

Marking Criteria

iUSP178 – Sports massage treatments

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 – this will be undertaken in the learner's college environment in the presence of an external examiner.

Practical examination sequence – approximately 1 hour:

- Subjective details of the consultation to be carried out prior to the exam
- Objective Posture analysis to be carried out prior to the Massage routine
- Sports massage to be commenced on the Full body (excluding Head / Face)
- Pre-event massage on an area chosen by the external examiner
- Post-event massage on an area chosen by the external examiner
- Aftercare/home care advice
- Oral questions may be asked at any time during the examination
- A consultation form must be filled in for the unit by each learner
- Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills
- The external examiner may reduce the treatment timings, as the examination is a demonstration of the learner's professionalism and their accomplished technique
- Approximate time allocated for changeover of practical examination groups – 15 minutes

Learners must be able to demonstrate the following:

Appearance – 5 marks (1 mark each)

1. Clean, ironed professional wear, flat shoes/trainers, no visible underwear
2. Clean hair, neat and tied back/up if long and off the collar and face
3. Short, clean, well-manicured nails with no varnish and clean hands
4. No jewellery – with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
5. No chewing gum, sucking sweets, body or breath odour

Client care – 5 marks (1 mark each)

1. Greeted and introduced self to client
2. Assisted the client on and off the couch
3. Explained the treatment procedure to the client
4. Ensured the client's comfort/modesty throughout
5. Maintained a positive and professional approach to client/colleague throughout

Hygiene and sterilisation – 5 marks (1 mark each)

1. Wiped over equipment with appropriate sanitiser before and after use
2. Sanitised hands before, during and after treatment as appropriate
3. Replaced lids on products and used spatulas to remove cream
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Used salon/clinic sterilising equipment/cabinets appropriately and sanitised, used and stored small equipment

Posture Analysis – 10 marks (2 marks each)

1. Observed the client's Posture from an anterior aspect
2. Observed the client's Posture from a posterior aspect
3. Observed the client's Posture from a lateral aspect
4. Made comparison between each side of the body
5. Discussed observations with the client

Sports specific massage – 35 marks (5 marks each)

1. Demonstrated superficial movements to warm the area: Effleurage and CTM
2. Demonstrated deeper movements as appropriate: Petrissage and Cross Fibre Friction
3. Demonstrated Sports specific techniques: Myofascial Release, Pin & Stretch
4. Demonstrated correct posture throughout
5. Performed the massage in a logical/flowing manner
6. Ensured that client comfort was referred to throughout
7. Adapted the pressure and intensity of the treatment as appropriate

Pre-event massage – 10 marks (2 marks each)

1. Demonstrated appropriate speed of movements to warm the area
2. Demonstrated correct posture
3. Demonstrated a variety of movements/techniques to prepare the area for a sporting activity
4. Adapted the massage movements and pressure to suit the area being worked on
5. Demonstrated a logical and flowing sequence

Post-event massage – 10 marks (2 marks each)

1. Demonstrated appropriate speed of movements to cool down the area
2. Demonstrated correct posture
3. Demonstrated a variety of movements/techniques in response to the sporting activity
4. Adapted the massage movements and pressure to suit the area being worked on
5. Demonstrated a logical and flowing sequence

After/home care – 10 marks (2 mark each)

1. Advised the client of the importance of rest and recovery
2. Informed the client of short term effects of the treatment
3. Identify and adapt activities that irritate the clients condition
4. Advised appropriate stretching techniques
5. Advised healthy eating and re-hydration recommendations

Sample oral questions – 10 marks

1. What are the contra-indications to sports massage?
2. Explain the physiological effect of the movement you are performing.
3. What are the benefits of sports massage?
4. Which muscles are you working over?
5. What is the origin and insertion of that muscle?
6. Describe the difference between pre and post sports massage.
7. Why is it important to carry out a full consultation prior to sports massage?
8. Why should medical permission be sought prior to treatment?
9. How does massage help to prevent sporting injuries?
10. How often would you recommend your client to have a sports massage treatment?
11. When would you use connective tissue massage (CTM)?
12. How would you decide which massage technique to use?
13. What is the purpose of Cross fibre friction?
14. What is a varicose vein and how would you recognise it?
15. What is R.I.C.E.?

Document History

Version	Issue Date	Changes	Role
1	13/12/19	First Published	Assessment Lead for Sport
2	03/11/20	Added Posture Analysis, amended marks for Pre-event Massage and Post-event Massage	Assessment Lead for Sport
3	30/08/23	Amended mark allocation according to new mark scheme	Qualification manager
4	16/09/26	Reviewed, minor amendments to wording	Development Administrator