



Higher National Unit Specification

General information

Unit title: Sports Massage for Events and Special Populations

Unit code: H4XY 35

Superclass: PJ

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Version: 02

Unit purpose

This Unit encourages the learner to adapt massage and soft-tissue treatment (ie sports massage) for specific situations and clients. Learners will treat clients in pre, inter and post-event training and/or competition situations, and learn to adapt massage to treat clients of different ages, and those with a variety of pre-existing conditions. The Unit covers key elements of the National Occupational Standards in Sports Therapy (cnh22) and is one of a mandatory suite, endorsed by the SMA (Association for Soft Tissue Therapists), which forms the HNC Soft Tissue Therapy.

Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Describe the preparation, planning and modifications for the use of sports massage treatment at events.
- 2 Demonstrate pre, inter and post-event sports massage treatments.
- 3 Explain adaptations to sports massage treatment for special populations.
- 4 Devise, apply and evaluate sports massage treatments on a variety of clients.

Credit points and level

0.5 Higher National Unit credits at SCQF level 8: (4 SCQF credit points at SCQF level 8)

Higher National Unit Specification: General information (cont)

Recommended entry to the Unit

This Unit is mandatory in the HNC Soft Tissue Therapy/HND Sports Therapy. Whilst access is ultimately at the discretion of the Centre, it is anticipated that at the time of practical assessment of this Unit, learners will have successfully completed the following HN Units: *Functional Anatomy, Basic Subjective and Objective Assessment* and *Sports Therapy: Professional Standards*. Learners should also have achieved Outcomes 1–3 of *Sports Therapy: Anatomy and Physiology* for or their equivalent SCQF level and either achieved or be near to achieving, practical assessments in *Clinical Sports Massage*.

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

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.

The Assessment Support Pack (ASP) for this Unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>).

Equality and inclusion

This Unit Specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

Higher National Unit Specification: Statement of standards

Unit title: Sports Massage for Events and Special Populations

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

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. Learners 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

Describe the preparation, planning and modifications for the use of sports massage treatment at events.

Knowledge and/or Skills

- ◆ Health, safety and hygiene of indoor and outdoor working environments
- ◆ Use of equipment
- ◆ Indications, contra-indications and cautions for treatment at events
- ◆ Effects, uses and contra-indications of massage manipulations and soft-tissue techniques

Outcome 2

Demonstrate pre, inter and post-event sports massage treatments.

Knowledge and/or Skills

- ◆ Professional standards of personal presentation
- ◆ Communication skills
- ◆ Subjective and objective assessment skills
- ◆ Aims and requirements of client
- ◆ Treatment goals
- ◆ Health, safety and hygiene of the environment
- ◆ Preparation of equipment, supplies, self and client
- ◆ Working posture
- ◆ Correct biomechanics for performing techniques
- ◆ Screening and positioning of client
- ◆ Client care and comfort
- ◆ Application of massage techniques
- ◆ Application of soft tissue techniques
- ◆ Evaluating feedback (visual, oral, kinaesthetic)
- ◆ After-care and home care advice
- ◆ Record keeping
- ◆ Commercial timelines
- ◆ Self-evaluation

Higher National Unit Specification: Statement of standards (cont)

Unit title: Sports Massage for Events and Special Populations

Outcome 3

Explain adaptations to sports massage treatment for special populations.

Knowledge and/or Skills

- ◆ Indications, contra-indications and cautions for treatment
- ◆ Effects, uses and contra-indications of massage manipulations and soft-tissue techniques
- ◆ Main anatomical and physiological differences between adults, children and adolescents
- ◆ Causes and effects of spinal cord injuries in relation to loss of body function
- ◆ Characteristics and classifications of cerebral palsy

Outcome 4

Devise, apply and evaluate sports massage treatments on a variety of clients.

Knowledge and/or Skills

- ◆ Professional standards of personal presentation
- ◆ Communication skills
- ◆ Subjective and objective assessment skills
- ◆ Aims and requirements of client
- ◆ Treatment goals
- ◆ Health, safety and hygiene of the environment
- ◆ Preparation of equipment, supplies, self and client
- ◆ Working posture
- ◆ Correct biomechanics for performing techniques
- ◆ Screening and positioning of client
- ◆ Client care and comfort
- ◆ Application of massage techniques
- ◆ Application of soft tissue techniques
- ◆ Evaluating feedback (visual, oral, kinaesthetic)
- ◆ After-care and home care advice
- ◆ Record keeping
- ◆ Commercial timelines
- ◆ Self-evaluation

Higher National Unit Specification: Statement of standards (cont)

Unit title: Sports Massage for Events and Special Populations

Evidence Requirements for this Unit

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes by showing that they can:

Outcome 1

This Outcome should be assessed through closed-book short answer or restricted response questions.

