



Prospectus

Sports & Performance Massage Diploma at Level 5

MTI Accredited



Rationale and Background

Hands-on Training is a London based MTI accredited school. The school currently offers the MTI Diploma in Holistic Massage and a range of CPD workshops at Levels, 4, 5 and 6. The MTI name is synonymous with excellence and provides an ideal platform to further consider programme development at different levels of learning. Currently the MTI accredits programmes in Sports Massage at Level 5, based on the latest SMA criteria.

About the Hands-on Training Level 5 Sports & Performance Massage Diploma

The Level 5 Diploma will run for 8 x 3-day weekends i.e. 24 days plus 2 final assessments. The programme is modelled on the requirements for the Sports Massage Association (SMA) Sports Massage Diploma checklist (June 2015) and covers the required content both theoretically and practically aligned with Level 5 accreditation. The focus of the Hands-on Training Diploma is on applied learning, building knowledge from Level 4 and consolidating soft tissue practices. Hands-on Training has a number of programme related policies which would be applied to this sports massage programme. Successful applicants will need to meet the entry requirements and demonstrate through a case study scenario, that they have the skill and aptitude to successfully engage with, and complete, the programme.

Mandatory Entry Requirements

- Must be a minimum of 18 years of age
- Must hold a Level 3 or 4 Diploma in massage therapy or equivalent
- Have proficiency in English (written and spoken)
- Commitment to successfully completing the programme
- Able to financially support themselves and commit to programme payment scheme

Programme Design

The Sports & Performance Massage Diploma is taught as an integrated programme relating theory to practice.

Students will cover 90 hours of applied anatomical content, with 110 hours of in-class practical skills tuition and 30 hours covering the legal & practical aspects of running a business.

Additional to the in-class contact time, students will need to maintain a reflective journal and fully document 100 hours of sports massage practice in different situations and with different populations.

Tutors will support students in finding and managing these placements & experiences.

The Course Curriculum

A. Anatomy and Pathophysiology

B. Professional Practice in Sports Massage

C. Practical Sports Massage

Anatomy and Pathophysiology

This content includes revision of Level 4 material covered in the Holistic Massage Diploma syllabus.

- Understand the structural organisation of the Human Body
 - Understand the structure and functions of the Skin
 - Understand the structure and functions of the Skeletal System
 - Understand the structure and functions of Joints
 - Understand the Anatomy and Physiology of the major joints of the body
 - Explain the functions of bony structures associated with the major joints
 - Explain the function of soft tissue structures located at the major joints
 - Understand the structure and functions of the Muscular System
 - Know the structure and functions of the Nervous System
 - Understand Neurological Presentations
 - Understand the structure and functions of the Endocrine System
 - Understand the structure and functions of the Cardiovascular System
 - Understand the structure and functions of the Respiratory System
 - Understand the structure and functions of the Lymphatic System
 - Know the structure and functions of the Digestive System
 - Know the structure and functions of the Urinary System
 - Understand the effects of Anatomy, Physiology and Pathology on human function
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Professional Practice in Sports Massage

- Understand legislation required in Sports Massage
 - Understand Scope of Practice in Sports Massage
 - Understand the standards relevant to the Sports Massage Profession
 - Understand the Principles of Professional Practice in Sports Massage
 - Understand how to produce, maintain and store client records
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Practical Sports Massage Syllabus

- Be able to undertake assessment of sports specific postures and gait
 - Be able to conduct complex assessment methods for Sports Massage
 - Understand sports specific posture and gait
 - Understand the principles of sports specific posture analysis
 - Understand the principles and practice of complex assessment methods for Sports Massage
 - Be able to devise a sports treatment plan from information gathered
 - Be able to apply complex massage techniques
 - Understand the principles of complex techniques used in Sports Massage
 - Understand aftercare methods to complement complex massage techniques for Sports Massage
 - Understand Evidence Based Practice
 - Be able to evaluate research undertaken on Sports Massage
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Course Assessment

The programme is delivered through practical and theoretical sessions. Students are assessed formatively through the programme. Homework is given after each session and students are expected to submit their work on time.

The assessment schedule comprises 5 assessment components. Each component must be passed at the threshold of 50%. Students who do not pass on first attempt will be given an opportunity to retake that component which will then be capped at 50%.

