

Unit 21: Sport and Exercise Massage

Unit code:	R/502/5763
QCF Level 3:	BTEC National
Credit value:	10
Guided learning hours:	60

● Aim and purpose

The aim of this unit is to provide learners with an understanding of the theory and practice of sport and exercise massage techniques.

● Unit introduction

There is a big demand on today's athletes to improve their performance and recover quickly from their training and competition schedules. The importance of sport and exercise massage as a therapeutic treatment is growing in popularity amongst athletes and is significant in relaxing and restoring the body to a pre-exercise state.

As the focus of this unit is practically based, learners will be able to prepare a treatment area, and organise the necessary resources needed to complete a sport and exercise massage treatment in a variety of locations such as a treatment room or even at the pitch side. The supervised practical aspects of the unit combine theory and practical elements, enabling learners to integrate their skills safely and effectively on different athletes or sports participants who require different treatments. Undertaking practical massage allows learners to draw on their knowledge from anatomy, physiology, fitness testing, sports injuries and sports psychology.

This unit is particularly relevant to those who would like to follow a career in the therapeutic or rehabilitation areas of sport or who are interested in the prevention, management and treatment of injuries.

The first part of the unit looks at the different benefits of sports and exercise massage techniques and how this affects the physiology of the body especially muscles, joints, the nervous system and circulation. Learners will also consider the therapeutic benefits of massage for athletes and how this can affect the body. The importance and role of the professional sports and exercise masseur will also be discussed.

The second part of the unit will develop the communication skills and application of knowledge during a pre-treatment consultation for two athletes or sports performers. This will include the type of massage, the techniques to be used and the area(s) to be treated. This will result in the production of an agreed safe and effective treatment plan, including the selection of the massage medium and the type of sports and exercise massage to be performed.

Learners will then demonstrate a variety of practical sport and exercise massage skills to different areas of the body. On completion of these skills, learners will undertake a review of the treatment plans offering future treatment opportunities.

● Learning outcomes

On completion of this unit a learner should:

- 1 Know the effects and benefits of sport and exercise massage
- 2 Know the roles of sport and exercise massage professionals
- 3 Be able to identify the sport and exercise massage requirements of athletes
- 4 Be able to perform and review sport and exercise massage techniques.

Unit content

1 Know the effects and benefits of sport and exercise massage

Effects: physical and mechanical (blood and lymphatic circulation, tissue permeability, stretching, reducing and remodelling scar tissue, opening micro-circulation); physiological (autonomic, sympathetic and parasympathetic nervous system)

Benefits: reduce stress; enhance wellbeing; improved body awareness; pain reduction; relaxation

2 Know the roles of sport and exercise massage professionals

Roles: types of work; types of activities, eg administration, client assessments; treatments applied, eg massage, relaxation, strapping, manipulation; electrotherapy modalities; knowledge, eg training, career opportunities, application to sport

3 Be able to identify the sport and exercise massage requirements of athletes

Assessment: initial consultation; referral to practitioners; treatment area, eg anterior, posterior, legs, upper back, lower back, shoulders, neck; simple injuries, eg haematoma, muscle tear, tendon injuries, inflammation, ligament injuries

Documentation: record cards; effect of treatments; advice for homecare; health and safety, eg clients are aware of fire exits, correct oil is used

Contraindications: eg client history, type of injury, location of injury, skin conditions, circulatory conditions, multiple sclerosis, cancer

Proposed treatment plan: pre-, inter- and post-massage treatments; treatment duration; massage procedure

4 Be able to perform and review sport and exercise massage techniques

Client preparation: health and safety; hygiene

Demonstrate: safe and effective massage; different techniques, eg effleurage, petrissage, frictions, tapotement, vibrations; application of techniques (correct techniques, follow a set routine, suitable medium, appropriate duration, client/therapist rapport)

Mediums: eg oil, talc, creams, advantages and disadvantages of each medium

Documentation: date; treatment completed; treatment duration; response to treatment; future appointments

Review: eg speed, depth, rate of sport massage, effectiveness of treatment, liaison with athlete, timing; adaptation of treatment; future treatment

Assessment and grading criteria

In order to pass this unit, the evidence that the learner presents for assessment needs to demonstrate that they can meet all the learning outcomes for the unit. The assessment criteria for a pass grade describe the level of achievement required to pass this unit.