- ◆ describe the health, safety and hygiene factors that need to be considered when working at events (indoor, outdoor)
- ◆ explain the equipment and supplies used for events massage and factors that influence that choice (indoor, outdoor, space, type of event, weather)
- ◆ describe the objectives, techniques and timing of pre, inter and post-event massage
- ◆ explain the format of subjective and objective assessment for events massage
- ◆ describe the specific contra-indications and cautions for events massage and the adaptations to treatment that any contra-indication and caution may entail

Outcome 2

Demonstrate events massage and be observed on a minimum of one occasion for each type of event massage (1 x pre-event, 1 x inter-event, 1 x post-event). These assessments can be carried out through simulation or at real events. Learners will need to provide evidence that they can:

- ◆ demonstrate that adequate public liability and professional indemnity insurance is held
- ◆ apply appropriate professional standards of personal hygiene, dress and personal appearance
- ◆ prepare the work area for treatment to meet acceptable industry standards for health, safety and hygiene
- ◆ prepare appropriate equipment and supplies for event and environment
- ◆ communicate effectively and professionally with a client
- ◆ relate to the client in a sensitive and empathic manner throughout
- ◆ gather subjective and objective information to devise a sports massage treatment plan appropriate for the client's requirements and the environment in which the treatment will take place
- ◆ recognise contra-indications and cautions to treatment
- ◆ obtain informed consent
- ◆ prepare client appropriately and ensure client care and comfort is maintained throughout treatment
- ◆ position themselves to ensure the treatment is effective and applied without harm to themselves
- ◆ apply a variety of massage and soft tissue techniques accurately and appropriately for the type of treatment being administered (pre, inter, post)

Higher National Unit Specification: Statement of standards (cont)

Unit title: Sports Massage for Events and Special Populations

- ◆ demonstrate application of techniques through clothing and with lubricant
- ◆ work within acceptable commercial timelines for session (between 10–15 minutes for each type)
- ◆ record details accurately and legibly and follow legal procedures for its completion and storage
- ◆ reflect on personal strengths and weakness and identify improvement strategies

This Outcome must be achieved before Outcome 4 is attempted.

Outcome 3

This Outcome should be assessed through closed-book restricted response questions. The learner should demonstrate their knowledge and understanding of the considerations and adaptations to sports massage treatment for the following groups:

- children (aged 9–12) and adolescents (aged 13–18)
- wheelchair users
- athletes with prostheses
- pregnant sportswomen
- athletes with diabetes
- older athletes (65+)

Learners should also describe the condition cerebral palsy and explain the considerations and adaptations to sports massage treatment

Outcome 4

This Outcome should be assessed via a log book/portfolio of evidence. Treatment given should conform to the Evidence Requirements in Outcome 2.

- ◆ demonstrate that adequate public liability and professional indemnity insurance is held
- ◆ apply appropriate professional standards of personal hygiene, dress and personal appearance on all occasions
- ◆ devise, apply and record 10 hours of sports massage treatment to clients at indoor and outdoor competitive events or training situations. A minimum of three different competition events must be included. Clients must include those in each of the following categories: children (aged 9–12), adolescents (aged 13–18), male adults, female adults
- ◆ devise, apply and record sports massage treatment to a minimum of one client drawn from the following groups: wheelchair users, athletes with prostheses/missing limbs, athletes with cerebral palsy, pregnant sportswomen, athletes with diabetes or other pre-existing conditions, older athletes (65+)
- ◆ Present log book/portfolio of evidence comprising event details to include:
 - event type and location
 - date and time of event
 - treatment environment and facilities available
 - weather conditions
 - risk-assessment strategies
 - equipment and supplies used
 - summary count and category of clients treated

Higher National Unit Specification: Statement of standards (cont)

Unit title: Sports Massage for Events and Special Populations

- client's name and signature of consent to treatment
- contra-indications/cautions
- type of massage (pre, inter, post)
- visual/tactile observations
- treatment applied
- length of treatment
- after care/home care given
- self-evaluation of performance at event (strengths and weaknesses)
- verification signature/comments from assessor or significant other

There is the opportunity for bullet point 2 to be cross-assessed with *Clinical Sports Massage* or *Clinical and Team Experience 1*.