The programme incorporates continual assessment. Students are expected to attend all sessions and/or have valid reason for non-attendance.

Summative Assessment includes:

Component 1

1 x (1,500 word) research essay on a selected pathology/sport injury

Component 2

1 x (1,000 word) applied clinical case study, based on a reflective analysis from a patient consultation

Component 3

1 x 2 hour theoretical examination - applied questions and case study analyses

Component 4

1 x 90 minute practical examination with a 15 minute viva voce assessment. This examination will be assessed by both an internal and external assessor. The external assessor will have qualifications and expertise in sports massage therapy, or sports therapy, with relevant soft tissue knowledge. The external assessor for 2018 is Tim Bartlett of BCNB.

Component 5

1 x submission of a Reflective Journal detailing the student's massage experience of 90 hours of give massage and 10 hours of receive massage.

The practical assessment will incorporate an applied study involving an injury and/or pathology of a selected or general body area. The case study will provide a summary overview of the pathophysiology and clinical signs for the injury or pathology. Based on this, the candidate will need to discuss the clinical impression with the assessor by carefully considering primary and differential hypotheses for the injury. The candidate will then conduct a consultation with the client and complete a full objective assessment of the injured area. Based on the assessment and associated comments from the assessor, the candidate will then be expected to treat the client, using a range of techniques learned on the programme.

The practical assessment will incorporate an applied case study. Candidates will be expected to consider a case. The final part of the assessment will be used for home care advice, rehabilitation exercises and functional activities.

The written assessment will use applied case studies to assess the candidate's ability to clinically reason and detail understanding of issues (biopsychosocial), in context. The written assessment will further assess areas of understanding relating to professional practice, legal/moral and ethical concerns, and regulation of, and for, the profession, including professional dilemmas.

Clinic Days

The programme includes 2 clinic days with new and independently organised clients, to enable students to practise specific techniques and receive feedback with respect to their performance, knowledge and application of skill.

Attendance

All sessions are mandatory. Students who fail to attend must arrange a catch-up session which is charged at £40 per hour. Students who fall below a minimum acceptable level of attendance will not be entitled to take the final assessment for qualification.

All course participants will be expected to dress appropriately and act in a professional manner at all times.

Summary of Course Syllabus

Theory

- Applied musculoskeletal anatomy and pathophysiology
- The pathophysiology of injury
- Mechanism and physiology of manual therapy
- Contra-indication for sports massage therapy
- Treatment principles for a wide range of musculoskeletal conditions
- Common non-musculoskeletal pathologies
- Exercise science
- Medico/ethical/legal issues in soft tissue therapy
- Professionalism

Practical

- Case-history taking skills and referral procedure
- Postural and gait assessment
- Muscle and peripheral joint assessment
- Applied soft tissue skills and evidence based practice
- Home care exercises, training advice, core stability and rehabilitation strategies
- Treatment planning
- Key emphasis placed on integrating applied anatomy & physiology with clinical skills and practical techniques through case-scenario and group work
- Emphasis on practitioners own body s in practical technique, reinforcing good body mechanics and safe practices
- Close supervision and individual tutor support
- Student clinic days where students can practice on selected patients under tutor supervision
- Marketing and business skills to help develop your practice
- 24 teaching days plus examination days; run in 8 x 3 day blocks, over an 8-month period
- Total contact teaching hours is 230 hours
- Approximately 40% theory and 60% practical
- Approximately 11+ hours per week recommended for study and practice whilst the course is in progress

Coursework

- Complete 100 hours of fully documented remedial/ sports massage practice, comprised of: -
 - Giving 90 hours of treatment
 - Receiving 10 hours of treatment
- Written assignments, including applied case studies and research essays
- The submission of a reflective journal

Final examinations/assessments

- 2 hour theory paper
- 90 minute Individual practical assessment with a 15 minute viva

Home-study

- Students should allow for at least 11 hours per week recommended for study and practice whilst the course is in progress
- Attendance at a Dissection
- Attendance at live events e.g. The London Marathon

Payment Schedule

The Sports & Performance Diploma Course costs £2,750. This covers all course tuition and personal development support from your Tutors.

It does not include additional tutor sessions that may be required to make up for any missed course days. These are charged @ £40 per hour.

A non-refundable deposit of £500, due with the application form, secures your place on the course.

