

Higher National Unit Specification

General information for centres

Unit title: Sports Massage Techniques

Unit code: DP8D 35

Unit purpose: This Unit is designed to develop basic massage and treatment planning skills to provide individual sports massage treatment plans. It is intended for candidates who require a greater understanding and knowledge of massage techniques in order to provide treatment for sports clients.

On completion of the Unit the candidate should be able to:

- 1 Consult with client to devise sports massage treatment plans.
- 2 Perform sports massage for maintenance, pre, post and inter competition on a client.
- 3 Perform advanced sports massage techniques on a client.
- 4 Apply, evaluate and modify sports massage treatment plans.

Credit points and level: 1.5 HN Credit at SCQF level 8: (12 SCQF credit points at SCQF level 8*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: As this Unit builds upon general Swedish massage skills, the candidate would benefit from prior knowledge delivered within HN Units such as Body Massage, Anatomy and Exercise Physiology, Applied anatomy and Applied Physiology, Clinical Assessment of Sports Injuries or equivalences at a related level. However, entry is at the discretion of the Centre.

Core skills: There may be opportunities to gather evidence towards Core Skills in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: Outcomes 1, 2 and 4 provide the opportunity to combine assessments.

Candidates must provide written evidence of client consultation and treatment planning skills and demonstrate practical competency in applying sports massage techniques.

General information for centres (cont)

Unit title: Sports Massage Techniques

Treatment planning skills and performance of each of the following massage treatments to the whole body or an appropriate body area:

- ◆ maintenance massage
- ◆ pre competition massage
- ◆ post competition massage
- ◆ inter competition massage
- ◆ deep transverse frictions
- ◆ soft tissue release
- ◆ muscle energy techniques

These should be evidenced by means of an assessor checklist, though it may be appropriate to use video or similar recording media. The candidate must demonstrate all of the knowledge and skills detailed for Outcomes in a simulated or real therapy environment and within professional timelines. It should be stressed that there are significant differences between a clinical therapy environment and field type environments commonly encountered in Sports Massage.

Clients used for classroom observations may be from the candidate's peer group. Supplementary evidence may also be gathered from the holistic written assessment case study for Outcome 4.

Outcome 4 uses a minimum of two live case studies to facilitate the application, evaluation and modification of a treatment plan on two different client types. Treatment should be applied under supervised conditions which may be evidenced by a witness testimony if suitable.

Higher National Unit specification: statement of standards

Unit title: Sports Massage Techniques

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Consult with client to devise sports massage treatment plan

Knowledge and/or skills

- ◆ communication skills
- ◆ consultation techniques
- ◆ clinical assessment skills
- ◆ aims and requirements of client
- ◆ treatment planning
- ◆ record keeping

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can on a minimum of three separate occasions:

- ◆ communicate professionally with a client
- ◆ relate to client in a sensitive manner
- ◆ gather information to plan a treatment appropriate for the client's requirements
- ◆ recognise contra-indications and areas of special consideration
- ◆ obtain informed consent

Assessment Guidelines

The assessment for this Outcome could be combined with Outcome 2 – 4 as part of a written/oral and practical assessment for the Unit. Supplementary evidence may also be gathered from the holistic written assessment case studies for Outcome 4. It may be appropriate to use a logbook or portfolio to record all evidence.

Higher National Unit specification: statement of standards (cont)

Unit title: Sports Massage Techniques

Candidates must provide written evidence of client consultation and treatment planning skills

Outcome 2

Perform sports massage for maintenance, pre, post and inter competition on a client

Knowledge and/or skills

- ◆ Client and facility preparation
- ◆ Application of techniques.

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can on a minimum of three separate occasions:

- ◆ prepare client and facility for treatment
- ◆ apply the following techniques safely and effectively to appropriate area/s of the body
 - maintenance massage
 - pre competition massage
 - post pre competition massage
 - inter competition massage.
- ◆ Complete treatment cards

Assessment Guidelines

The assessment for this Outcome could be combined with other Outcomes as part of a written/oral and practical assessment for the Unit. Supplementary evidence may also be gathered from the holistic written assessment case studies for Outcome 4.

Candidates must demonstrate practical competency in applying sports massage techniques. Treatment planning skills and the performance of a minimum of one massage treatment for each of the above techniques should be evidenced by means of an assessor checklist provided to record evidence.

