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# Qualification Specification

iSP3D28 - VTCT Skills (ITEC) Level 3 Extended Diploma  
in Sports Massage

603/4503/2

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# About VTCT Skills (ITEC)

iTEC is a global specialist organisation providing qualifications internationally, and specialises in beauty & spa therapy, hairdressing, complementary therapies and sports and fitness therapy. iTEC offers centres and learners high quality regulated qualifications for employability, specialist subjects and skills enhancement.

iTEC has close working partnerships with over 700 approved centres in over 40 countries, and offices in England, Ireland, South Africa, Asia Pacific and the USA. iTEC became part of VTCT Skills (Vocational Training and Charitable Trust), in 2016 to strengthen its position in the industry internationally.

For more information visit us at [www.itecworld.co.uk](http://www.itecworld.co.uk), or contact our dedicated Customer Support Team via email; [customersupport@vtct.org.uk](mailto:customersupport@vtct.org.uk) or call +44 (0)23 8068 4500

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# Qualification at a glance

<b>Qualification title</b>	VTCT Skills (ITEC) Level 3 Extended Diploma in Sports Massage
<b>Qualification number</b>	603/4503/2
<b>Product code</b>	iSP3D28
<b>First registration date</b>	01/10/2019
<b>Age range</b>	16-18, 19+
<b>Total Qualification Time (TQT)</b>	373
<b>Guided Learning (GL) hours</b>	225
<b>Assessment</b>	<p>To be awarded this qualification, learners must successfully achieve the following assessments:</p> <ul style="list-style-type: none"><li>• External practical examination</li><li>• External theory examination</li><li>• Portfolio of evidence containing:<ul style="list-style-type: none"><li>- Treatment evidence</li></ul></li></ul>
<b>Grading</b>	Pass/Merit/Distinction
<b>Entry requirements</b>	<p>It is recommended that learners must hold a Level 3 Diploma in Holistic Massage, Level 3 Diploma Body Treatments or equivalent.</p> <p>It is the responsibility of the centre to ensure that learners have the required knowledge, understanding and skills to enrol and successfully achieve this qualification.</p>

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# About this qualification

## Aims and objectives

The main aim of the VTCT Skills (ITEC) Level 3 Extended Diploma in Sports Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide sports massage treatments to the general public and to gain employment in the sports industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

## Content

This qualification is for learners who want to work within the sports industry. The qualification consists of 1 mandatory unit with a total of 225 hours of Guided Learning (GL) to achieve the full qualification.

The main skills the learner will perform are:

- Consultation methods – to include obtaining informed consent prior to assessments and application of the massage where necessary, carrying out accurate client assessments including body alignment/posture, range of movement/joint function, muscle definition, active, passive and resistive movement and palpation, informing the client of the possible cautions and contra-indications to massage before commencing any treatments, referral procedures and adapting the massage routine to meet the specific needs of the client
- Applying sports massage treatments – to include preparing a safe and hygienic working environment, performing pre-event and post-event massage techniques, classical massage techniques and sports specific massage techniques including manual lymphatic drainage, neuro-muscular technique, muscle energy technique, soft tissue release, connective tissue massage and proprioceptive neuromuscular facilitation, maintenance, application of cryotherapy and thermotherapy, selecting massage mediums, evaluating the effectiveness of the treatment and giving aftercare advice

The learner will also develop knowledge about client care and communication, health, safety and hygiene, relevant legislation and professional standards which are essential to work and be successful in the industry.

This qualification also provides:

- The related knowledge and understanding required to perform the sports massage therapy listed above effectively, in particular knowledge of anatomy and physiology for sports massage, the principles of injury prevention and management, types of sports injuries, contra-indications and when and when not to treat and the principles of health and fitness that may influence the treatment
- Opportunities for learners to focus on the development of their wider skills in a sports massage setting, such as communicating with clients, working with others and problem solving
- Opportunities for learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a sports massage therapist

## Opportunities for progression

Once learners have achieved the VTCT Skills (ITEC) Level 3 Extended Diploma in Sports Massage they may progress on to other VTCT Skills (ITEC) or equivalent qualifications at level 3 and 4 for example:

- Level 3 Diploma in Personal Training (Gym-based Exercise)
- Level 3 Diploma in Pilates Teaching
- Level 3 Diploma in Yoga Teaching
- Level 3 Award in Nutrition for Physical Activity
- Level 4 Certificate in Sports Massage

## Opportunities for employment

There are opportunities for a sports massage therapist to find employment in a variety of areas:

- Gym
- Health clubs
- Sports clubs
- Sports facilities
- Own sports massage clinic

## Relationship to National Occupational Standards

This qualification has mapped to National Occupational Standards where they exist and has ensured that best practice in the workplace has been reflected in the qualification. This qualification is linked to the relative job roles as well as ensuring that the qualification reflects the required level of knowledge and ability for the sports massage therapist at level 3.

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# Qualification structure

To be awarded the VTCT Skills (ITEC) Level 3 Extended Diploma in Sports Massage, learners must achieve all mandatory units.