Higher National Unit Support Notes

Unit title: Sports Massage for Events and Special Populations

Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 20 hours.

Guidance on the content and context for this Unit

This mandatory Unit in the Group Awards HNC Soft Tissue Therapy/HND Sports Therapy should be delivered towards the end of the first year. Learners should have completed HN Units: *Functional Anatomy, Basic Subjective and Objective Assessment* and *Sports Therapy: Professional Standards*. Learners should also have achieved Outcomes 1–3 of *Sports Therapy: Anatomy and Physiology* for or their equivalent SCQF level and either achieved or be near to achieving, practical assessments in *Clinical Sports Massage* which provides the underpinning knowledge and skill of massage manipulations and techniques.

Outcome 1

- ◆ Health and safety factors: all factors relating to the safety of the practitioner and client relating to the environment, risk assessment should be undertaken (which needs to take account of the weather). Practitioners should be aware of fire, accident and emergency procedures at the event, duty first aiders and location of first aid facilities. Hygiene issues for both indoor and outdoor events should be covered.
- ◆ Equipment and supplies: explanation of choices regarding the type of equipment that should be taken: couch/chair/stool; supports: pillows/bolsters/towels; linen: couch covers/towels; lubricants; cleansers: skin/equipment; sundries: couch roll/wiper/roll/plastic bags.
- ◆ Pre-event: objectives: increase circulation, improve ROM, promote flexibility, promote optimal psychological state, never replaces warm-up, stimulating, avoids pain, does not address issues, concentrates on muscles being used. Timing: within 2 hours of start. Duration: from a few minutes to 15 depending on techniques used. Techniques: effleurage, full range of petrissage, shaking vibration, rocking, tapotement, joint mobilisations, soft-tissue release.
- ◆ Inter-event: objectives: balances recovery and preparation, prevents/alleviates cramps, spasms, DOMS, does not include deep/painful work, focuses on main muscle groups being used or areas of tension, maintains appropriate psychological focus. Duration: 5–15 minutes depending on techniques used. Techniques: combination of relaxing techniques (as post-event) and stimulating techniques (as pre-event). Soft-tissue release. METs with utmost care and only if experienced in working with that particular athlete.

Higher National Unit Support Notes (cont)

Unit title: Sports Massage for Events and Special Populations

- ◆ Post-event: objectives: to assess/refer, increase removal of metabolic waste products and excess fluid, alleviate cramps/spasms, prevent DOMS, restore body functions to normal, promote optimal psychological state, does not include deep/painful work, attention paid to main muscles used/those feeling tension, can replace an active cool down if necessary. Techniques: effleurage, full range of petrissage, soft-tissue release, METs.
- ◆ Subjective Assessment should include questions to ascertain any contra-indications, cautions or injury conditions, specific questions relating to (pre/inter-event) start time and warm up completed and (post-event), length of time since finished, cool down completed, injuries occurred during event (to receive 1st aid), areas of tension, any adverse effects being experienced (body temperature, dizziness, unsteadiness, nausea), had post-event hydrating drink and snack. Objective assessments do not really form part of events massage, however, ROM may be checked where client indicates restriction in order to ensure that treatment does not cause great increases (pre/inter-event).
- ◆ Contra-indications and cautions: blisters, contusions, cramps, dehydration/over hydration, heat exhaustion, hyperthermia, open wounds, fractures of small bones, sprains, strains, sunburn

Outcome 2

- ◆ A minimum of 1 pre-event treatment, one inter-event treatment and one post-event treatment must achieve criteria before progression to Outcome 4.
- ◆ Each treatment should be between 10–15 minutes (maximum) to ensure that a variety of massage manipulations and soft-tissue techniques can be demonstrated.
- ◆ Records should include: event type and location, date and time of event, treatment environment and facilities available, weather conditions, equipment and supplies used, risk assessment strategies, client's name and signature of consent to treatment, contra-indications/cautions, type of massage (pre, inter, post), visual/tactile observations, treatment applied, length of treatment, after care/home care given
- ◆ Self-reflection analysis should include strengths, weakness and items to work on.

Outcome 3

- ◆ Considerations can include: environment where treatment takes place, chaperones, physiological, physical and psychological differences between average adults and special population group.
- ◆ Adaptations: to use of equipment and/or supplies, length of treatment, position treated in, clothed or lubricated treatment, massage manipulations and soft tissue techniques used, pressure.
- ◆ Cerebral palsy should cover primary characteristics: large amount of involuntary movement, poor co-ordination, hyper/hypotonia. Secondary characteristics may include learning impairment, visual, speech and auditory defects, epilepsy. Body parts affected.

