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# Level 3 Diploma in Sports Massage Therapy (SP3D6)

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**VTCT**

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## Learner workbook

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### **Introduction:**

Please provide detailed answers to all the questions in this workbook.

You can refer to your notes to complete the answers.

Other sources of information and guidance for the potential answers include:

- The unit manuals.
- The PowerPoint presentations used by the tutor.
- Other relevant and credible information sources, e.g. books, textbooks, professional journals and associations.

**Learner name:**

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## Level 3 Diploma in Sports Massage Therapy - Assessment plan and record of achievement

Assessment Plan					Record of Achievement		
Unit	Stage of assessment	Evidence	Assessment method	Planned Assessment Date	Pass/Refer/RPL (include copies of certificates for RPL)	Assessor's signature or initials and date	IQA initials (if sampled)
1	Anatomy and physiology for sports massage	Theory paper	Externally set multiple choice question paper		% (score for MCQ Exam)		
		Workbook	Written				
2	Principles of Health & Fitness	Workbook	Written				
3	Understand the Principles of Soft Tissue Dysfunction	Workbook	Written				
4	Professional Practice in Sports Massage	Workbook	Written				
		Case Study	Written				
5	Sports Massage Treatments	Workbook	Written				
		Case Study	Written				
		Practical	Observed				

## Assessment planning and record of achievement declaration

Declaration		Name	Signature	Date
<b>Learner's agreement:</b>	<p>I agree to be assessed according to the assessment plan and am happy that any additional support I require has been discussed and a separate plan put in place for this.</p> <p>I declare that all of the evidence (listed in the assessment plan) that will be produced for this portfolio will be my own unaided work.</p>			
<b>Assessor's agreement</b>	I have discussed the planned assessments with the learner and any additional support required has been planned and recorded separately.			

## Record of achievement declaration

Declaration		Name	Signature	Date
<b>Assessor's 1 agreement</b>	I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.			
<b>Assessor's 2 agreement</b> (if applicable)	I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.			
<b>Assessor's 3 agreement</b> (if applicable)	I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.			
<b>Internal quality assurers agreement</b>	I declare that all learner evidence (initialled in the assessment plan) has been internally verified and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.			

# Unit 1 Anatomy & Physiology for Sports Massage USP41

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## USP41- LO1 Understand the organisation of the human body

