

# LEVEL 3 DIPLOMA SPORTS MESSAGE

Subject Area

Student Type

Study Mode

Sport, Military &  
Emergency Services

Adults

Part Time

## What is the course about?

This qualification will equip you with the essential knowledge, integrity, competency, and proficiency to perform sports massage on a range of clients who have no underlying pathological conditions. Successful achievement of the qualification will allow you to gain employment within an organisational setting or alternatively in a self-employed environment.

## Why should I choose the course?

If you are interested in performing sports massage and thereby helping others improve their range of motion, flexibility, and wellbeing, this course is ideal for you.

## What will I learn?

This qualification is focused on employing a range of methods to massage uninjured clients in sport and active leisure.

You will cover the following topics:

- Anatomy and physiology for sports massage
- Principles of health and fitness
- Understand the principles of soft tissue dysfunction
- Professional practice in sports massage
- Sports massage treatments.

You will be assessed through a variety of methods including coursework, a portfolio of evidence, practical assignments, and multiple-choice exams.

## What will the course lead on to?

This qualification is focused on employing a range of methods to massage uninjured clients in sport and active leisure. Therefore, graduates of this programme will be equipped to work in an unsupervised capacity throughout the sport and active leisure industry. This qualification is recognised as an approved qualification for continued professional development (CPD) by the Sports Massage Association.

It also provides progression opportunities to additional Active IQ Level 3 qualifications as well as progress onto Active IQ level four Certificate in Sports Massage.



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

 [wvr.ac.uk](http://wvr.ac.uk)

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)

## What support is available?

We have a team of staff dedicated to providing learning support if required, as well as a Welfare Team that is on hand to offer guidance, support and help when needed. Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college.

Click here for learning support: <https://wvr.ac.uk/college-life/learning-support>

Click here for finance support: <https://wvr.ac.uk/college-life/financial-support>

## Why should I choose to study the course at Warrington & Vale Royal College?

You will receive a personalised and contextual taught experience through the whole range of the course, with qualified staff from the sector delivering a thorough foundation to prepare you for starting out on your journey in the sports massage industry.

## What are the entry requirements?

There are no formal entry requirements to study this course, but you will need to demonstrate that you have the necessary ability and commitment to successfully complete the course. This will be determined by an interview with the course leader.

## What are my funding options?


For further information on funding please contact our Learner Services Team on 01925 494400 or email [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk).



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