

YMCA Level 3 Diploma in Sports Massage Therapy (601/5011/7)

Learner Assessment Record



YMCA Awards
112 Great Russell Street
London
WC1B 3NQ

020 7343 1800

www.ymca.co.uk

Level 3 Diploma in Sports Massage Therapy

Learner Assessment Record

Qualification number: 601/5011/7

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Introduction

About YMCA Awards

YMCA Awards is the UK's leading health and fitness specific awarding body and is a trusted name that enjoys widespread respect within the fitness industry. YMCA Awards qualifications are designed for people taking their first steps in the health and fitness industry or for those already working in the industry wishing to progress their careers. YMCA Awards has been responsible for over 200,000 people launching or progressing their careers.

As an internationally recognised organisation, YMCA Awards has a number of study options available including full time or part time, distance learning and progressive study routes. This variety ensures that there will be a study option that is right for you and which will enable you to increase your knowledge, gain new skills and develop your career. All of YMCA Awards' proven and established resources and assessment materials have been developed by leading industry experts in consultation with employers and training providers.

For more information, visit www.ymca.co.uk.

Learner Assessment Record (LAR)

Your learner assessment record is designed to support the assessment of your YMCA Level 3 Diploma in Sports Massage. It contains all the paperwork that you, your tutor and your assessor need in order to complete the 5 units.

You will share the learner assessment record with your tutor and assessor, who will use the paperwork contained within to assess you throughout the duration of your training. This document is an essential part of your assessment and should be kept safe. Your tutor and assessor will guide you as to which forms you need at particular times, as well as how they should be used and completed.

Qualification structure

To achieve your YMCA Level 3 Diploma in Sports Massage Therapy, you must complete the following 5 units:

Unit reference number	Unit title	Level	Credits
J/506/7220	Anatomy and physiology for sports massage	3	10
R/506/7222	Principles of health and fitness	2	3
D/506/7224	Professional practice in sports massage	3	5
Y/506/7223	Understand the principles of soft tissue dysfunction	3	3
T/506/7228	Sports massage treatments	3	16

You will gain 37 credits.

The Total Qualification Time (TQT) for this qualification is 370.

The Guided Learning Hours (GLH) assigned are 225.

Assessment specification

There are 10 assessment elements across the 5 units.

Assessment element 1 – assessment workbook

You will be required to successfully complete the 'Anatomy and physiology for sports massage' assessment workbook.

All questions must be fully completed, with sufficient detail to demonstrate knowledge and understanding for Learning Outcomes 3, 4 and 5 of this unit.

The work must be your own and group completion is not permitted.

[Paperwork that relates to this element:](#)

'Anatomy and physiology for sports massage' assessment workbook (not contained in this document)

Assessment element 2 – A&P theory assessment (MCT)

You will be required to successfully complete successfully the externally set multiple choice theory test from YMCA Awards.

Questions relate to the syllabus for 'Level 3 Anatomy and physiology for sports massage' for Learning Outcomes 1, 2 and 6-13.

The paper comprises 30 questions and 21 correct answers are required to pass (70%).

[Paperwork that relates to this element:](#)

'Anatomy and physiology for sports massage' MCT paper (not contained in this document)

Assessment element 3 – worksheet

You will be required to complete the 'Principles of health and fitness' worksheet. All questions need to be fully completed.

The work must be your own and group completion is not permitted.

[Paperwork that relates to this element:](#)

'Principles of health and fitness' worksheet

Assessment element 4 – combined unit theory assessment paper (short answers) section A

You will be required to successfully complete section A of the YMCA Level 3 Diploma in Sports massage combined unit assessment paper, titled 'Principles of health and fitness'.

Questions relate to:

- The benefits of an active, healthy lifestyle
- The components of fitness
- The importance of healthy eating

(Learning Outcomes 1, 3 and 5 of the unit 'Principles of health and fitness' (R/506/7222))

The marks available are indicated below each question and are indicative of the detail required

The section comprises 6 questions worth a total of 10 marks and 7 marks are required to pass (70%).

[Paperwork that relates to this element:](#)

Not contained in this document

Assessment element 5 – worksheet

You will be required to complete the 'Professional practice in sports massage' worksheet. All questions need to be fully completed.

The work must be your own and group completion is not permitted.

[Paperwork that relates to this element:](#)

'Professional practice in sports massage' worksheet

Assessment element 6 – combined unit theory assessment paper (short answers) section B

You will be required to successfully complete section B of the YMCA Level 3 Diploma in Sports Massage combined unit assessment paper, titled 'Professional practice in sports massage'.

