

# Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

**Unit title:** iUSP161 – Provide complex massage techniques for sports massage

**Total contact tuition hours proposed:** 85

**Lecturer(s) responsible:**

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> <li>College rules and regulations</li> <li>College mission statement</li> <li>VTCT (ITEC) rules and regulations</li> <li>Health &amp; safety</li> <li>Timetable</li> <li>Dates – holidays etc.</li> <li>Syllabus</li> <li>Recommended books</li> <li>Uniform</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Q&amp;A</li> <li>Using all the documents listed to ensure the students understand the college expectations and their commitment to the course</li> </ul>	
<b>LO1 Understand the principles of complex techniques used in sports massage</b>			
Describe a range of complex techniques used in sports massage, to include: <ul style="list-style-type: none"> <li>Myofascial</li> <li>Positional release</li> <li>PNF</li> <li>Active isolated stretching</li> </ul>	<ul style="list-style-type: none"> <li>Proprioceptive neuromuscular facilitation (PNF)</li> <li>Muscle energy technique (MET) <ul style="list-style-type: none"> <li>Post isometric relaxation</li> <li>Reciprocal inhibition</li> <li>Isokinetic contraction</li> <li>Isolytic contraction</li> </ul> </li> <li>Positional release</li> <li>Strain/counterstrain</li> <li>Myofascial release</li> <li>Neuromuscular technique</li> <li>Active isolated stretching</li> </ul>	<ul style="list-style-type: none"> <li>Whiteboard</li> <li>Lecture</li> <li>Q&amp;A</li> <li>Handout</li> <li>Internet</li> <li>Learning apps</li> <li>Books</li> <li>Homework</li> <li>Test</li> </ul>	8

	<ul style="list-style-type: none"> <li>• Passive stretching</li> </ul>		
<p>Explain the protocols to follow for complex techniques used in sports massage, to include:</p> <ul style="list-style-type: none"> <li>• Myofascial</li> <li>• Positional release</li> <li>• PNF</li> <li>• Active isolated stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Palpatory literacy and awareness of tissue-states</li> <li>• Client subjective perception</li> <li>• Reasoning and treatment selection</li> <li>• Informing client of intended action/obtaining informed consent</li> <li>• Clear instruction throughout procedure</li> <li>• Client positioning</li> <li>• Therapist positioning and posture</li> <li>• Timing of contractions, stretches and relaxation periods</li> <li>• Degrees of forces used</li> <li>• Barriers engaged</li> <li>• Modes of end-feel</li> <li>• Comparisons to established norms</li> </ul>		
<p>Critically evaluate the effects of each technique</p>	<ul style="list-style-type: none"> <li>• Intended outcomes</li> <li>• Range and quality of movement</li> <li>• Historical precedents and measurable comparisons</li> <li>• Impact on daily activities and quality of life</li> <li>• Alterations to symptomatology</li> <li>• Changes to objective findings</li> <li>• Individual peculiarities</li> </ul>		
<p>Critically evaluate the benefits of sports massage for pre-existing conditions</p>	<ul style="list-style-type: none"> <li>• Stroke</li> <li>• Hyper/hypotension</li> <li>• Angina</li> <li>• Vertebral artery disease</li> <li>• Haemophilia (mild)</li> <li>• COPD</li> <li>• Asthma</li> <li>• Colitis/Crohn's disease</li> <li>• Diabetes</li> <li>• Cancer</li> <li>• Arthritis</li> <li>• Parkinson's disease</li> <li>• Motor neurone disease</li> <li>• Muscular sclerosis</li> <li>• Chronic fatigue syndrome</li> <li>• Fibromyalgia</li> <li>• Pregnancy</li> </ul>		