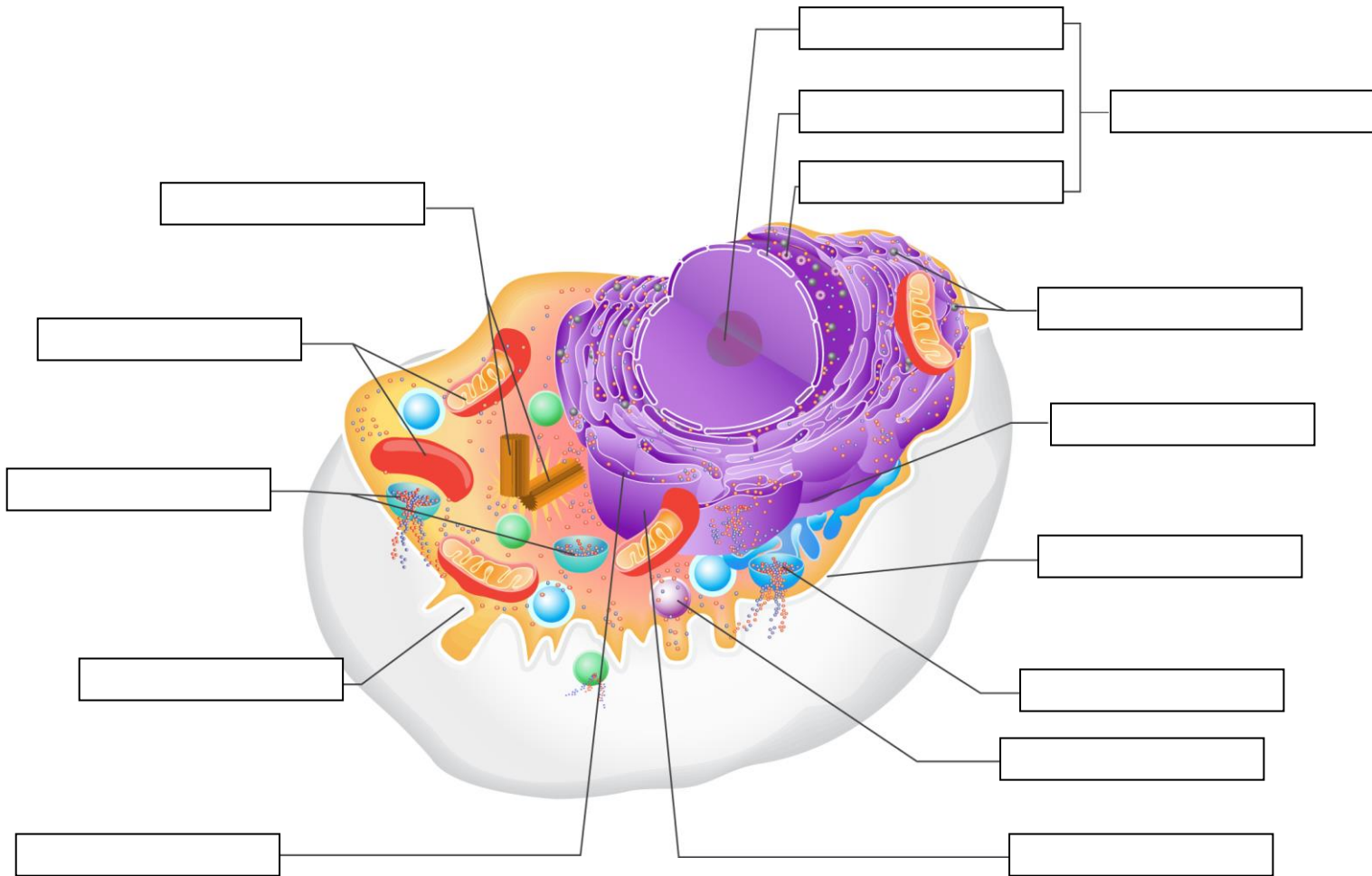
- a) Place the following structural organisations of the body into the correct order (starting with the smallest) and provide a brief description of each structure. (LO1a)

**Organs, Cellular, Systems, Tissues, Chemical, Organism**

Structure order	Description

b) Label the following diagram with each of the organelles listed below and complete the table describing the structure and function of the cell organelles listed: (LO1b,c)

**Lysosome, Vesicle, Rough endoplasmic reticulum, Smooth endoplasmic reticulum, Mitochondria, Nucleus, Nucleolus, Cytoplasm, Cell membrane, Ribosomes, Golgi apparatus**



Organelle	Structure and function
Cell membrane	
Mitochondria	
Ribosomes	
Endoplasmic reticulum	
Golgi apparatus	
Lysosomes	
Nucleus	

c) Describe the following types of human tissue and their functions. (LO1d,e)

	Description of tissue and function
<b>Epithelial tissue</b>	
<b>Glandular tissue</b>	
<b>Connective tissue</b>	
<b>Bone</b>	
<b>Lymphoid tissue</b>	
<b>Nervous tissue</b>	
<b>Muscle</b>	
<b>Cartilage</b>	
<b>Membranes</b>	