Higher National Unit Support Notes (cont)

Unit title: Sports Massage for Events and Special Populations

Outcome 4

- ◆ Collection of these 10 hours can go towards the logged hours that Professional Associations require as evidence of competence. Each type of treatment (pre/inter/post) does not have to be of minimum or maximum length, but in keeping with 'event type' sports massage is likely to be between 5–20 minutes long.
- ◆ 'Event type' sports massage can also be performed pre and post sports and activity training. As long as at least three different competition events are attended any additional hours the learner requires to reach the total of 10, can be made up by sports massage used at training sessions.
- ◆ Treatment of a client from special populations does not have to be at an event if this is not possible to organise. Thus a clinical treatment given either during the *Clinical Experience 1* Unit, or as a case study for practical assessments in *Clinical Sports Massage* would allow for cross assessment, as long as the audit trail was clear.
- ◆ Log book/portfolio information is required to be completed for all events or training sessions attended.

Guidance on approaches to delivery of this Unit

This Unit is one of a suite of mandatory Units mapped to the NOS in Sports Therapy. This Unit, together with *Clinical Sports Massage*, and elements within *Sports Therapy: Anatomy and Physiology, Functional Anatomy, Basic Subjective and Objective Assessment Techniques, Sports Therapy: Professional Standards* and *Clinical and Team Experience 1* will allow the learner entry to the SMA as a level 4 member. This is a requirement for anyone wishing to work with elite athletes at international competition level, such as Commonwealth and Olympic Games.

It is highly recommended that this Unit commences in the latter part of the course so that the underpinning knowledge and skills for massage and soft tissue treatment have been gained and practiced in the Unit, *Clinical Sports Massage*. However, events sports massage and treatment for special populations requires additional considerations and adaptations over treatment in a clinical situation. It is therefore imperative that this Unit is given reverence and not treated as just an 'add-on'.

The Unit is divided into four Outcomes.

Outcome 1 assesses the knowledge required to prepare, plan and modify sports massage treatment at events. An important aspect is to consider risk assessments of the environment where the events massage will take place, working without running water, far from washroom facilities, in spaces not dedicated for massage treatment, add to potential risks of injury to practitioner or client. The weather can create hazards and working outdoors creates others. Learners could visit potential event locations to 'risk assess' and discuss the conditions which could cause potential hazards and injury risk, prior to the closed-book assessment being undertaken.

Higher National Unit Support Notes (cont)

Unit title: Sports Massage for Events and Special Populations

Outcome 2 requires the learner to demonstrate skills in devising and applying sports massage treatments. These practical assessments can be carried out at a real event, once learners are fully competent in carrying out such treatments. Alternatively, the assessments can be carried out through simulation, where the assessor is able to manipulate the variables in order to ensure that the learner is able to demonstrate a wider range of skills than might be afforded at any one event. Plenty of opportunity should be provided for learners to practice events massage before assessment. Scenarios should be presented so that simulations of each type (pre/inter/post) can be carried with learners practicing clothed, lubricated and combined treatments, with clients being treated in prone, supine, side-lying and seated positions. Learners should have the opportunity to practice treatment in massage chairs and on the floor — to simulate the variety of conditions in which they may have to work. Learners must achieve this Outcome before commencing the collection of the 10 hours of logged events massage required for Outcome 4.

Outcome 3 assesses the knowledge required to make appropriate adaptations to sports massage for clients in special population groups. The considerations and adaptations are general, and necessary whether the client is treated in a clinical situation or at an event. Therefore, the learner, having achieved this Outcome, could easily treat a client in the special populations group in a clinical situation, or make further modifications as would apply to any event massage, and treat at events. Any treatment of a client in the special populations groups would count towards the total 100 logged hours whether it was assessed through this Unit, *Clinical Sports Massage* or *Clinical Experience 1* as long as there is a clear audit trail.

