



Accredited

OCR LEVEL 3 CAMBRIDGE TECHNICAL CERTIFICATE/DIPLOMA IN SPORT

SPORT AND EXERCISE MASSAGE

R/502/5763

LEVEL 3 UNIT 18

GUIDED LEARNING HOURS: 60

UNIT CREDIT VALUE: 10



SPORT AND EXERCISE MASSAGE

R/502/5763

LEVEL 3

AIM OF THE UNIT

Massage has become an integral part of an athlete's regime. Growing numbers of coaches and therapists believe that massage can provide an extra edge to the athletes who participate in both recreational and high performance sports. Massage has become a necessary ingredient for a complete workout. More and more people are realizing that a complete workout routine includes not only the exercise itself, but also caring for the wear-and-tear and minor injuries that naturally occur with strenuous movement. Learners will learn about the benefits and effects of sport and exercise massage. Also the practical application of performing consultations, planning treatment, performing massage techniques and evaluating treatments.

PURPOSE OF THE UNIT

This unit is relevant to learners who would like to follow a career in sports therapy, rehabilitation or in the area of prevention and management of sport injuries.

It will enable learners to know the benefits of sports massage and how it fits into exercise and recovery programmes.

Learners will also be able to identify time when massage will have an adverse affect and when not todo it.

Learners will also get to particually demonstrate massage techniques and develop review treatment plans.

ASSESSMENT AND GRADING CRITERIA

Learning Outcome (LO)		Pass	Merit	Distinction
The learner will:		The learner can:	To achieve a merit the evidence must show that, in addition to the pass criteria, the learner is able to:	To achieve a distinction the evidence must show that, in addition to the pass and merit criteria, the learner is able to:
1	Know the effects and benefits of sport and exercise massage	P1 describe the effects and benefits of sport and exercise massage	M1 identify benefits of sport and exercise massage to specific sports	
2	Know the roles of sport and exercise massage professionals	P2 describe the roles of sport and exercise massage professionals		
3	Be able to identify the sport and exercise massage requirements of athletes	P3 describe 6 contraindications to massage treatment	M2 justify the requirement of performing a pre-treatment consultation	D1 compare and contrast treatment plans for different athletes
		P4 carry out pre-treatment consultations on for two different athletes		
		P5 produce a treatment plan for two athletes		
4	Be able to perform and review sport and exercise massage techniques	P6 demonstrate appropriate sport and exercise massage techniques on two athletes	M3 demonstrate appropriate sport and exercise massage techniques on a range of athletes in different sporting contexts	D2 adapt treatment plans to changing situations
		P7 review the treatment plan for two athletes describing future treatment opportunities		

TEACHING CONTENT

The unit content describes what has to be taught to ensure that learners are able to access the highest grade.

Anything which follows an i.e. details what must be taught as part of that area of content.

Anything which follows an e.g. is illustrative, it should be noted that where e.g. is used, learners must know and be able to apply relevant examples to their work though these do not need to be the same ones specified in the unit content.

LO1 Know the effects and benefits of sport and exercise massage

Effects: i.e. physical (e.g. blood and lymphatic circulation, increase tissue permeability, stretching, reducing and remodelling scar tissue, opening micro-circulation, improve tissue elasticity); physiological (e.g. autonomic, sympathetic and parasympathetic nervous system, pain reduction, release of endorphins).

Benefits: i.e. reduce stress; reduction in anxiety; enhance wellbeing; improved body awareness; pain reduction; relaxation; invigorating.

LO2 Know the roles of sport and exercise massage professionals

Roles: i.e. types of work; types of activities (e.g. administration, health and safety, client assessments); treatments applied (e.g. massage, relaxation, strapping, manipulation); knowledge (e.g. training, career opportunities, links to sport and performance).

LO3 Be able to identify the sport and exercise massage requirements of athletes

Assessment: i.e. initial consultation; referrals; treatment area (e.g. lower limb, back, shoulders, neck); simple injuries (e.g. muscle tension, muscle soreness, muscle tear, tendon injuries, inflammation, ligament injuries).

Documentation: i.e. record cards (e.g. subjective and objective); effect of treatments; advice for homecare; health and safety (e.g. clients are aware of fire exits, mediums being used, general hygiene).

Contraindications: (e.g. client history, type of injury, location of injury, skin conditions, circulatory conditions, multiple sclerosis, cancer, tumours, medication).

Proposed treatment plan: i.e. pre and post-massage treatments; general massage treatment; treatment duration; massage procedure.

LO4 Be able to perform and review sport and exercise massage techniques

Client preparation: i.e. health and safety; hygiene; administration.

Demonstrate: i.e. safe and effective massage; different techniques (e.g. effleurage, petrissage, frictions, tapotement, vibrations); application of techniques (e.g. correct techniques, suitable medium, appropriate duration, client/therapist rapport).

Mediums: (e.g. oil, talcum powder, creams, advantages and disadvantages of each medium).

Documentation: i.e. date; treatment completed; treatment duration; response to treatment; future appointments; aftercare advice.