Outcome 3

Perform specific sports massage techniques on a client

Knowledge and/or skills

- ◆ rationale underpinning the 3 techniques
- ◆ application of deep transverse frictions
- ◆ application of soft tissue release
- ◆ application of basic muscle energy technique

Higher National Unit specification: statement of standards (cont)

Unit title: Sports Massage Techniques

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can on a minimum of three separate occasions:

- ◆ apply massage techniques safely and effectively
- ◆ apply techniques appropriate to specified area of need
- ◆ complete treatment cards
- ◆ provide a written rationale for the use of each massage technique

Assessment Guidelines

The candidate must demonstrate all of the knowledge and skills detailed for Outcomes 3 in a simulated therapy environment and within commercial timelines. Candidates should demonstrate a minimum of a single application of each of the massage techniques listed under knowledge and skills to the area of need only. An assessor checklist should be provided to record evidence.

Supplementary evidence for the rationale underpinning techniques may be gathered in the form of a closed-book exercise following a period of time for self directed candidate research using available media sources.

Outcome 4

Apply, evaluate and modify sports massage treatment plans

Knowledge and/or skills

- ◆ treatment planning skills
- ◆ record keeping
- ◆ programme modification
- ◆ application of techniques
- ◆ reflection and evaluation

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can on a minimum of three separate occasions:

- ◆ carry out appropriate client consultation
- ◆ apply selected techniques safely and effectively
- ◆ evaluate treatment
- ◆ elicit client feedback
- ◆ plan for future treatments
- ◆ offer aftercare and home care advice as appropriate
- ◆ record information

Higher National Unit specification: statement of standards (cont)

Unit title: Sports Massage Techniques

Elements listed under the knowledge and/or skills and must be demonstrated on each assessment occasion. Evidence should be derived from practical assessment opportunities carried out on two different clients in a realistic clinical environment and within commercial timelines.

Assessment Guidelines

The criteria for assessing the candidate should be based upon the choice of effective techniques specific to the client's needs. It may be necessary to use simulation of client conditions.

Assessment should ensure that the candidate has the opportunity to treat clients' different requirements. Practical treatment sessions should conform to commercially viable timescales and evidence should be recorded on an assessor checklist. Peer group clients **should not** be used for assessment 4.

Administrative Information

Unit code: DP8D 35
Unit title: Sports Massage Techniques
Superclass category: MD
Original date of publication: August 2005
Version: 02

History of changes:

| Version | Description of change | Date |
|---------|--|----------|
| 02 | <ul style="list-style-type: none">◆ Removal and restrictive requirements in Outcome 1◆ Clarification of a muscle energy techniques in Outcome 3◆ Minor change to guidance on content and context for clarification | Feb 2007 |
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Source: SQA

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Higher National Unit specification: support notes

Unit title: Sports Massage Techniques

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 60 hours.

Guidance on the content and context for this Unit

This Unit is an option on the HNC/D Fitness, Health and Exercise Group Award and is intended to develop general massage and treatment planning skills to provide advanced massage techniques for sports related conditions.

This Unit also gives the candidate the basic skills and knowledge for progression to Units:

- ◆ *Work Experience* (16 SCQF credit points) SCQF level 7 and 8

Outcome 1 underlines the importance of the consultation process. Candidates should be encouraged to recognise the importance of the following:

- ◆ the consultation process is establishing client's physical and physiological requirements

Treatment planning skills

The candidate should be encouraged to promote good communication with client's through:

- ◆ establishing rapport: greetings, use of names, handshakes, remembering personal information
- ◆ following professional ethical and moral guidelines and demonstrating professional attitude:
 - time keeping
 - undertaking consultation
 - referring client on if necessary
 - seeking feedback on environment
 - comfort
 - pressure of techniques
 - appropriate record keeping
 - confidentiality
- ◆ demonstrating an empathic attitude, keeping off out-of-bounds subjects
- ◆ using active listening, open questions, appropriate Non Verbal Communication eg nodding
- ◆ establishing appropriate balance of talking/silence/type of music
- ◆ giving of clear instructions of what therapist will do and what client should do
- ◆ clinical assessment skills should include: Specific consultation techniques to establish client's physical and physiological requirements

Physical requirements: ROM, pain management, stiffness, limb length, symmetry, injury and medical history.

Higher National Unit specification: support notes (cont)

Unit title: Sports Massage Techniques

Physiological requirements: Circulatory issues, breathing, medical conditions, inflammation, injury and medical history.

Psychological requirements: self esteem, confidence.

Record keeping could include:

- ◆ client's name, address, date of birth
- ◆ occupation
- ◆ medical history and medication
- ◆ skeletal problems: what and where
- ◆ muscular problems: what, where, cause if known, description of pain/ache
- ◆ recent injuries: what, where, cause if known, have they had it treated
- ◆ allergies
- ◆ contra-indications
- ◆ client's aims and specific areas client requests treatment for
- ◆ therapist's aims and plan
- ◆ informed consent — dated and signed by client and therapist
- ◆ treatment record
- ◆ observations and client feedback

The consultation process should be backed up with supplementary written evidence in the form of a minimum of three treatment cards which demonstrate that the candidate has gathered the relevant information required for clients they have treated. Written evidence for treatments of a minimum of two clients will be gathered for Outcome 4, and may cover some of the Evidence Requirements for this Outcome.