For Outcome 4 the learner is required to log a minimum of 10 hours of sports massage delivered at events and possibly training sessions. This requires learners to research events in their area and contact the event manager/co-ordinators to organise the sports massage service. No payment must be demanded or accepted for the learners' services. This Outcome offers learners the opportunity to work as one whole group, or in pairs or small groups, depending on the size of the event. It is expected that the sports massage performed should be carried out to the same standard required for the Outcome 2 assessments. Attendance and performance at the event must be verified by the assessor or a significant other such as Event Manager/co-ordinator, manager of the charity for whom services are being provided, coach/physio of a team being supported at a game/competition. Additionally, the learner might provide further evidence of their attendance at the event through photographic evidence (only with consent of any client being photographed during treatment and as long as clients cannot be recognised). Sports massage administered pre and post training sessions must follow the same parameters as sports massage administered at events, however, clients lack the psychological element of competing, which changes the nature of the treatment and the interaction between practitioner and client. Therefore, a minimum of 3 different competitive events must be attended.

Higher National Unit Support Notes (cont)

Unit title: Sports Massage for Events and Special Populations

Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of instruments of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Outcome 1

All Evidence Requirements for this Outcome should be assessed through closed-book short answer or restricted response questions.

Outcome 2

Learners should be observed devising and applying a minimum of one pre-event treatment, one inter-event treatment and one post-event treatment. Each treatment should be between 10–15 minutes (maximum) to ensure that a variety of massage manipulations and soft-tissue techniques can be demonstrated. Records should include: event type and location, date and time of event, treatment environment and facilities available, weather conditions, risk assessment strategies, equipment and supplies used, client's name and signature of consent to treatment, contra-indications/cautions, type of massage (pre, inter, post), visual/tactile observations, treatment applied, length of treatment, after care/home care given. Self-reflection analysis should include strengths, weakness and items to work on. Assessors should use a checklist to ensure all evidence criteria are achieved.

Outcome 3

All Evidence Requirements for this Outcome should be assessed through closed-book restricted response questions.

Outcome 4

Evidence Requirements should be met through the production of a log book/portfolio of evidence. All bullet points detailed in the ER should be included. Learner attendance and performance should be verified by the assessor or a significant other such as Event Manager/Co-ordinator, manager of the charity for whom services are being provided, coach/physio of a team being supported at the competition/training. Additionally, the learner might provide further evidence of their attendance at the event through photographic evidence (only with consent of any client being photographed during treatment and as long as clients cannot be recognised).

Higher National Unit Support Notes (cont)

Unit title: Sports Massage for Events and Special Populations

Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment.

Opportunities for developing Core and other essential skills

This Unit develops the learners' skill in *Communication, Problem Solving* and *Working with Others*. It equips the learners with essential knowledge and skills to enable them to use an additional modality for the maintenance and enhancement of optimal sports performance across a variety of different athletes. It offers the learner experience of working in real-life working environments and through the collection of logged hours, helps to complete the requirements of professional associations for membership purposes. It allows learners to achieve National Occupational Standards in Sports Therapy (cnh522) and is one of the mandatory suite of Units that provides entry to HND Sports Therapy.

History of changes to Unit

Version	Description of change	Date
02	Identification of possible simulated assessment for Outcome 2.	24/09/14

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General information for learners

Unit title: Sports Massage for Events and Special Populations

This Unit covers key elements of the National Occupational Standards in Sports Therapy (cnh22) and is one of a mandatory suite, endorsed by the SMA, which forms the HNC Soft Tissue Therapy. The Unit will be scheduled for delivery and assessment in the latter part of your first year course, so that you will have developed many massage and soft tissue skills in the Unit *Clinical Sports Massage*. You will also use the knowledge and skills developed in a variety of other Units such as *Anatomy and Physiology*, *Functional Anatomy and Professional Standards*.

For this Unit, you will learn how to adapt massage and soft-tissue treatment (sports massage) to treat clients before, during and after competitions and training. You will also learn how to adapt sports massage for clients of different ages (children, adolescents, older adults) and sports people with a variety of pre-existing conditions, for example pregnancy, physical or mental health-related conditions.

You are also required to collect a minimum of 10 logged hours of event massage, which you will do by attending at least three competitive events where you will perform pre, inter and post-event massage.

There are four Outcomes.

Outcome 1 assesses your knowledge and understanding of the preparation, planning and modifications required when using sports massage treatment at events through a closed-book assessment.

Outcome 2 is a practical assessment where you are required to demonstrate your competence in being able to design and deliver pre, inter and post event massages.

Outcome 3 covers the reasons for, and adaptations that are required, when using sports massage with special populations such as children, adolescents, older people and sports people with specific pre-existing presenting conditions such as pregnancy, or physical or mental health related conditions. This is assessed through a closed-book assessment.

Outcome 4 requires the completion of a log book/portfolio detailing the events or training sessions attended and the events sports massage performed.