LO2 Understand aftercare methods to complement complex massage techniques for sports massage			
<p>Describe range of aftercare methods, to include:</p> <ul style="list-style-type: none"> <li>• Mobility relevant to condition</li> <li>• Proprioception</li> <li>• Isometric strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Cryotherapy</li> <li>• Hot and cold treatments</li> <li>• Mobility</li> <li>• Stretches</li> <li>• Strengthening exercises</li> <li>• Functional movement patterns and co-ordination</li> <li>• Trunk and core stability</li> <li>• Breathing and respiration</li> <li>• Proprioception exercises</li> <li>• Postural improvement and symmetry</li> <li>• Compliance</li> <li>• Nutritional recommendations</li> <li>• Active rest and sporting participation</li> <li>• Rest, relaxation and sleep</li> <li>• Third party liaison (coach, manager, employer, therapist, physician)</li> <li>• Specialised equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Internet</li> <li>• Learning apps</li> <li>• Books</li> <li>• Homework</li> <li>• Test</li> </ul>	9
<p>Evaluate the purpose and benefits of each aftercare method</p>	<ul style="list-style-type: none"> <li>• Manage inflammation</li> <li>• Increase range and quality of motion</li> <li>• Promote strength and durability</li> <li>• Promote healing</li> <li>• Support immunity and general health</li> <li>• Improve skills, proprioceptive abilities and co-ordination</li> <li>• Re-establish functional capacity</li> <li>• Reduce scar tissue</li> <li>• Encourage myofascial integrity</li> <li>• Maximise myofascial pliability and alignment</li> <li>• Increase knowledge and self-awareness</li> <li>• Promote posture and respiratory capacity</li> <li>• Sustain psychological health</li> </ul>		
<p>Explain the safe and effective use of each aftercare method</p>	<ul style="list-style-type: none"> <li>• Appropriate selection and timing of aftercare strategies</li> <li>• Recognise stage and severity of condition</li> <li>• Plan realistic goals</li> <li>• Monitor and adapt approaches</li> <li>• Use a sequential approach</li> <li>• Acknowledge contra-indications</li> <li>• Recognise red or yellow flags</li> </ul>		

	<ul style="list-style-type: none"> <li>• Tailor aftercare to the individual</li> </ul>		
Explain contra-indications and precautions for each aftercare method	<ul style="list-style-type: none"> <li>• Timed application of ice treatments</li> <li>• Avoidance of soft tissue intervention in acute stages</li> <li>• Accommodate underlying pathologies</li> <li>• Sequential introduction of each method</li> <li>• Role and timing of conservative and aggressive intervention</li> <li>• Use and management of therapeutic inflammation</li> <li>• Communicate possibilities of contra-actions</li> <li>• Emphasise the importance of compliance</li> <li>• Diminished co-ordination and proprioception</li> </ul>		
Explain possible side effects and adverse effects of each aftercare method	<ul style="list-style-type: none"> <li>• Discomfort during exercise</li> <li>• Post exercise muscle and fascial soreness</li> <li>• Inflammation</li> <li>• Crepitation during motion</li> <li>• Sensitivity of scar tissue</li> <li>• Feelings of apprehension and loss of confidence</li> <li>• Impatience and non-compliance during rehabilitation and condition management</li> <li>• Managing setbacks</li> </ul>		

LO3 Be able to apply complex massage techniques			
Prepare clients for complex massage techniques	<ul style="list-style-type: none"> <li>• Consultation</li> <li>• Examination <ul style="list-style-type: none"> <li>- Observation</li> <li>- Palpation</li> <li>- Special testing</li> </ul> </li> <li>• Informed consent</li> <li>• Treatment plan</li> <li>• Procedural explanation</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Internet</li> <li>• Learning apps</li> <li>• Books</li> <li>• Homework</li> <li>• Test</li> </ul>	58
Position clients for comfort, dignity and maximal effectiveness	<ul style="list-style-type: none"> <li>• Supine</li> <li>• Lateral recumbent</li> <li>• Prone</li> <li>• Seated</li> <li>• Use of available massage supports <ul style="list-style-type: none"> <li>- Couch and cover</li> <li>- Seat</li> <li>- Floor</li> <li>- Other surface</li> </ul> </li> <li>• Towels</li> </ul>		