Questions relate to:

- The standards relevant to the sports massage profession
- The principles of professional practice in sports massage
- How to produce, maintain and store client records

(Learning outcomes 3, 4 and 5 of the unit Professional practice in sports massage (D/506/7224))

The marks available are indicated below each question and are indicative of the detail required.

The section comprises 10 questions worth a total of 13 marks and 9 marks are required to pass (70%).

[Paperwork that relates to this element:](#)

Not contained in this document

Assessment element 7 – worksheet

You will be required to complete the 'Understand the principles of soft tissue dysfunction' worksheet. All questions need to be fully completed.

The work must be your own and group completion is not permitted.

[Paperwork that relates to this element:](#)

'Understand the principles of soft tissue dysfunction' worksheet

Assessment element 8 – worksheet

You will be required to complete the 'Sports massage treatments' worksheet. All questions need to be fully completed.

The work must be your own and group completion is not permitted.

Paperwork that relates to this element:

'Sports massage treatments' worksheet

Assessment element 9 – combined unit theory assessment paper (short answers) section C

You will be required to successfully complete section C of the YMCA Level 3 Diploma in Sports Massage combined unit assessment paper, titled 'Sports massage treatments'.

Questions relate to:

- The history and development of massage
- How to assess and screen clients for sports massage treatments
- Evaluating sports massage treatments

Learning Outcomes 1, 3 and 7 of the unit 'Sports massage treatments' (T/506/7228))

The marks available are indicated below each question and are indicative of the detail required.

The section comprises 6 questions worth a total of 10 marks and 7 marks are required to pass (70%).

Paperwork that relates to this element:

Not contained in this document

Assessment element 10 – observation x3

You will be observed providing sports massage to a minimum of 3 different clients over a range of sporting activities.

Sports massage session context and environment

You will be required to provide sports massage in one or more of the following contexts:

- Pre-event
- Post-event
- Maintenance

across a range of environments such as:

- Clinical
- Non-clinical
- At different types of event

Sports massage session content

You will be observed on 3 occasions

- Carrying out a client assessment
- Applying sports massage treatments
- Evaluating the treatment

Each session must be supplemented by a fully completed client record card.

Paperwork that relates to this element:

'Sports massage treatments' checklists 1, 2 and 3

Client record card (duplicate as necessary)

The remainder of the forms contained within this record are explained below:

Assessment plan

This document is designed to allow you and your assessor to plan your progress through the assessment components. You can use this to plan with your assessor and tutor when assessment activities will take place.

Assessor feedback sheet

This form will be used by your assessor to record any feedback that you may be given. This form may be used at any stage in your learning to record feedback.

Supplementary questions record

This form will be used by your assessor to record any questions that you may be asked and any responses you may give.

Summary of achievement

This document is designed to record the outcomes of the assessment elements and any further action that may be required. For example, you may need to be re-assessed in a particular area. This form will also be signed by you to declare authenticity of work and by your assessor to indicate which of the units have been satisfactorily completed. This document should be kept in a safe place as it acts as evidence of your achievements.

Assessment plan

YMCA Level 3 Diploma in Sports Massage Therapy

Unit title	Element number	Evidence/assessment method	Date, time and place of assessment	Any reasonable adjustments negotiated agreed
Anatomy and physiology for sports massage J/506/7220	1	• Assessment workbook (written)		
	2	• Multiple choice theory paper (written)-external		
Principles of health and fitness R/506/7222	3	• Worksheet (written)		
	4	• Short answer questions (written) – Section A in combined unit paper		
Professional practice in sports massage D/506/7224	5	• Worksheet (written)		
	6	• Short answer questions (written) – Section B in combined unit paper		
Understand the principles of soft tissue dysfunction Y/506/7223	7	• Worksheet (written)		
Sports massage treatments T/506/7228	8	• Worksheet (written)		
	9	• Short answer questions (written) – Section C in combined unit paper		
	10	• Observed massage treatment (x3)		

Learner's name: _____

Learner's signature: _____

Assessor's name: _____

Assessor's signature: _____

IQA's name: _____

IQA's signature: _____

Principles of health and fitness (R/506/7222)

Worksheet

Learner's name: _____

1. Describe 2 short-term and 2 long-term effects that exercise has on the body.

Short-term effects

a)

b)

Long-term effects

c)

d)

2. Describe what could happen if a participant stops exercising suddenly.

3. Give 2 likely causes of delayed onset of muscle soreness (DOMS).

a)

b)