### USP41- LO7 Understand the structure and functions of the endocrine system

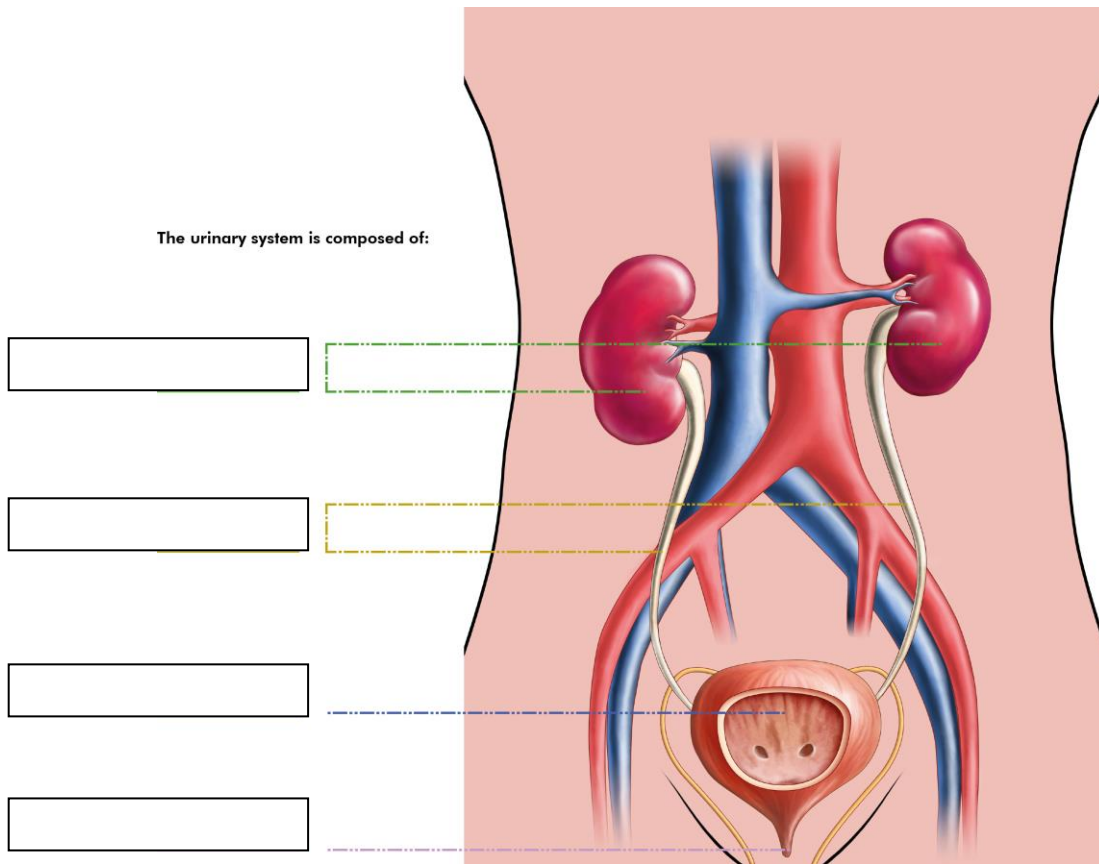
Complete the table identifying the common endocrine glands, a description of each and their main actions. (LO7a,c)

Gland	Description	Key hormone and action
<b>H</b>		
<b>T</b>		
<b>P</b>		
<b>P</b>		
<b>P</b>		
<b>A</b>		
<b>P</b>		
<b>O</b>		
<b>T</b>		



## USP41- LO12 Know the structure and functions of the urinary system

a) Label the components within the structure of the urinary system (LO12a)



b) Outline the structure and function of the urinary system (LO12a,b)

	Structure	Function
<b>Kidneys</b>		
<b>Ureter</b>		
<b>Bladder</b>		
<b>Urethra</b>		



## Assessment Sheet

### Unit 1 Anatomy and Physiology for Sports Massage USP41

#### ASSESSOR FEEDBACK

**RESULT:            PASS / REFER**

**Assessor signature:**

**Date:**

**IQA Signature (if sampled)**

**Date:**

#### SUBSEQUENT ASSESSMENT

**RESULT:            PASS / REFER**

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# Unit 2 Principles of Health & Fitness

## USP42

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### USP42- LO1 Understand the benefits of an active, healthy lifestyle

a) Explain four activities that constitute an active, healthy lifestyle (LO1a)


b) Describe at least four benefits of leading an active, healthy lifestyle (LO1b)

1	
2	
3	
4	

### USP42- LO2 Understand the effects of exercise on the body

a) Complete the following table describing the effects on the listed body systems, both short and long term: (LO2a)

Body System	Short term effects	Long term effects
<b>Skeletal</b>		
<b>Muscular</b>		
<b>Cardiovascular</b>		
<b>Respiratory</b>		

b) Describe blood pooling and its effects following exercise: (LO2b)

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c) Of the following types of exercise, circle the ones which are most likely to cause delayed onset muscle soreness (DOMS). *There is more than one answer.* (LO2c)

Plyometric exercises	Isotonic exercises	Increased exercise intensity	Isometric exercise
Stretching	Concentric contractions	Eccentric contractions	Downhill running

### USP42- LO3 Know the components of fitness

a) Describe the following health related components of fitness: (LO3a)

<b>Cardiovascular endurance</b>	
<b>Muscular endurance</b>	
<b>Muscular strength</b>	
<b>Flexibility</b>	
<b>Body composition</b>	

b) Define the following skill related components of fitness: (LO3b)