	<ul style="list-style-type: none"> <li>• Bolsters</li> </ul>		
Locate bony and soft structures associated with treatment area	<ul style="list-style-type: none"> <li>• Regions               <ul style="list-style-type: none"> <li>- Neck, chest, shoulder and upper extremity</li> <li>- Back                   <ul style="list-style-type: none"> <li>▪ Cervical</li> <li>▪ Thoracic</li> <li>▪ Lumbar</li> <li>▪ Sacral and coccygeal</li> </ul> </li> <li>- Abdominal wall                   <ul style="list-style-type: none"> <li>▪ Anterolateral</li> <li>▪ Posterior</li> </ul> </li> <li>- Hip, gluteal, thigh and lower extremity</li> </ul> </li> <li>• Tissues and landmarks               <ul style="list-style-type: none"> <li>- Myofascial tissues and tendons of origin and insertion</li> <li>- Ligaments</li> <li>- Bony landmarks</li> <li>- Nerves</li> <li>- Bursae</li> <li>- Cartilage/menisci</li> <li>- Joint margins</li> </ul> </li> </ul>		
Demonstrate complex massage techniques	<ul style="list-style-type: none"> <li>• Preparatory techniques               <ul style="list-style-type: none"> <li>- Effleurage</li> <li>- Petrissage</li> <li>- Frictions</li> </ul> </li> <li>• Proprioceptive neuromuscular facilitation (PNF)</li> <li>• Muscle energy technique (MET)</li> <li>• Positional release and strain/counterstrain</li> <li>• Myofascial release</li> <li>• Soft tissue release (STR)</li> <li>• Neuromuscular technique (NMT)</li> <li>• Active isolated stretching</li> <li>• Passive stretching</li> </ul>		
Monitor tissue response throughout treatments	<ul style="list-style-type: none"> <li>• Tone, texture, temperature and tenderness</li> <li>• Tissue response versus reactivity</li> <li>• Vasomotor and secretomotor responses</li> <li>• Muscle guarding and spasm</li> <li>• Yielding and softening</li> <li>• Turgor</li> </ul>		

Gain feedback from clients about the techniques throughout treatment	<ul style="list-style-type: none"> <li>• Tenderness</li> <li>• Tissue changes</li> <li>• Verbal dialogue</li> <li>• Body language</li> </ul>		
Adapt complex massage techniques to meet the needs of clients	<ul style="list-style-type: none"> <li>• Adapt pressures</li> <li>• Interchangeable applicators <ul style="list-style-type: none"> <li>- Heel of hand</li> <li>- Thenar eminence</li> <li>- Fingers</li> <li>- Thumbs</li> <li>- Forearm</li> </ul> </li> <li>• Alter direction of stroke</li> <li>• Change body or body part position</li> <li>• Technique substitution</li> <li>• Alter intensity</li> </ul>		
Adapt own posture and position throughout application to ensure safe and effective application	<ul style="list-style-type: none"> <li>• Proximity of therapist to treatment area</li> <li>• Standing and seated positions</li> <li>• Width and direction of stance</li> <li>• Maintain a neutral spine</li> <li>• Variable extension of knees and elbow</li> <li>• Neutral position of wrist and finger joints</li> <li>• Use of body weight and momentum</li> <li>• Angle of force</li> <li>• Guarding hypermobile joints</li> <li>• Adjust couch height</li> <li>• Lunging action</li> <li>• Pulling and pushing techniques</li> <li>• Use of couch and floor</li> </ul>		
Evaluate the effectiveness of complex massage techniques	<ul style="list-style-type: none"> <li>• Subjective responses</li> <li>• Client feedback</li> <li>• Re-examination of objective findings</li> <li>• Functional examination</li> <li>• Tissue responses during and after treatment</li> <li>• Relative range of motion</li> <li>• Biomechanical alignment and postural changes</li> <li>• Quality of end-feel</li> <li>• Comparison against established norms</li> </ul>		