4. Describe what is meant by each of the following training principles:

Specificity	
Overload	
Progression	
Reversibility	

5. Describe 4 signs/symptoms that may indicate overtraining.

a)	b)
c)	d)

Final result: Pass Refer

Professional practice in sports massage (D/506/7224)

Worksheet

Learner's name: _____

1. Describe each of the following:

Duty of Care

Data Protection Act

Health and Safety at Work Act

2. Explain the importance of the following:

Having a chaperone present
when working with children
and vulnerable adults

Obtaining and working within
boundaries of informed
consent

Complying with legislation and
professional standards

3. Outline 2 pieces of information which the client needs before they can provide their informed consent.

a)

b)

4. Describe 3 **localised** cautions/contraindications to sports massage.

Localised cautions/contraindications (conditions)

Action to be taken by therapist upon presentation

Possible consequences of incorrect action

a)

b)

c)

Worksheet cont.

Professional practice in sports massage (D/506/7224)

5. Describe 3 **systemic** cautions/contraindications to sports massage

Systemic cautions/contraindications (conditions)	Action to be taken by therapist upon presentation	Possible consequences of incorrect action
a)		
b)		
c)		

6. Outline a typical referral procedure when working with other professionals.

7. Describe 2 ways by which the therapist can ensure they communicate with others in a professional manner.

a)	b)
----	----

Final result: Pass Refer

Understand the principles of soft tissue dysfunction (Y/506/7223)

Worksheet

Learner's name: _____

1. Outline 4 differences between soft tissue injury and soft tissue dysfunction:

Soft tissue injury	Soft tissue dysfunction
a)	
b)	
c)	
d)	

2. Describe the following types of soft tissue injuries:

Sprain	
Strain	

3. Outline 2 pieces of information which the client needs before they can provide their informed consent.

a)	b)
----	----

4. Outline 4 extrinsic causes of soft tissue injury

a)	b)
c)	d)

5. Other than potential pain levels, give 2 differences between a grade 1 and a grade 3 strain.

Grade 1 strain	Grade 3 strain
a)	
b)	

6. Describe 2 signs/symptoms of soft tissue dysfunction.

a)	b)
----	----

7. Describe the 3 stages of soft tissue repair in terms of:

Name	Approximate duration	Signs and symptoms	Pathology

Worksheet cont.

Understand the principles of soft tissue dysfunction (Y/506/7223)

8. Outline 2 factors that may assist the soft tissue repair process.

a)

b)

9. Outline 2 factors that may impede the soft tissue repair process.

a)

b)

10. Explain why inflammation is a critical part of the soft tissue repair process.

Final result: Pass Refer

Sports massage treatments

(T/506/7228)

Worksheet

Learner's name: _____

1. Outline the purpose for each of the following types of sports massage:

Pre-event	
Inter/Intra-event	
Post-event	
Maintenance	

2. Give 4 environmental requirements when performing sports massage in:

A clinic	a)	b)
	c)	d)
The outdoors	d)	e)
	f)	g)

3. Describe 3 pieces of equipment required to apply sports massage, giving a purpose of each.

Equipment	Purpose
a)	
b)	
c)	

4. Give an example of adverse reaction to sports massage and state what actions should be taken should it arise.

Adverse reaction	Subsequent action(s)

5. Describe effleurage and petrissage by completing the following table.

Technique	Purpose	Methods of application	Application variables	Effects	Safety considerations
Effleurage					
Petrissage					

6. Describe 2 postural considerations when applying longitudinal massage.

a)	b)
----	----

7. Give 2 uses for massage props/pillows.

a)	b)
----	----

8. Give an advantage and a disadvantage of the following mediums:

Massage medium	Advantages	Disadvantages
a) Oils		
b) Lotions		

Final result: Pass Refer

Sports massage treatments checklist – Assessment 1 of 3

Sports massage treatments (T/506/7228)

Client's name: _____

Purpose: _____ Environment: _____ Sport: _____

Key: ✓ = Pass; C = Pass with comment; R = Refer

The learner requires a ✓ or C against each criterion in order to pass.

