



CITY AND ISLINGTON
COLLEGE

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Westminster
Kingsway College

The College of
Haringey, Enfield
and North East London



Capital
City
College
Training

Sports Performance Massage - Level 3 Diploma

This qualification enables learners to perform massage at a fundamental level on nonpathological tissue, perhaps as an adjunct to a personal training or gym session.

Find out more information on [YMCA Performance qualifications here.](#)

WHAT WILL I STUDY?

On the course, you will cover the following units:

- Anatomy and Physiology for Performance Massage
- Lifestyle Management and Health Awareness
- Massage Professional Practice
- Principles of Soft Tissue Dysfunction
- Assessing Clients and Treatment Planning
- Application of Performance Massage
- Providing Post-Treatment Care Advice

WHAT WILL I NEED?

To enrol on this course you must:

- Be 19 years of age or above
- Be fit enough to perform massage
- Have English skills to a minimum of Level 1 or Grade 3 in GCSE

HOW WILL I BE ASSESSED?

You will complete a number of practical assessments, online tests and workbooks.

WHAT WILL IT COST?

ADULTS - LEVEL 3

Start Date: 2 September 2024

Duration: 1 Year

Attendance: Part Time

Location: Tottenham Centre



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<https://www.capitalccg.ac.uk/conel/course/course-detail/pdf/33497/>

If you will be aged 19 to 23 prior to the start date of your course, and do not already have a full Level 3 qualification, you may be eligible for a Level 3 entitlement, in which case your study with us will be free. If you are older, or already have a Level 3, we have many other Level 3 courses that are also [free](#) to study. Otherwise, you will have to pay the fees yourself or apply for an [Advanced Learner Loan](#).

Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

There will be no additional costs for the course. You must wear appropriate clothing (i.e. sportswear for your practical sessions).

WHAT CAN I DO AFTER?

This is the only qualification mapped to the new National Occupational Standards (NOS) that meets the requirements for membership at The Association of Soft Tissue Therapists. It also meets the pre-entry requirement for the new [YMCA Level 4 Certificate in Sports Massage Therapy \(Soft Tissue Dysfunction\)](#).

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