Adapt treatment plan based on evaluation of treatments	<ul style="list-style-type: none"> <li>• Objective findings <ul style="list-style-type: none"> <li>- Posture</li> <li>- Range of motion and end-feel</li> <li>- Strength</li> <li>- Balance and gait</li> <li>- Daily functional capacity</li> <li>- Tissue quality</li> </ul> </li> <li>• Subjective findings <ul style="list-style-type: none"> <li>- Pain level</li> </ul> </li> </ul>		
Present aftercare advice to clients, providing opportunities for questions	<ul style="list-style-type: none"> <li>• Cryotherapy</li> <li>• Hot and cold treatments</li> <li>• Mobility</li> <li>• Stretches</li> <li>• Strengthening exercises</li> <li>• Functional movement patterns and co-ordination</li> <li>• Trunk and core stability</li> <li>• Breathing and respiration</li> <li>• Proprioception exercises</li> <li>• Postural improvement and symmetry</li> <li>• Compliance</li> <li>• Nutritional recommendations</li> <li>• Active rest and sporting participation</li> <li>• Rest, relaxation and sleep</li> <li>• Third party liaison (coach, manager, employer, therapist, physician)</li> <li>• Specialised equipment</li> <li>• Manage inflammation</li> <li>• Increase range and quality of motion</li> <li>• Promote strength and durability</li> <li>• Promote healing</li> <li>• Support immunity and general health</li> <li>• Improve skills, proprioceptive abilities and co-ordination</li> <li>• Re-establish functional capacity</li> <li>• Reduce scar tissue</li> <li>• Encourage myofascial integrity</li> <li>• Maximise myofascial pliability and alignment</li> <li>• Increase knowledge and self-awareness</li> <li>• Promote posture and respiratory capacity</li> <li>• Sustain psychological health</li> <li>• Appropriate selection and timing of aftercare strategies</li> </ul>		

	<ul style="list-style-type: none"> <li>• Recognise stage and severity of condition</li> <li>• Plan realistic goals</li> <li>• Monitor and adapt approaches</li> <li>• Use a sequential approach</li> <li>• Acknowledge contra-indications</li> <li>• Recognise red or yellow flags</li> <li>• Tailor aftercare to the individual</li> <li>• Timed application of ice treatments</li> <li>• Avoidance of soft tissue intervention in acute stages</li> <li>• Accommodate underlying pathologies</li> <li>• Sequential introduction of each method</li> <li>• Role and timing of conservative and aggressive intervention</li> <li>• Use and management of therapeutic inflammation</li> <li>• Communicate possibilities of contra-actions</li> <li>• Emphasise the importance of compliance</li> <li>• Diminished co-ordination and proprioception</li> <li>• Discomfort during exercise</li> <li>• Post exercise muscle and facial soreness</li> <li>• Inflammation</li> <li>• Crepitation during motion</li> <li>• Sensitivity of scar tissue</li> <li>• Feelings of apprehension and loss of confidence</li> <li>• Impatience and non-compliance during rehabilitation and condition management</li> <li>• Managing setbacks</li> </ul>		
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LO4 Understand evidence-based practice			
Explain the concept of evidence-based practice	<ul style="list-style-type: none"> <li>• Qualitative, theoretical and quantitative data</li> <li>• Interdisciplinary approaches</li> <li>• Norms for evidence-based practice (EBP)</li> <li>• EBP versus rule of thumb, folklore and tradition</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Internet</li> <li>• Learning apps</li> <li>• Books</li> <li>• Homework</li> <li>• Test</li> </ul>	5
Explain the importance of evidence-based practice in sport	<ul style="list-style-type: none"> <li>• Based on scientific experimentation</li> <li>• Systematic approach to practice</li> <li>• Based on meticulous observation, analysis and enumeration</li> <li>• Leads to further areas for scientific study</li> <li>• Integrates individual expertise with external clinical evidence</li> <li>• Eliminates anecdotal evidence and guesswork</li> </ul>		



LO5 Be able to evaluate research undertaken on sports massage			
Critically appraise research undertaken on the use of sports massage	<ul style="list-style-type: none"> <li>• Trustworthiness</li> <li>• Value</li> <li>• Relevance</li> <li>• Validity</li> <li>• Reliability</li> <li>• Peer reviewed</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Internet</li> <li>• Learning apps</li> <li>• Books</li> <li>• Homework</li> <li>• Test</li> </ul>	5
Draw conclusions on support for the use of sports massage	<ul style="list-style-type: none"> <li>• Reflective practice</li> <li>• Referrals</li> <li>• Research</li> <li>• Professional associations</li> </ul>		

**Document History**

Version	Issue Date	Changes	Role
v1	03/09/2019	First published	Qualifications and Regulation Co-ordinator