



## Sports Massage Course

Sports Massage Course Information



Upon completion of this course students can apply for membership of the society for Holistic Therapies and coaches.

Use the letters "SHTC" after your name



- 10% off at Ben Sherman
- 15% off at Bench
- 15% off at Firetrap
- 10% off at JJB Sports
- 10% off at La Senza
- 10% off at Selfridges
- 40% off at Nicky Clarke Hair Salons
- 10% off at Oasis
- 25% off the student price at Odeon Cinemas
- £2.00 per hour off with BSM driving school

Student of the year competition:



Opportunity to be nominated for our student of the year competition

"I've always wanted to get involved with massage, now I can thanks to UK Open College"  
Robin Carrick  
(Brownhills. Staffs)

"Hard work but well worth it!  
Can't wait to start the practical training now"  
Chelsea Burrows  
(Peterborough, Cams)

"Superb course! From start to finish the support and encouragement was first class"  
Lee Mottram  
(Falmouth, Cornwall)

# Achieve a better career with a Sports Massage Course

**Sports Massage course:** Many body masseurs are now applying their skills and techniques into the sporting arena with great success.

This type of treatment is finding a niche market in the health and fitness facilities, and many therapists are offering this service both as part of their employment and on a freelance basis.

This course is designed to enable therapists to have a greater understanding and appreciation of the specific needs of sports participants in the preparation for and recovery from activity. The course will also investigate the value of sports massage in the early detection and the prevention of sports injuries in addition to being a valuable tool in the rehabilitation of such conditions.

Qualifications and Careers

Level 3 Sports Massage Award

ncfe Investing in Quality





## Sports Massage Course

All students have one year to complete this course from date of registration.

Students are welcome to complete this course as quickly as they want to.

On average this course is completed in **140 hours (8/9 months)**.

Extensions can be arranged if students do not complete within the year and charges will apply.

We would ask you to contact our office on **0800 0131030** for latest extension fees if required.

We recommend that students complete **3-4 hours per week** as a minimum to get the most from this course. Remember to work out a study plan / timetable before you start and try and stick to it.

Hrs per week	Estimated Completion
4 hours	9 Months
5 hours	7 Months
7 Hours	5 Months
10 Hours	4 Months

[See website](#)

- Introduction
- Basic massage techniques
- Specific movement for massage
- Contra-indications to massage
- Sports injury massage
- Massage of the knee
- Massage of the leg
- Massage of the arm, elbow and wrist
- Massage of the neck and shoulders
- Massage of the back and buttocks area
- Massage of the chest and abdomen
- Advertising your services

## Why UK Open College?

- Learn from home
- Affordable – Pay monthly
- All materials provided!
- Unlimited support!
- No previous qualifications required!
- No set term times – Enrol anytime!
- Total flexibility