



Career Development

Sports Massage Therapy

Overview

This course includes all the required elements to assess clients and construct a sports massage treatment plan. You will gain an understanding of how to determine the appropriate techniques for specific clients and the effects on their body.

You will learn about the structural organisation of the human body and the effects a sports massage has on the body system.

The course will also cover healthy eating, principles of training and components of fitness.

Progression

You will be qualified to explore routes in Fitness Instructing, as well as building on your qualifications with related, higher level courses.

Entry Requirements

This course requires a Level 2 Diploma in Fitness Instructing & Personal Training.

You must be 19+ to apply for an Advanced Learner Loan to fund this course.

Level 3 Diploma

10-12 weeks

Active IQ

Online Learning Available

Did you know we have a range of courses related to this qualification?

Find Out More

If you are interested in finding out more, contact us today:
www.b-skill.com/contact/



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