Assessment and grading criteria		
To achieve a pass grade the evidence must show that the learner is able to:	To achieve a merit grade the evidence must show that, in addition to the pass criteria, the learner is able to:	To achieve a distinction grade the evidence must show that, in addition to the pass and merit criteria, the learner is able to:
P1 describe the effects and benefits of sport and exercise massage	M1 explain the beneficial effects of sport and exercise massage	
P2 describe the roles of sport and exercise massage professionals		
P3 carry out pre-treatment consultations on two different athletes [IE1, IE4]	M2 explain the sport and exercise massage requirements of two different athletes	D1 compare and contrast the sport and exercise massage requirements of two athletes
P4 describe six contraindications to massage treatment		
P5 produce a treatment plan for two athletes [IE4, IE5, IE6, TW1, TW2, TW3]		
P6 demonstrate appropriate sport and exercise massage techniques on two athletes [EP4, TW3, TW4, TW5, TW6]		
P7 review the treatment plan for two athletes, describing future treatment opportunities. [IE4, RL3, RL6, SM3]	M3 explain the appropriate sport and exercise massage treatment for two athletes.	D2 evaluate the appropriate sport and exercise massage treatment for two athletes.

PLTS: This summary references where applicable, in the square brackets, the elements of the personal, learning and thinking skills applicable in the pass criteria. It identifies opportunities for learners to demonstrate effective application of the referenced elements of the skills.

Key	IE – independent enquirers	RL – reflective learners	SM – self-managers
	CT – creative thinkers	TW – team workers	EP – effective participators

Essential guidance for tutors

Delivery

Delivery of this unit should combine theory and practice. Some aspects of delivery require theory to be presented prior to practice and others should be structured to allow direct application of theory to practice.

The first part of this unit will focus on the understanding of the effects and benefits of sport and exercise massage. Learners will link the skills and knowledge of anatomy and physiology in a practical context; this can be achieved by learners completing a presentation of the many benefits of sports massage. Opportunities to reinforce anatomical and physiological knowledge will often arise in practical work and these should be maximised.

An understanding of the role of sport and exercise massage professionals can be gained by using a variety of guest speakers from the range of sports and activities that utilise a sports masseur. Learners could also conduct individual research to recognise the various professional bodies and the benefits of membership. As a result, learners should be able to recognise the scope of practice of a sport and exercise masseur.

Following on from this, learners need to understand the importance of a detailed consultation for athletes, not only because of health and safety factors, but also in establishing an agreed proposed treatment plan with the athlete or sports performer.

The remaining unit content requires the development of supervised specific massage techniques and skills. This will include learners conducting client consultations prior to treatment, agreeing a treatment plan and, finally, completing relevant record cards. Learners can work in pairs to achieve this activity although use of external clients is encouraged to enable learners to gain a greater breadth of experience.

It will be necessary to spend some time on the application of the massage techniques, both theoretically and practically. This should initially be tutor-led but peer observation and mentoring is encouraged with practice of techniques. The knowledge of techniques can be used to describe where each technique is used and the effects and benefits it will have on the athlete or sports performer.

Problematic case studies and role play could be used in order for learners to appreciate the validity of pre-massage consultation to identify the appropriate treatment regime.

Outline learning plan

The outline learning plan has been included in this unit as guidance and can be used in conjunction with the programme of suggested assignments.

The outline learning plan demonstrates one way in planning the delivery and assessment of this unit.

Topic and suggested assignments/activities and/assessment
Introduction and overview of the unit.
Assignment 1: The Effects and Benefits of Massage (P1, M1). Tutor introduces the assignment brief.
The physiological and therapeutic effects of massage – learner research.
Assignment 2: The Roles of Sport and Exercise Massage Professionals (P2). Tutor introduces the assignment brief.
Different aspects of work for massage and exercise therapists – learner research.
Professional bodies, scope of practice and professional standards – group research, practical, and group feedback.
Assignment 3: Treatment Requirements of Athletes (P3, M2, D1, P4, P5). Tutor introduces the assignment brief.
Lecture: documentation and exemplar consultation forms. Learner practical activities – case studies.
Safety of treatment for athletes – group research on contraindications.
Devising treatment plans: small group work and feedback.
Practising basic sports and exercise massage techniques: group practical activities.
Adapting sports and exercise massage techniques: group practical activities.
Assignment 4: Practical Massage Techniques (P6, P7, M3, D2). Tutor introduces the assignment brief.
Completing supervised sports and exercise massage techniques – individual practical assessments.
Review of reflective practice of unit and assessment.