Review: (e.g. speed, depth, effectiveness of treatment, liaison with athlete, timing).

DELIVERY GUIDANCE

Delivery of this unit is mostly practical based. The required sport and exercise massage information relating to this unit can be studied within textbooks, DVD's, practical demonstrations, guest speaker and various websites as well as by undertaking specific practical exercises.

LO1: Learners have to demonstrate an understanding of the effects and benefits of sport and exercise massage. This could be achieved by learners presenting the evidence in a leaflet, poster or presentation. This is an ideal opportunity for learners to link the skills and knowledge of anatomy and physiology in a practical context; and this should be maximised.

LO2: Learners have to show an understanding of the role of a sport and exercise massage practitioner. This could be achieved in a variety of ways; learners could research the area, and produce a report on their findings. A variety of guest speakers who work in the industry with a variety of athletes and sports could be invited to the school/college. Investigating professional bodies (Sport Massage Association – SMA) and the professional scope of a sport and exercise massage practitioner could also be used as a source of information.

LO3 and LO4: This is the practical element of the unit. Learners will learn how to perform a client consultation in a safe and effective manner. This will work on the learner's communication skills working with different individuals from different sports. From this learners will identify a treatment plan for the client/athlete and then practically perform the treatment, give aftercare advice and evaluate treatment given. Learners can practise techniques on each other, although it is advised that to improve communication skills and self-confidence when treating clients a variety of individuals/athletics from a variety of sports with different needs are used. For the merit criteria a range is more than two.

GUIDANCE ON ASSESSING THE SUGGESTED TASKS

The table below shows suggested scenarios that cover the pass, merit and distinction criteria in the assessment and grading grid.

You have been offered a work experience placement at a local Sport Massage Clinic. The manager of the clinic has set you certain tasks to achieve during this placement.

Criteria	Assignment title	Scenario	Assessment
P1 and P2	Sport and exercise massage	You have been offered a work experience placement at a local sport massage clinic. Before you go the clinic has asked you to research the effects and benefits of sport and exercise massage and describe the roles of sport and exercise massage professionals.	Learners have to demonstrate the understanding of the effects and benefits of sport and exercise massage. This could be achieved by learners presenting the evidence in a leaflet, poster or presentation.
M1	Benefits of sport and exercise massage	When you arrive at the sport massage clinic, you are asked to put together an information leaflet which can be given to the athletes who come to be treated in the clinic – explaining how sport and exercise massage can be beneficial to them.	Learners need to produce a leaflet which contains information on how sport and exercise massage can be beneficial to athletes. This would be researched based.
P3 and M2	Planning of a pre-treatment consultation	You have been asked to perform a pre-treatment consultation on an athlete. Before you do this the clinic manager has asked you to write a report explaining the importance of performing a pre-testing consultation and describe contraindications to massage treatment.	Learners could produce a report, and should be encouraged to look at a variety of different pre-treatment consultation forms from a variety of sources and design their own that could be used in P4.

P4	Performing pre-consultation	You have been asked to perform your pre-treatment consultation on a variety of athletes .	Learners should use the forms they designed in P3, learners should try and complete pre-treatment consultation on a variety of athletes to help them achieve the higher grading criteria.
P5 and D1	Treatment plan	From the pre-treatment consultations performed in P4 you are required to produce a treatment plan, to obtain a higher grade produce a treatment plan for a variety of athletes and compare and contrast the differences of each plan.	Learners should use the athletes they performed the pre-treatment consultations on.
P6	Sport and exercise massage	The manager of the sport massage clinic has been demonstrating sport massage techniques to you. One of the athletes who you performed the pre-treatment consultation on has given you their permission to demonstrate the techniques on them.	A witness statement/checklist could be used.
M3	Massage techniques	As part of your work experience assignment you need to demonstrate the massage techniques.	A witness statement/checklist could be used for evident of this assessment criteria.
P7 and D2	Review of treatment plan	After the treatment to the athlete, you need to produce a review of the treatment plan and treatment given to the athletes and adapt to different situations.	

RESOURCES

Books

Beck, M. (2006) *Theory and Practice of Therapeutic Massage*. 3rd ed., USA: Milady

Clay, J. and Pounds, D. (2008) *Basic Clinical Massage Therapy: Integrating Anatomy and Treatment*. 2nd ed., Philadelphia: Lippincott Williams and Wilkins

Johnson, J. (2009) *Soft Tissue Release*. Leeds: Human Kinetics

Ward, K. (2004) *Hands on Sports Therapy*. London: Thomson

Websites

www.sportsinjuryclinic.net/sports_massage

MAPPING WITHIN THE QUALIFICATION TO OTHER UNITS

Unit 3: Current Issues in Sport

Unit 13: Leadership in Sport



CONTACT US

Staff at the OCR Customer Contact Centre are available to take your call between 8am and 5.30pm, Monday to Friday.

We're always delighted to answer questions and give advice.

Telephone 02476 851509

Email cambridgetechnicals@ocr.org.uk

www.ocr.org.uk