<b>Speed</b>	
<b>Muscular power</b>	
<b>Agility</b>	
<b>Balance</b>	
<b>Co-ordination</b>	
<b>Reaction time</b>	

c) Identify 5 factors that may affect your ability to perform health and skill related fitness: (LO3c)

1	
2	
3	
4	
5	

## USP42- LO4 Know the principles of training

a) Complete the following table to identify and define the six principles of training: (LO4a,b)

	<b>Training principle</b>	<b>Meaning</b>
1		
2		
3		
4		
5		
6		

Define the fitness variables in the following table:

<b>Frequency</b>	
<b>Intensity</b>	
<b>Time</b>	
<b>Type</b>	

b) What signs and symptoms might an athlete display that could indicate overtraining? (LO4c)

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## USP42- LO5 Understand the importance of healthy eating

- a) What role do the following macronutrients contribute to our diet? Identify common dietary sources of these macronutrients (LO5a,c)

Macronutrient	Role	Sources
Fats		
Protein		
Carbohydrate		

- b) Identify the key micronutrients for both vitamins and minerals. Explain their role in our diet and give general sources for each (LO5b,c)

Micro nutrient	Identify		Role	Sources
Vitamins	Fat soluble			
	Water soluble			
Minerals				

- c) Explain the importance of maintaining hydration, particularly during exercise (LO5d)

d) The Food Standards Agency current healthy eating guidelines relate to the 'Eatwell Plate'. Explain what is recommended in each of the five segments of the Eatwell plate. (LO5e)

1	
2	
3	
4	
5	

Explain at least two other healthy eating tips recommended by the government: (LO5e)

1	
2	

e) Why it is important to eat healthily in relation to each of the following situations: (LO5f)

<b>Growth</b>	
<b>Repair</b>	
<b>Injury</b>	

f) Explain professional boundaries when offering healthy eating advice (LO5g)

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# Assessment Sheet

## Unit 2 Principles of health and fitness USP42

### ASSESSOR FEEDBACK

**RESULT:            PASS / REFER**

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**Date:**

**IQA Signature (if sampled)**

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### SUBSEQUENT ASSESSMENT

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# Unit 3 Understand the Principles of Soft Tissue Dysfunction USP43

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## USP43- LO1 Understand soft tissue dysfunction

- a) Complete the following table defining soft tissue injury and dysfunctional tissue, along with the causes, and signs and symptoms? (LO1a,e,f)

	Definition	Cause	Sign and symptoms
<b>Soft tissue injury</b>			
<b>Dysfunctional tissue</b>			

- b) Explain the possible causes of soft tissue injuries under the following classifications. (LO1c)

<b>Intrinsic</b>	
<b>Extrinsic</b>	

- c) Describe the following types of soft tissue injuries and conditions and identify the likely cause: (LO1b,c)

Type of soft tissue injury	Description	Intrinsic or extrinsic cause?
<b>Muscle or tendon strain</b>		
<b>Ligament sprain</b>		
<b>Tendinopathy</b>		
<b>Bursitis</b>		
<b>Muscle cramp</b>		
<b>Delayed onset muscle soreness</b>		
<b>Skin conditions</b>		
<b>Contusions</b>		
<b>Intra/intermuscular haematoma</b>		

d) Identify the pathological differences and the signs and symptoms of the following grades of injuries. (LO1d)

	<b>Muscles and tendons</b>	<b>Ligaments</b>
<b>Grade I or 1</b>		
<b>Grade II or 2</b>		
<b>Grade III or 3</b>		

### USP43- LO2 Understand the process of repair of soft tissue

a) Describe the 3 phases of soft tissue repair, including time scales involved and signs & symptoms: (LO2a)

<b>Phase of Repair</b>	<b>Description</b>
<b>Acute or inflammatory phase</b>	
<b>Repair, regeneration or proliferation phase</b>	
<b>Remodelling</b>	

b) Describe 4 factors that may influence the rate of soft tissue repair. (LO2b)


c) Describe the importance of the inflammatory process. (LO2c)

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## Assessment Sheet

### Unit 3 Understanding the principles of soft tissue dysfunction USP43

#### ASSESSOR FEEDBACK

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**Assessor signature:**

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# Unit 4 Professional Practice in Sports Massage USP44

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## USP44- LO1 Understand legislation required in sports massage