Assessment

Assessment of this unit can be achieved through a learner portfolio that may contain a number of small structured assignments covering the assessment and grading criteria.

Criterion P1 can be achieved by learners researching and describing the effects that massage has upon the body covering the physical, mechanical and physiological effects. Learners will also need to describe the therapeutic benefits of sport and exercise massage, covering the areas as stated in the *Unit content*. For M1, learners should explain how each of these benefits can be achieved through massage.

Evidence for P2 can be achieved through a written report and should be based on research of a range of roles that sport and exercise massage professionals perform. Learners should provide generic information regarding the role, skills and knowledge of the sport and exercise massage professional as well as giving specific supporting examples from typical roles.

For P3, sample case studies can be provided as a formative assessment to assist learners in conducting a consultation via role play before they carry out pre-treatment consultations on two different athletes or sports performers. Grading criterion M2 should build on the information given by the athletes from the pre-treatment consultation, with learners explaining the different massage requirements for two different athletes; for example, one may require a pre-event treatment focusing on the legs whilst another requires a relaxing post-event massage to the back and arms. For D1, learners can then compare and contrast the different massage requirements of the two athletes.

Scope is given within the assessment for the use of oral questioning by tutors whilst learners are practising on clients. Where oral questioning satisfies criteria, achievement can be recorded by use of a tutor witness statement within the portfolio. An example of where this could occur is in criterion P4 with the description of six contraindications to massage treatment.

For P5, learners will need to design and produce a treatment plan for two athletes or sports performers.

For P6, learners must demonstrate appropriate massage treatments and techniques for two different athletes or sports performers. The assessment of this should combine the health and safety aspects of massage and the working area as well as the selection and choice of an appropriate medium. The application of massage movements, at the correct depth, rate and speed must be demonstrated. Tutors should use an observation record to confirm achievement.

If a portfolio approach is taken, learners should be encouraged to always review the treatment plans, after each practical session (P7), describing future treatment opportunities. A review of performance should also be carried out after each summative assessment as good practice. For M3, learners need to explain the sport and exercise massage treatment for two athletes or sports performers. For D2, which builds on M3, learners need to consider and review the treatment deemed appropriate for the two athletes and evaluate why it is appropriate, providing reasons or evidence to support their views. Criteria P7, M3 and D2 could be assessed by oral questioning supported by a tutor witness statement.

All assessments should be designed to encourage learners to demonstrate a clear grounding in relevant concepts, principles and processes, for example, how to use certain massage techniques and when to perform them.

Programme of suggested assignments

The table below shows a programme of suggested assignments that cover the pass, merit and distinction criteria in the assessment and grading grid. This is for guidance and it is recommended that centres either write their own assignments or adapt any Edexcel assignments to meet local needs and resources.

Criteria covered	Assignment title	Scenario	Assessment method
P1, M1	The Effects and Benefits of Massage	Having gained a work placement with a team physiotherapist, you are to research the effects and benefits of massage.	Small group presentation. Witness statement.
P2	The Roles of Sport and Exercise Massage Professionals	You shadow the team physiotherapist and consider their role.	Written report.
P3, P4, P5, M2, D1	Treatment Requirements of Athletes	There is an opportunity to gain some practical experience. Conduct two pre-treatment consultations and devise two treatment plans.	Practical observation and assessment. Observation record.
P6, P7, M3, D2	Practical Massage Techniques	Complete massage techniques on two different athletes.	Practical observation and assessment. Observation record. Oral questioning. Witness statement.

Links to National Occupational Standards, other BTEC units, other BTEC qualifications and other relevant units and qualifications

This unit forms part of the BTEC Sport sector suite and the BTEC Sport and Exercise Sciences sector suite. This unit has particular links with the following unit titles in the BTEC Sport suite and the BTEC Sport and Exercise Sciences suite:

Level 2 Sport	Level 3 Sport	Level 3 Sport and Exercise Sciences
Anatomy and Physiology for Sport	Principles of Anatomy and Physiology in Sport	Anatomy for Sport and Exercise
Injury in Sport	Practical Team Sports	Sport and Exercise Physiology
Practical Sport	Practical Individual Sports	Applied Sport and Exercise Physiology
Effects of Exercise on the Body Systems		Sports Injuries

This unit links with the National Occupational Standards (NOS) for:

- Coaching, Teaching and Instructing at Level 3
- Achieving Excellence in Sports Performance at Level 3.

