

Sports Massage Therapy (Adults)



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Subject Area	Sports & Fitness
Course Type	Adult
Study Level	Level 3
Delivery Mode	Part-time
Duration	1 Academic Year
Start Date	September 2026
Course Code	PA000145

Course Summary

The Active IQ Level 3 Diploma in Sports Massage Therapy qualification will equip you with the knowledge and skills needed to be able to provide sports massage therapy to a range of clients. You will be able to provide sports massage therapy to clients who have dysfunctional tissue, without acute/post-acute injuries or underlying pathological conditions. By mastering safe and effective massage methods, you'll be ready to support clients of varying fitness levels and needs.

Is This Course for Me?

- If you're interested how the human body moves and recovers.
- If you enjoy helping others improve their wellbeing and performance.
- If you want to build practical skills that lead to real opportunities in sports or therapy settings.

Why Choose This Course

- Gain Hands-On Experience – Practice massage techniques in a supervised, supportive environment.
- Build a Strong Knowledge Base – Learn the science behind muscle function and

recovery.

- Access Job Opportunities – Use your new skills to step into roles in gyms, sports clubs, or private practice.

What You Will Learn

You will understand and develop the essential skills you will need for progression into a career in Sports Massage and Therapy. Topics covered include Anatomy and Physiology, Health and Fitness and Massage Treatments.

Modules

Learners must complete the **5 mandatory units** (37 credits):

- **Unit 1:** Anatomy and Physiology for Sports Massage
- **Unit 2:** Principles of Health and Fitness
- **Unit 3:** Understanding the Principles of Soft Tissue Dysfunction
- **Unit 4:** Professional Practice in Sports Massage
- **Unit 5:** Sports Massage Treatments

Entry Requirements

No formal qualifications are required but a good grasp of the English language is necessary and will be assessed at expression of interest.

Progression

Successful completion of this course can lead to employment as a self-employed massage therapist or a massage therapist within a health setting or sporting organisation.

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