
Marking Criteria

iUSP149 – Sports massage

Practical examination sequence

Once all aspects of the mandatory units have been completed, learners will complete a final internal practical assessment. This will be observed by the Lecturer using the internal assessment forms. The results will be reviewed by the external examiner on the day of the final external practical examination

Practical examination sequence – approximately 1 hour

- Learners will need to supply a client that can receive all the following treatments in order to complete your examination
- Main details of the consultation to be carried out prior to the exam
- Assessment of injury (either real or hypothetical) chosen by the external examiner
- Massage treatment of injury
- Pre-event massage on area chosen by the examiner
- Post-event massage on area chosen by the examiner
- Home care advice
- Learners will be asked oral questions during the final practical examination
- Learners will need to complete a consultation form for the client for the external examination. This should be reviewed and completed at the end of the treatment and will be taken away by the examiner
- Learners will need to demonstrate excellent hygiene and client care throughout the examination as well as competence in all their skills
- The examiner may reduce the treatment timings, as the examination is a demonstration of their professionalism and your accomplished skills

Learners must be able to demonstrate the following:

Appearance – 5 marks (0.5 marks each)

1. Clean, ironed professional uniform
2. Hair must be clean, neat and tied back/up if long and off the collar and face
3. Nails must be short, clean, well-manicured with no varnish and clean hands
4. Clean sensible flat shoes, socks should be worn
5. Females if wearing a skirt must wear tights which are an appropriate colour for the uniform
6. No jewellery - with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
7. No body or breath odour
8. No chewing gum or sucking sweets
9. Underskirts/underwear should not be visible
10. Skirts to the knee. Trousers cropped no higher than calf/trousers not trailing on floor

Client care – 5 marks (1 mark each)

1. Greeting and introduction of self to client
2. Assisting client on and off the couch
3. Explain the treatment procedure to the client
4. Ensure client's comfort/modesty throughout
5. Maintain a positive and professional approach to client/colleague throughout

Hygiene and sterilisation – 5 marks (1 mark each)

1. Equipment should be wiped over with appropriate sanitiser before and after use
2. Hands must be sanitised before, during and after treatment as appropriate
3. Lids replaced on products and spatulas used to remove cream
4. Cotton wool, tissues, paper roll and general waste to be disposed of hygienically and appropriately
5. Salon/clinic sterilising equipment/cabinets used as appropriate and small equipment used, stored and sanitised as appropriate

Assessment of injury – 20 marks (4 marks each)

1. Therapist ensures the client is comfortable throughout
2. Therapist observes areas and checks it thoroughly
3. Therapist touches/moves/manipulates areas appropriate to establish range of movement pain barrier etc.
4. Comparison is made with limb which is not injured
5. The therapist asks relevant questions for the injury, i.e. have they been referred by a medical practitioner?

Sports specific massage – 30 marks (6 marks each)

1. The therapist demonstrates suitable movements to warm the area initially
2. The therapist demonstrates specialist movements appropriate for the injury
3. The massage is logical/appropriate and flowing using suitable pressure
4. The un-injured limb is massaged for comparison and to ease any additional tension
5. Client comfort and pain tolerance are referred to throughout

Pre-event massage – 10 marks

1. The appropriate movements are used to warm the area

Post-event massage – 10 marks

1. Appropriate movements are demonstrated for a cool down treatment

Aftercare advice – 10 marks (2 marks each)

1. Rest and relaxation
2. Application for self-help, e.g. thermotherapy and cryotherapy
3. Implementation of remedial exercise with medical permission
4. Appropriate stretching
5. Healthy eating recommendations

Sample oral questions – 5 marks

1. Explain the physiological effect of the movement you are performing.
2. Which muscles are you working over?
3. What is the origin and insertion of that muscle?
4. What does RICE stand for?
5. How do you decide when to use heat or when ice may be used?
6. Describe the difference between pre, and post sports massage
7. Why should medical permission always be sought?
8. How soon after an injury can you treat someone?
9. How does massage help to prevent sporting injuries?
10. What should you look for when testing an injury?

Document History

Version	Issue Date	Changes	Role
1	04/02/2020	First Published	Assessment Lead for Sport
2	21/07/2020	Aftercare advice title amended	Assessment Administrator