The minimum GLH required to achieve this qualifications is 225

The minimum TQT required to achieve this qualification is 373

**Table 1**

Unit code	Mandatory units	Guided Learning Hours (GLH)	Unit reference number
iUSP149	Sports massage	225	T/617/5620

## Guided Learning Hours (GLH)

Guided Learning Hours is 'the activity of a learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training'. This includes 'the activity of being assessed if the assessment takes place under the immediate guidance or supervision of a lecturer, supervisor, tutor or other appropriate provider of education or training'.

## Total Qualification Time (TQT)

Total Qualification Time is the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required, in order for a learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification.

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# Assessment

All treatment evidence, internal assessments and underpinning knowledge must be completed prior to the final practical examination.

The final external practical examination will be carried out by the external examiner at the end of the period of learning. The external examiner will also verify a sample of the treatment evidence, internal assessment and assignments.

**Table 2**

Unit code	Mandatory units	Assessment	Grading
iUSP149	Sports massage	Practical examination	Pass 60%-74% Merit 75%-89% Distinction 90%-100%
		Portfolio of evidence – 15 treatments	Pass/Refer
		MCQ	Pass 60%-74% Merit 75%-89% Distinction 90%-100%

Unit specifications and additional supporting material for this qualification can be found on the iTEC website.

## Grading of the qualification

Learners must achieve a Pass grade or higher in the requisite number of units as specified in the rules of combination, see table 1 above. Only mandatory units which are graded Pass/Merit/Distinction will contribute to the overall grade.

Practical examinations and theory examinations will be graded Pass/Merit/Distinction.

Portfolio of evidence containing the following will be graded Pass/Fail:

- Treatment evidence

The overall qualification is graded Pass/Merit/Distinction.

Grade boundaries for units and the overall calculation for the qualification grade are open to annual review. Following this review, these boundaries and overall calculations can be adjusted by VTCT Skills. This review and possible change within a qualification are to ensure the standard of the qualification grade is upheld throughout the qualification's lifecycle.

## Theory examination

All theory tests must be conducted in a controlled environment and follow the procedures defined by VTCT Skills (ITEC). The theory tests will be set and marked by VTCT Skills (ITEC). The centre is responsible for ensuring the examination can operate seamlessly by organising the process as defined in the 'Instructions for Conducting Examinations' which can be found on the iTEC website.

## Practical examination

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal mock practical assessment. This will be undertaken by the internal assessor/lecturer using the internal assessment forms. These must be handed to the external examiner on the day of the final external practical examination.

All practical assessments must be conducted in a controlled environment defined by VTCT Skills (ITEC). The practical examination will be conducted by an external examiner; however, the centre is responsible for ensuring the examination can operate seamlessly by organising the process as defined in the 'Instructions for Conducting Examinations' which can be found on the ITEC website. The marking criteria and marking scheme can be found under the documents tab within the qualification.

## Portfolio of evidence

Learners are required to provide a portfolio of evidence of treatments and/or case studies that they have performed on clients during their training under the supervision of the lecturer who will monitor the quality of the treatments in order to ensure that they meet the criteria.

- The criteria are detailed on the treatment evidence guidance forms
- The learner will need to complete a client consultation form as evidence that they performed the required number of treatments during their training (see Table 2) as they form part of the internal assessment for the qualification. They can be stored in the learner's portfolio



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# Quality assurance

## Delivery of the qualification

A scheme of work must be approved by VTCT Skills (ITEC) for all units prior to the commencement of the course.

Lecturers should aim to deliver the theory and practical of each unit simultaneously, i.e., both theory and practical of each unit should be taught together to ensure the underpinning knowledge is being delivered at the same time as the practical skills. This will help to ensure that learners understand the structures they are working on as a result of combining delivery with the practical application of treatments.

## Centre resources

The organisation delivering the qualification must provide a suitable environment for teaching the VTCT Skills (ITEC) Level 3 Extended Diploma in Sports Massage as well as all equipment both fixed and free standing to complete all aspects of the qualification. Learners need to be made aware of the amount of consumables/towels they will be required to provide.

## Achievement record

All units will require an Achievement Record to be completed by the lecturer for each learner. This achievement record will need to be kept by the centre and may be sampled by the external examiner or external quality assurer on their visit.

An Achievement Record for each unit can be downloaded from the iTEC website.

## Document History

Version	Issue Date	Changes	Role
v0.6	14/05/2019	Draft version published to inform centres prior to September launch.	Systems Integration Team
v1.0	16/09/2019	First published	Head of Qualifications and Processing
v2.0	03/12/2019	Grading boundary review statement added	Qualification Administrator
v3.0	01/09/2020	Added COVID-19 Infection Prevention pre-requisite	Product and Regulation Manager
v4.0	01/08/2022	Removal of the COVID-19 Infection Prevention pre-requisite	Qualification Administrator
v5.0	01/01/2025	New branding	Development Administrator