Essential resources

A fitness suite, therapy treatment rooms or training facility may provide a suitable environment for the practical elements of this unit. Learners will need access to resources such as massage tables, changing facilities, clean towels, oils, creams, talc, hand washing facilities and waste disposal.

Employer engagement and vocational contexts

This unit focuses on the practical aspects of sport and exercise massage and will provide learners with the background knowledge and skills needed to work in a supervised massage environment. Centres are encouraged to work with local sports teams, sports clubs and leisure centres to establish a bank of suitable athletes or sports performers to act as clients.

Indicative reading for learners

Textbooks

Benjamin P and Lamp S – *Understanding Sports Massage* (Human Kinetics, 2004) ISBN 9780736054577

Mills P and Parker-Bennett S – *Sports Massage* (Heinemann, 2004) ISBN 9780435456528

Paine T – *The Complete Guide To Sports Massage* (A&C Black, 2007) ISBN 9780713685794

Tappan F and Benjamin P – *Handbook of Healing Massage* (Prentice Hall, 2004) ISBN 9780130987150

Ward K – *Hands On Sports Therapy* (Thomson Learning, 2004) ISBN 9781861529206

Journals

American Journal of Sports Medicine,

British Journal of Sports Medicine

Journal of Athletic Training

The Journal of Alternative and Complementary Medicine

Websites

Federation of Holistic Therapists

www.fht.org

General Council for Massage Therapies

www.gcmt.org.uk

Society of Sports Therapists

www.society-of-sports-therapists.org

Sports Massage Association

www.sportsmassageassociation.org

Delivery of personal, learning and thinking skills

The table below identifies the opportunities for personal, learning and thinking skills (PLTS) that have been included within the pass assessment criteria of this unit.

Skill	When learners are ...
Independent enquirers	carrying out pre-treatment consultations on two different athletes producing a treatment plan for two athletes reviewing the treatment plan for two athletes, describing future treatment opportunities
Reflective learners	reviewing the treatment plan for two athletes, describing future treatment opportunities
Team workers	producing a treatment plan for two athletes demonstrating appropriate sports and exercise massage techniques on two athletes
Self-managers	reviewing the treatment plan for two athletes, describing future treatment opportunities
Effective participators	demonstrating appropriate sport and exercise massage techniques on two athletes.

Although PLTS are identified within this unit as an inherent part of the assessment criteria, there are further opportunities to develop a range of PLTS through various approaches to teaching and learning.

Skill	When learners are ...
Independent enquirers	working with athletes to carry out a consultation and produce a treatment plan
Team workers	completing presentations on the benefits of massage
Effective participators	practising sports and exercise massage.

● Functional Skills – Level 2

Skill	When learners are ...
ICT – Use ICT systems	
Select, interact with and use ICT systems independently for a complex task to meet a variety of needs	researching the role of the sport and exercise masseur researching the benefits of sport and exercise massage researching contra indications to massage
Use ICT to effectively plan work and evaluate the effectiveness of the ICT system they have used	preparing a treatment plan
Manage information storage to enable efficient retrieval	producing a treatment plan reviewing a treatment plan
Follow and understand the need for safety and security practices	recording treatments completed on athletes
ICT – Find and select information	
Select and use a variety of sources of information independently for a complex task	describing the roles of sports and exercise professionals
ICT – Develop, present and communicate information	
Enter, develop and format information independently to suit its meaning and purpose including: <ul style="list-style-type: none"> • text and tables • images • numbers • records 	preparing and completing an athlete consultation form recording the treatment plan
Bring together information to suit content and purpose	reviewing the treatment plans
Present information in ways that are fit for purpose and audience	producing a treatment plan reviewing a treatment plan
Select and use ICT to communicate and exchange information safely, responsibly and effectively including storage of messages and contact lists	accurately recording treatment details

Skill	When learners are ...
English	
Speaking and listening – make a range of contributions to discussions and make effective presentations in a wide range of contexts	producing a treatment plan for two athletes
Reading – compare, select, read and understand texts and use them to gather information, ideas, arguments and opinions	reviewing the treatment plans for two athletes
Writing – write documents, including extended writing pieces, communicating information, ideas and opinions, effectively and persuasively	producing a written report accurately producing treatment plans and recording results.