- a) Why is it important to have a chaperone present when working with children and vulnerable adults and what actions must be taken to conform with legislation? (LO1b)

- b) Give 5 potential consequences of non-compliance with legislation and professional standards. (LO1e)

## USP44 – LO2 Understand scope of practice in sports massage

a) Complete the following table regarding the following contraindications: (LO2a,b)

<b>Contra-indication</b>	<b>Brief description and/or examples of the condition</b>	<b>Temporary (T), local (L) or absolute (A)</b>	<b>Action of therapist in situation</b>
<b>Acute soft tissue injury</b>			
<b>Tumour</b>			
<b>Open wounds</b>			
<b>Circulatory disorders</b>			
<b>Fractures</b>			
<b>Thrombosis</b>			
<b>Myositis ossificans</b>			
<b>Infections</b>			
<b>Skin disorders</b>			
<b>Allergic conditions</b>			
<b>Risk of haemorrhage</b>			
<b>Areas of altered skin sensation</b>			
<b>Mental incapacity</b>			

## USP44- LO3 Understand the standards relevant to the sports massage profession

- a) Under the following headings discuss the ethical and conduct requirements of the professional organisations in the sports massage industry that dictate our professional standards: (LO3a)

<b>Standards of Conduct</b> (how we behave)	
<b>Standards of performance</b> (relates to skills and practice)	
<b>Ethical standards</b> (professional integrity)	

- b) Research and evaluate the roles of the following professional organisations relating to sports massage (LO3b,c)

<b>Complementary and Natural Healthcare Council (CNHC)</b>	
<b>Federation of Holistic Therapists (FHT)</b>	
<b>General Council for Massage Therapies (GCMT)</b>	
<b>Sports Massage Association (SMA)</b>	

c) Explain the purpose of regulation within sports massage. (LO3c)

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d) Explain the importance of continuing professional development for a healthcare practitioner. (LO3d)

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e) Describe the protocol to follow when presented with an emergency situation in each of the following environments. (LO3e)

<b>Home</b>	
<b>Event</b>	
<b>Within an organisation</b>	

f) Investigate the following types of insurance and explain the protection they offer: (LO3f)

Public Liability	
Professional Indemnity Insurance (Also known as Professional Liability Insurance)	
Employers Liability (Compulsory Insurance) Act 1969	



## USP44- LO4 Understand the principles of professional practice in sports massage

- a) Explain the importance of valuing equality and diversity when working with clients. (LO4a)

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- b) Describe the advantages/disadvantages of the following means of communication (LO4d,e & LO2d)

<b>Communication method</b>	<b>Advantages</b>	<b>Disadvantages</b>
<b>Face to face</b>		
<b>Body language</b>		
<b>Telephone</b>		
<b>Written or email</b>		
<b>Social media</b>		

# Assessment Sheet

## Unit 4 Professional practice in sports massage USP44

### ASSESSOR FEEDBACK

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**Date:**

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# Unit 5 Sports Massage Treatments

## USP45

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### USP45- LO5 Understand the history and origins of massage

- a) Give a brief account of the history and origins of massage (LO5a)

- b) Explain the development and current recognition of sports massage in the UK (LO5b)

- c) Explain how sports massage can complement other therapies and treatments (LO5c)

## USP45- LO6 Understand the fundamentals of sports massage treatments

a) Explain the aims for sports massage used in the following contexts (LO6a)

<b>Pre-event</b>	
<b>Inter/intra event</b>	
<b>Post-event</b>	
<b>Maintenance</b>	

b) Why is it important for a sports masseur to maintain good posture throughout the treatment? (LO6g)

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c) Complete the table in relation to commonly used mediums in sports massage. (LO6h,i)

<b>Medium</b>	<b>Properties and benefits</b>	<b>Advantages</b>	<b>Disadvantages</b>
<b>Creams/lotions</b>			
<b>Oils</b>			
<b>Talcum powder</b>			
<b>Gels</b>			
<b>Wax</b>			

d) What is the value of the client consultation? (LO7d)

e) Complete the following table to describe the range of sports massage techniques used in treatments (LO6f)

<b>Technique</b>	<b>Variations / Application/Cautions</b>	<b>Application</b> (change of stance, pressure, hand position)	<b>Purpose/Effects</b>
<b>Effleurage</b>			
<b>Petrissage</b>			
<b>Frictions</b>			
<b>Tapotement</b>			
<b>Compressions</b>			
<b>Vibrations</b>			
<b>Passive stretching</b>			



