temperature, noise level, ventilation, lighting, music, safety.

Types of equipment: Reasons for use of plinth, bench, props, chair, mat, blankets, mediums, towels, supports, blankets, cleansing products.

Sign and symptoms of contra-actions: Erythema, aching/tenderness, reaction to massage medium, headache, dizziness, nausea, flu-like symptoms, changed sleep patterns/fatigue, thirst, heightened emotions, increased urination, increased defaecation.

Response to contra-actions: Stop treatment, adapt pressure, adapt technique, remove medium, encourage rest, encourage relaxation, administer first aid, refer to relevant professional.

Sports massage methods: Effleurage, pétrissage, frictions, tapotement, compressions, vibrations, passive stretching.

Purpose – pre, inter/intra, post, maintenance.

Application: When to use the technique, different application of the technique, order of technique, contour of hands, depth of pressure, direction, speed, rhythm, use of different digits, different effects through variations of application,

necessity to reinforce hand or digits, safety considerations.

Safety considerations: Positioning, posture, reinforcement of digits.

Effects of sports massage techniques: Relaxation, stimulation, blood flow, extensibility, heat, lymph drainage, breakdown of adhesions, mobility of soft tissue, pain reduction.

Importance of positioning and posture: Sports masseur (effective working height, effective application of techniques, even weight distribution, avoid repetitive strain injury, use of reinforcement), client (effective application of techniques, effective application on different body areas, dignity and comfort), use of props (optimise treatment, minimise discomfort).

Massage mediums:

Effects and benefits – oils, creams, lotions, gels, talcum powder, wax, properties of mediums.

Advantages and disadvantages – oils, creams, lotions, gels, talcum powder, wax, mediums that may cause adverse reactions.



Learning outcome 7: Understand how to assess and screen clients for sports massage treatments

Subjective and objective assessments:

Subjective (obtaining personal information, symptoms of condition), objective (undertaking physical examination).

Subjective methods – consultation, questionnaire, observation, verbal, non-verbal.

Subjective information – age and occupation, sports and leisure activities, previous medical history, medication, lifestyle factors, aims of treatment, symptoms of any conditions.

Objective methods – observation, physical examination, palpation, movement patterns (compare side-to-side), reduced function.

Reasons: Subjective assessment (to identify history, causes, contributing factors, symptoms, perceived problem, aims of treatment), objective assessment (marker for evaluation, clarification, identify structures involved).

Value of client consultation: Establish rapport and trust, to carry out subjective and objective assessment, to discuss appropriate treatments, obtain informed consent, identify potential contra-indications or cautions.

Importance of client assessments and re-assessments: Identify aims and objectives of treatment, identify any contra-indications/cautions to massage, identify realistic outcomes, to give markers for evaluation of treatment, to review effectiveness of previous sports massage treatments, demonstrate effectiveness to patient.

Learning outcome 8: Understand evaluation of sports massage treatments

Evaluation methods: Consultation, posture, comfortable movement patterns, palpation (skin feel, drag, hot, cold), verbal and non-verbal, measure against aims and objectives of strategy, reassessment.

Advantages and disadvantages: Of each method.

Opportunities for further feedback:

To keep client informed, to ensure full understanding, to promote client's empowerment, to establish immediate

feelings and impressions, to evaluate client satisfaction.

Importance of self-reflection: Own strengths and areas for improvement, improve professional practice, inform professional development and training, health and safety.

Notes

Use this area for notes and diagrams