The learner		Outcome	
		Initial assessment	Re-assessment
P1	prepared treatment area, equipment and self for sports massage		
P2	carried out subjective assessment of client		
P3	obtained informed consent before carrying out physical assessment		
P4	carried out objective assessment of client using one of more of the following: <ul style="list-style-type: none"> • observations • comfortable movement patterns • palpation 		
P5	presented proposed massage strategy to client, based upon collated information		
P6	obtained informed consent from client for proposed massage strategy		
P7	prepared and positioned client for comfort, dignity and maximal effectiveness of proposed treatment		
M1	carried out massage methods that meet the presentation and needs of the client using a range of sports massage techniques		
M2	adapted own posture and position throughout application to ensure safe and effective application		
M3	monitored visual and oral feedback and adapted treatment strategy by varying <ul style="list-style-type: none"> • speed • pressure • depth 		
M4	maintained interaction with client throughout the massage		
M5	removed massage medium when necessary		
A1	carried out post-massage assessments of client		
A2	obtained feedback from client		
A3	applied and maintained professional standards throughout treatment		
A4	evaluated treatment and identified areas and opportunities for improvement		

The learner		Outcome	
		Initial assessment	Re-assessment
A5	presented aftercare advice to client, providing opportunities for questions		
A6	recorded massage sessions as legally required		
A7	restored working environment to safe and hygienic condition		

Final result: Pass Refer

Sports massage treatments checklist – Assessment 2 of 3

Sports massage treatments (T/506/7228)

Client's name: _____

Purpose: _____ Environment: _____ Sport: _____

Key: ✓ = Pass; C = Pass with comment; R = Refer

The learner requires a ✓ or C against each criterion in order to pass

The learner		Outcome	
		Initial assessment	Re-assessment
P1	prepared treatment area, equipment and self for sports massage		
P2	carried out subjective assessment of client		
P3	obtained informed consent before carrying out physical assessment		
P4	carried out objective assessment of client using one of more of the following: <ul style="list-style-type: none"> • observations • comfortable movement patterns • palpation 		
P5	presented proposed massage strategy to client, based upon collated information		
P6	obtained informed consent from client for proposed massage strategy		
P7	prepared and positioned client for comfort, dignity and maximal effectiveness of proposed treatment		
M1	carried out massage methods that meet the presentation and needs of the client using a range of sports massage techniques		
M2	adapted own posture and position throughout application to ensure safe and effective application		
M3	monitored visual and oral feedback and adapted treatment strategy by varying <ul style="list-style-type: none"> • speed • pressure • depth 		
M4	maintained interaction with client throughout the massage		
M5	removed massage medium when necessary		
A1	carried out post-massage assessments of client		
A2	obtained feedback from client		
A3	applied and maintained professional standards throughout treatment		
A4	evaluated treatment and identified areas and opportunities for improvement		

The learner		Outcome	
		Initial assessment	Re-assessment
A5	presented aftercare advice to client, providing opportunities for questions		
A6	recorded massage sessions as legally required		
A7	restored working environment to safe and hygienic condition		

Final result: Pass Refer

Sports massage treatments checklist – Assessment 3 of 3

Sports massage treatments (T/506/7228)

Client's name: _____

Purpose: _____ Environment: _____ Sport: _____

Key: ✓ = Pass; C = Pass with comment; R = Refer

The learner requires a ✓ or C against each criterion in order to pass

The learner		Outcome	
		Initial assessment	Re-assessment
P1	prepared treatment area, equipment and self for sports massage		
P2	carried out subjective assessment of client		
P3	obtained informed consent before carrying out physical assessment		
P4	carried out objective assessment of client using one of more of the following: <ul style="list-style-type: none"> • observations • comfortable movement patterns • palpation 		
P5	presented proposed massage strategy to client, based upon collated information		
P6	obtained informed consent from client for proposed massage strategy		
P7	prepared and positioned client for comfort, dignity and maximal effectiveness of proposed treatment		
M1	carried out massage methods that meet the presentation and needs of the client using a range of sports massage techniques		
M2	adapted own posture and position throughout application to ensure safe and effective application		
M3	monitored visual and oral feedback and adapted treatment strategy by varying <ul style="list-style-type: none"> • speed • pressure • depth 		
M4	maintained interaction with client throughout the massage		
M5	removed massage medium when necessary		
A1	carried out post-massage assessments of client		
A2	obtained feedback from client		
A3	applied and maintained professional standards throughout treatment		
A4	evaluated treatment and identified areas and opportunities for improvement		

The learner		Outcome	
		Initial assessment	Re-assessment
A5	presented aftercare advice to client, providing opportunities for questions		
A6	recorded massage sessions as legally required		
A7	restored working environment to safe and hygienic condition		

Final result: Pass Refer

Client record card

Client details

Mr/Mrs/Miss/Ms: _____ First name: _____ Surname: _____ DOB: _____

Address: _____

Contact numbers: Day: _____ Evening: _____ Mobile: _____

Email address: _____

In case of an emergency contact:

Name: _____ Contact number: _____

Relationship: _____

Client lifestyle details

Occupation _____ Full/Part time: _____

Physical related work activities/ADLs _____

Hobbies/interests/activities _____

Medical history

Do you have, or have you had in the past 6 months, any of the following listed on the contraindications sheet? YES / NO

Details _____

Have you visited your GP in the last 6 months? YES / NO

Details _____

Has permission been given by the GP/Consultant to carry out the treatment? (please attach letter)

YES / NO (required when treating clients with GP referral contraindications)

Treatment session details

Informed consent (to examination)

I fully understand that thorough and honest responses to these questions are essential to my safety. I hereby confirm that the information stated above is accurate to the best of my ability and I undertake to inform my therapist of any changes.

I further understand that prior to any treatment a physical assessment needs to be carried out. The procedure has been fully explained to me and I am happy to proceed.

Client's name: _____ Signature: _____ Date: _____

Reason for treatment

Massage purpose	Pre-event/Post-event/Maintenance
Sport:	
Previous sports massage history (including likes/dislikes)	

Objective findings

Observations	
--------------	--

Comfortable movement patterns used	Findings

Palpation sites	Findings

Massage details (proposed)

Environment	Clinic/non-clinic (indoor)/outdoor
Area/s of body to be massaged	
Techniques to be used	
Massage medium	
Any other details of proposed treatment given to client	

Informed consent (to massage)

Client's signature (consent to proposed massage) _____

Massage details (actual)

Area/s of body massaged	
Techniques used (including which technique/s on which area)	
Details of any contra-actions, including any actions taken	
Details of any stretches performed on client	

Post-treatment details

Subjective feedback from client	
Objective findings from any re-assessment/s	
Details of any post-massage advice given to client	
Self-analysis of treatment	

Learner's name: _____ Signature: _____ Date: _____

Summary of achievement

YMCA Level 3 Diploma in Sports Massage Therapy

Learner's name: _____ Date: _____ Centre name: _____

Assessor's name: _____ IQA's name: _____

Unit title	Assessment element	Assessment outcome	Action plan for achievement and evidence produced for exemption	Re-assessment outcome (if applicable)	Assessor's and learner's signature and date of sign-off	IQA's signature and date (if sampled)	EQA's signature and date (if sampled)
Anatomy and physiology for sports massage J/506/7220	1. Assessment workbook	Pass Refer Exemption		Pass Refer			
	2. Multiple choice theory paper	Pass Refer Exemption		Pass Refer			
Principles of health and fitness R/506/7222	3. Worksheet	Pass Refer Exemption		Pass Refer			
	4. Short answer questions – Section A from combined unit paper	Pass Refer Exemption		Pass Refer			

Unit title	Assessment element	Assessment outcome	Action plan for achievement and evidence produced for exemption	Reassessment outcome (if applicable)	Assessor's and learner's signature and	IQA's signature and date (if	EQA's signature and date (if sampled)
Professional practice in sports massage D/506/7224	5. Worksheet	Pass Refer Exemption					
	6. Short answer questions – Section B from combined unit paper	Pass Refer Exemption					
Understand the principles of soft tissue dysfunction Y/506/7223	7. Worksheet	Pass Refer Exemption					
Sports massage treatments Y/506/7223	8. Worksheet	Pass Refer Exemption					
	9. Short answer questions – Section C from combined unit paper	Pass Refer Exemption					
	10. Observed performance (x3)	Pass Refer Exemption					

Learner's name: _____

Centre name: _____

Assessor's name: _____

IQA's name: _____

Summary of achievement

Level 3 Diploma in Sports Massage (601/5011/7)

Learner authenticity statement:

I confirm that the evidence provided for this qualification is entirely my own work.

Learner's signature: _____ Date: _____

Assessor sign-off statement

I confirm that I am satisfied that the learner named above has provided evidence that is valid, authentic, reliable, current and sufficient to demonstrate the required knowledge, understanding and/or skills for the units signed off here.

Assessor's signature: _____ Date: _____

IQA's signature: _____ Date: _____

YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).

YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.

To view YMCA Awards' full range of qualifications please visit ymca.co.uk.

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112 Great Russell Street, London, WC1B 3NQ | T +44 (0)20 7343 1800 | F +44 (0)84 3221 1549 | E info@ymca.co.uk | W ymca.co.uk

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