What equipment checks do you need to make? (LO4c)
If treatment were being carried out at an event, what other considerations might there be? (LO1a)

### Theoretical Case Study

A 33 year old, male client comes for a sports massage treatment complaining of backache in the lumbar region. He is employed in an office, where he sits for long periods of time whilst working at a computer. His back tends to be worse when he stands for a long time. The client does not exercise but occasionally walks the dog. He is slightly overweight but his diet is quite healthy, he has an occasional drink and does not smoke. The patient suffers from high blood pressure but the doctor has not put him on medication for this yet.

You are required to answer the following questions based on the scenario above. The learning outcome that the questions relate to is in brackets to help you source the unit content for the answer.

#### PREPARATION:

#### USP45- LO6 Understand the fundamentals of sports massage treatments

- a) Explain what environment would be suitable and the equipment would you need to carry out the treatment? Explain the purpose/use/need for each piece of equipment (LO6b,c)



## **USP44- LO4 Understand the principles of professional practice in sports massage**

b) Explain the importance of professionalism when working with clients: (LO4b)

c) Why is it important to use good communication skills with the client? (LO4d)

## **ASSESSMENT:**

### **USP45- LO7 Understand how to assess and screen clients for sports massage treatments**

- d) What is meant by subjective assessment and what methods might you use to obtain this information from this client? What information would you gather and why do we need to gain subjective information. (LO7a,b,c)

- e) What is meant by objective assessment and what methods might you use to gather this information from this client? What tests might you carry out and why do we need to gain objective information. (LO7a,b,c)

### **USP44- LO2 Understand scope of practice in sports massage**

- f) In this case it would be necessary to refer to another professional. Describe when referral is necessary and give details of the process and protocol involved. (LO2c)

## **TREATMENT:**

### **USP44 – LO1 Understand legislation required in sports massage**

- g) Describe how you would gain informed consent to treatment (and assessment), including the information that is necessary to give the client for informed consent. (LO1c,d)

### **USP45 – LO6 Understand the fundamentals of sports massage treatments**

- h) Explain the position you would place the client in for the treatment, mentioning placement of supports and maintenance of comfort. Why is it important that the client's dignity and comfort is maintained throughout the treatment? (LO6g)

## USP45- L06 Understand the fundamentals of sports massage

- i) Create a treatment plan for a back treatment for this client, identify your aims and objectives of treatment, the muscles being treated, depth of pressure and which applicator you would use i.e. palms, finger, reinforced etc. (LO6f)

*NB: A full and detailed response is required for this task. .*

- Treatment plan should include techniques taught on course and should follow a logical sequence.
- The treatment should last a suitable amount of time and cover muscles that may be affected in this patient's condition.
- Relevant passive stretches should also be included.

Please use a continuation sheet if needed.

**Continuation sheet:**

**FOLLOWING TREATMENT:**

**USP45 – LO7 Understand how to assess and screen clients for sports massage treatments**

- j) Why is it important to carry out accurate client assessment and reassessment? (LO7e)

## **USP45 – LO6 Understand the fundamental of sports massage treatments**

- k) What potential contra-actions might the client experience? How would you respond and what advice would you give? (LO6d,e)

## **USP44- LO5 Understand how to produce, maintain and store client records**

- l) Explain the importance of accurate and confidential record keeping. (LO5a)

- m) Identify the information that should be recorded for the treatment. (LO5b)

- n) Explain how the information should be recorded: (LO5c)

- o) Explain the legal requirements for the storage and disposal of the records. (LO5d)

## **USP45- LO8 Understand evaluation of sports massage**

p) How could you evaluate the effectiveness of the treatment and what might be the advantages/disadvantages of each method? (LO8a,b)

q) Why is it necessary to self reflect and evaluate the treatment? (LO8a,d)

r) Why is it important for the client to have the opportunity for further feedback? (LO8c)



# Assessment Sheet

## Unit 5 Sports massage treatments USP45

### ASSESSOR FEEDBACK

**RESULT:            PASS / REFER**

**Assessor signature:**

**Date:**

**IQA Signature (if sampled)**

**Date:**

### SUBSEQUENT ASSESSMENT

**RESULT:            PASS / REFER**

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**Learner signature:**