Payment Options

To pay the balance of £2,250 there are three options. Please tick your choice

- Option A - payment in full by the start of the course
- Option B - 3 x bi-monthly payments of £750
- Option C - 6 x monthly payments of £375

Payment Options - please tick your choice

- Direct Transfer – for deposit, or all payments
- Direct Debit – for monthly & bi-monthly payments (we will provide a mandate for your bank)

2018 Course Dates

24 Course Days over 8 monthly weekends

Course Weekends

- 1 Friday 23rd March
- 2 Saturday 24th March
- 3 Sunday 25th March

- 4 Friday 27th April
- 5 Saturday 28th April
- 6 Sunday 29th April

- 7 Friday 25th May
- 8 Saturday 26th May
- 9 Sunday 27th May -- Clinic Day

- 10 Friday 22nd June
- 11 Saturday 23rd June
- 12 Sunday 24th June

- 13 Friday 13th July
- 14 Saturday 14th July
- 15 Sunday 15th July -

- 16 Friday 17th August
- 17 Saturday 18th August
- 18 Sunday 19th August - Clinic Day

- 19 Friday 7th September
- 20 Saturday 8th September
- 21 Sunday 9th September

- 22 Friday 21st September
- 23 Saturday 22nd September
- 24 Sunday 23rd September

Assessment Days

- Saturday 6th October
Sunday 7th October

The Hands-On Training Core Values

- ❖ We will always put our students first
- ❖ We will foster and develop our diverse student and staff population
- ❖ We will endeavour to be the best we can
- ❖ We will be creative in our teaching and practitioner support
- ❖ We will promote an inclusive climate for learning and practice
- ❖ We will respond actively to feedback and consider all recommendations & suggestions
- ❖ We will encourage students to take an active interest in shaping their learning & future



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Twitter	www.twitter.com/@HandsOnN10
Instagram	www.instagram.com/hands_on_training_n10

**DIPLOMA COURSE in
SPORTS & PERFORMANCE MASSAGE
APPLICATION FORM for 2018**



CONTACT DETAILS

NAME in full	
ADDRESS	
POSTCODE	
MOBILE	
LANDLINE	
EMAIL	

HEALTH & DISABILITY DISCLOSURE

We are committed to supporting students with additional requirements.

Please tick (✓) any box that applies to you. If ticked, please indicate the nature and any prescribed medication

Visual impairment		
Hearing impairment		
Physical impairment		
Dyslexia		
Diabetes		
Epilepsy		
Allergies		
Asthma		
Depression		
Any other		

Should you wish to discuss any issue in confidence, please indicate here:

YOUR QUALIFICATIONS

LEVEL (GCSE, A level etc.)	DATES	SUBJECT	GRADES	INSTITUTION

OTHER SKILLS

What is your primary language?						
Do you speak any other languages?						
Can you write in these additional languages?						
Do you have any of the following ITC skills?	WORD	YES <input type="checkbox"/> NO <input type="checkbox"/>	EXCEL	YES <input type="checkbox"/> NO <input type="checkbox"/>	POWER POINT	YES <input type="checkbox"/> NO <input type="checkbox"/>
Manual Dexterity Can you use both hands equally?						
Do you prefer team or individual work?						
Are you able to prioritise work?						

PAST and PRESENT EMPLOYMENT HISTORY

	DATES	JOB TITLE	DUTIES	COMPANY	PAID OR VOLUNTARY
CURRENT JOB					
LAST JOB					
REASON FOR LEAVING					
PREVIOUS JOB					
REASON FOR LEAVING					
PREVIOUS JOB					
REASON FOR LEAVING					

PERSONAL STATEMENT.

- We would like to know more about you; to include information about voluntary work, hobbies and interests.
- This statement should include a reflective assessment of your skills and suitability to enrol on this course

Why have you decided to study Sports Massage Therapy?

How will you apply your current skills, knowledge and experience to the course?

Describe any successes & achievements that are relevant to the course, showing your potential aptitude for sports massage.

How much time per week are you able to commit to study and course preparation?

Is there anything more you would like to add?

By signing this form I confirm that I have answered all questions openly and honestly.

SIGNED..... DATE.....

Please provide the names and contact details of two Referees. They must not be members of your family.

Name:	Name:
Address:	Address:
Email:	Email:
Mobile:	Mobile:
Job Title:	Job Title: