



Focus Awards Level 3 Diploma in Sports
Massage Therapy (RQF)

610/2324/3

Qualification Summary

Key Information

Level	Sector	Qualification Type
3	Sport, Leisure and Recreation	Occupational
Total Qualification Time	Credit Value	Guided Learning Hours
370	37	225
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	16

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Focus Awards Level 3 Diploma in Sports Massage Therapy (RQF)

QRN: 610/2324/3

GLH: 225

TQT: 370

Credit: 37

Qualification Purpose:

The Focus Awards Level 3 Diploma in Sports Massage Therapy (RQF) is aimed at learners who are currently working in the sports and active leisure sector.

The purpose of the qualification is to provide learners with the knowledge and understanding of human anatomy and physiology, and sports massage techniques. Learners will develop their skills in being able to provide professional sports massage to non-pathological tissue.

Age Ranges

Entry is at the discretion of the centre. However, learners should be at least 16 to undertake this qualification.

Geographical Coverage

This qualification is available in England.

Learner Entry Requirements

Focus Awards does not set any other entry requirements, but additional criteria may be requested or specified by the centre.



Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations' policy. A copy is available for download from the Focus Awards website at the following URL:

<https://www.focusawards.org.uk/wp-content/uploads/2016/08/Reasonable-Adjustments.pdf>

Assessment Methods

This qualification is internally assessed. Each learner must create a portfolio of evidence that demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include some or all of the following:

- Assessor observation
- Witness testimony
- Learner product
- Worksheets
- Assignments / projects / reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

This qualification does not permit fast-track courses, which are delivered in less than 3 months.

Learners wishing to apply for membership with the Sports Massage Association will be required to evidence at least 50 hours of treatment experience if they have completed a fast-track course which has been delivered in less than 3 months.

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- Focus Awards Level 4 Certificate in Massage Therapy for Sports (RQF)
- Focus Awards Level 5 Diploma in Massage Therapy for Sports (RQF)

Supporting Materials and Useful Websites

- <https://www.focusawards.org.uk/supportingmaterials>
- <https://ofqual.gov.uk>

Qualification Structure

To successfully complete the Focus Awards Level 3 Diploma in Sports Massage Therapy (RQF) learners must complete 5 mandatory units.

Mandatory Units

Unit Title	Unit Reference	Level	Credit	GLH
Anatomy and Physiology for Sports Massage	J/650/6464	3	5	40
Principles of Health and Fitness	K/650/6465	2	4	28
Soft Tissue Dysfunction, Injury, and Rehabilitation	L/650/6466	3	5	40
Professional Practice in Sports Massage Treatments	M/650/6467	3	6	41
Understand and Provide Different Sports Massage Treatments	R/650/6468	3	17	87

Staff Requirements

Requirements for Tutors / Instructors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Level 3, 4, or 5 in Education and Training, or a Certificate in Education. Focus Awards will consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for Assessors

Assessors will be required to hold or be working towards a relevant assessing qualification. This includes qualifications such as:

- Level 3 Award in Assessing Competence in the Work Environment (RQF)
- Level 3 Award in Assessing Vocationally-Related Achievement (RQF)
- Level 3 Certificate in Assessing Vocational Achievement (RQF)

Focus Awards will consider other relevant assessing qualifications upon submission.

Assessors who only hold the Level 3 Award in Understanding the Principles and Processes of Assessment (RQF) will be required to complete an additional programme of study to achieve the relevant competency units required for one of the qualifications listed above.

Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor.

Assessors must also be able to show they are occupationally competent within the sector area.

Requirements for Internal Quality Assurers (IQA)

Internal Quality Assurers should hold or be working towards an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice (RQF). Focus Awards will consider other relevant IQA qualifications upon submission.

Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence, holding a minimum of a Level 3 sports massage qualification.