Outcome 2 provides the candidate an understanding of the uses and effects of different sports massage routines. The candidate should be encouraged to rationalise:

- ◆ the effects and uses of different massage routines on localised areas of the body
- ◆ the restrictions to treatment imposed by clinical assessment, and the significant differences between this and field assessments commonly used at large events
- ◆ client care, comfort and modesty
- ◆ the utilisation by the therapist of correct biomechanics during application of techniques

Outcome 3 covers a range of specific massage techniques and their effects on various sports related conditions. These should include:

- ◆ areas of fibrous tissue and adhesions
- ◆ maintenance of muscle tone

The range appears under the knowledge and skills section. The three techniques should be observed during class time to ensure the candidate has the opportunity to treat clients with varying requirements and on localised areas of the body.

Higher National Unit specification: support notes (cont)

Unit title: Sports Massage Techniques

Media sources could include: internet, professional journals, books, articles, TV,

Outcome 4 addresses the importance of evaluating the effectiveness of the treatment and giving appropriate aftercare and homecare advice for the client. Candidates should be encouraged to explain:

- ◆ the reasons why evaluation is important
- ◆ the importance of client feedback
- ◆ specific aftercare and homecare advice
- ◆ requirement for accurate record keeping

Supplementary evidence should be provided in the form of treatment plans/record cards, for individual treatments, for two clients receiving consecutive treatments. This should include:

- ◆ an account of the treatment given with reference to client's clinical assessment and therapist's aims including adaptations to treatment
- ◆ rationale for different techniques used
- ◆ localised contra-indications present
- ◆ general and systemic conditions affecting treatment choice
- ◆ an account of the treatment given with reference to client's anatomical analysis, aims, needs and therapist's aims including adaptations to treatment
- ◆ reasons why different techniques were used
- ◆ client's physical and physiological assessment as detailed in the support notes for Outcome 1
- ◆ client feedback
- ◆ any improvement
- ◆ suitable aftercare and homecare advice given
- ◆ evaluation of effectiveness of the treatment
- ◆ plan for future treatments
- ◆ data protection issues

Guidance on the delivery and assessment of this Unit

The Unit should be delivered in the second year the Group Award by which time candidates should have a good appreciation of the Anatomy and Physiology and experience of practical, massage skills.

Delivery should be in the form of practical demonstrations with candidates practicing the skills required to achieve the competencies. This should be supported by lectures and course notes relating to the theoretical aspects of sports massage treatment skills.

A variety of teaching methods will enhance delivery. Practical demonstrations followed by peer participation to practice techniques should form the bulk of the teaching approach. Group discussion will allow for sharing of information from different professional experiences of sport and will help to formulate approaches to treatment planning. Classroom observations will be undertaken to ensure skills are effective within simulated working therapy environment before more extensive treatment plans are carried out on two clients.

Higher National Unit specification: support notes (cont)

Unit title: Sports Massage Techniques

Practical skills should be undertaken in a commercially viable timeframe with appropriate record keeping. The use of Information and Communication Technology (ICT) should be encouraged with research tasks using the Internet and other media to gain knowledge of the rationale behind sports massage techniques and their subsequent application to sports related injuries and conditions. Exposure to semi-professional sports personnel would enhance the delivery of the Unit and provide high quality hands on experience for the candidate.

Practical assessments should be undertaken in the middle and near the end of the Unit. These should be held in a realistic working environment and the procedures assessed against a checklist of the knowledge and/or skills required as indicated by the assessor.

Open learning

Theoretical aspects for this Unit are appropriate for open and distance learning. However due to the practical nature of the skills involved in sports massage techniques , practical classes would need to be undertaken within therapy room environment to enable candidates to gain experience of the application of treatments.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

General information for candidates

Unit title: Sports Massage Techniques

This Unit aims to develop your general skills of manual Swedish massage through the addition of therapeutic manipulation techniques such as deep transverse frictions, soft tissue release and an introduction to muscle release energy techniques.

At the end of the Unit, you should be capable of devising a treatment plan to meet a client's needs, apply sports massage techniques with graduated pressure according to the location and stage of any identified injury assessment and establish effective and empathetic communication with the client. Where it may be advantageous to the recovery process, you should be capable of providing home advice for the client.