



**Level 5 Diploma in Massage Therapy for Sports
Learner Record**

RQF

603/5588/8



Learner Assessment Record:
Name of Candidate:

Learning Outcome	Method of Assessment	Agreed Assessment Date	Assessment Date	Result (Pass/Refer)	Assessor Signature and Date	Comments	Re-Assessment date	IV – Initials and Date of Sample.
1	Anatomy, Physiology, Pathology and Functional Anatomy (M/617/9973)							
1-8	Internal Exam							
5	Anatomy Assignment 1							
6	Anatomy Assignment 2							
2	Anatomy Assignment 3							
3	Anatomy Assignment 4							
4	Anatomy Assignment 5							
7	Anatomy and Physiology Worksheet 1							
1	Anatomy and Physiology Worksheet 2							
6.5/6.6	Palpation Assessment							
2	Complex Methods of Massage and Therapy for Sports (T/617/9974)							
1	Worksheet							
2	Observed Formative Assessment Ankle							
2	Observed Formative Assessment Knee							
2	Observed Formative Assessment Hip							
2	Observed Formative Assessment Spine							
2	Observed Formative Assessment Shoulder							
2	Observed Assessment							
2	8 Week Case Study							
3	Complex Assessment Methods in Therapy and Massage for Sports (A/617/9975)							
1	Worksheet							
2	Observed Formative Assessment (3)							
2	8 Week Case Study							
4	Posture and Gait Analysis (F/617/9976)							
1	Worksheet							
2	Case Study							
2	Formative Observed Assessment							
5	Ultrasound and Other Electrotherapy Modalities (J/617/9977)							
1	Therapeutic Ultrasound Worksheet							
2	Observed Formative Assessment (TU.)							
3	Observed Formative Assessment TENS							
6	Taping and Strapping in a Sport and Exercise Context (L/917/9978)							
1,2,3,5,6,7 & 10	Worksheet 1							
4 & 8	Observed Practical Assessment							
7	Rehabilitation of Injuries (R/617/9979)							
1-3	Worksheet							
4	Practical Case Study							

Level 5 Diploma in Massage for Sports Therapy - Pre-Requisite Evidence Record:

Qualification Title:	Number:	Level:	Assessor Signature:	Date Seen:	IV Initials and date if sampled.

Assessment record of achievement and declaration

Learners Name:
 I agree to be assessed according to the assessment plan and confirm that this has been explained fully to me. I am aware of any additional support available to me and confirm that the appeals procedure where necessary has been clearly outlined to me. I declare that all work submitted for this portfolio will be my own unaided work.

Learner Signature: _____ **Date:** _____

Assessors name:
 The assessment procedure has been discussed with the learner and any additional support required has been planned and recorded separately.

Assessors signature: _____ **Date:** _____

Assessor 1's agreement: I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.

Assessors Name: _____ **Assessors Signature:** _____ **Date:** _____

Assessor 2's agreement: I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.

Assessors Name: _____ **Assessors Signature:** _____ **Date:** _____

Assessor 3's agreement: I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.

Assessors Name: _____ **Assessors Signature:** _____ **Date:** _____

Internal Verifiers agreement: I declare that all learner evidence (listed in the assessment plan) has been assessed and meets the learning outcomes, assessment criteria and evidence requirements for the qualification.

Internal Verifiers Name: _____ **Internal Verifiers Signature:** _____ **Date:** _____

Learner Record Contents:

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Worksheet 1 – Anatomy, Physiology, Pathology and Functional Anatomy (M/617/9973)

Within the worksheet you must achieve a pass within every question. Feedback is awarded at the end of each worksheet and will also highlight areas of good practice and development.

1. Using the options available, outline the structural organisation of the human body.

Options		
Molecules	Tissues	Cells
Organs	Organelles	Systems

Atoms
Human being

2. Describe each of the following and their functions within the human body.

TISSUE TYPE:	DESCRIPTION:
Muscular	
Nervous	
Connective	
Epithelial	

3. Name the two main layers of the skin and describe them, including characteristics.

NAME:	NAME:

4. Using the Table below, name the functions of the skin.

P	
R	
E	
S	
S	•
D	•

5. What factors could affect skin condition?

--

6. How would or could this effect a client's experience in regards to sports massage?

--

7. Name and describe the five functions of the Skeleton?

8. Describe each bone classification and give examples within the body.

Classification	Description	Examples
Long bones		
Short bones		
Flat bones		
Irregular bones		
Sesamoid bones		

9. The Skeleton is comprised of two main sections, can you name?

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10. How many bones approximately are in the human body?

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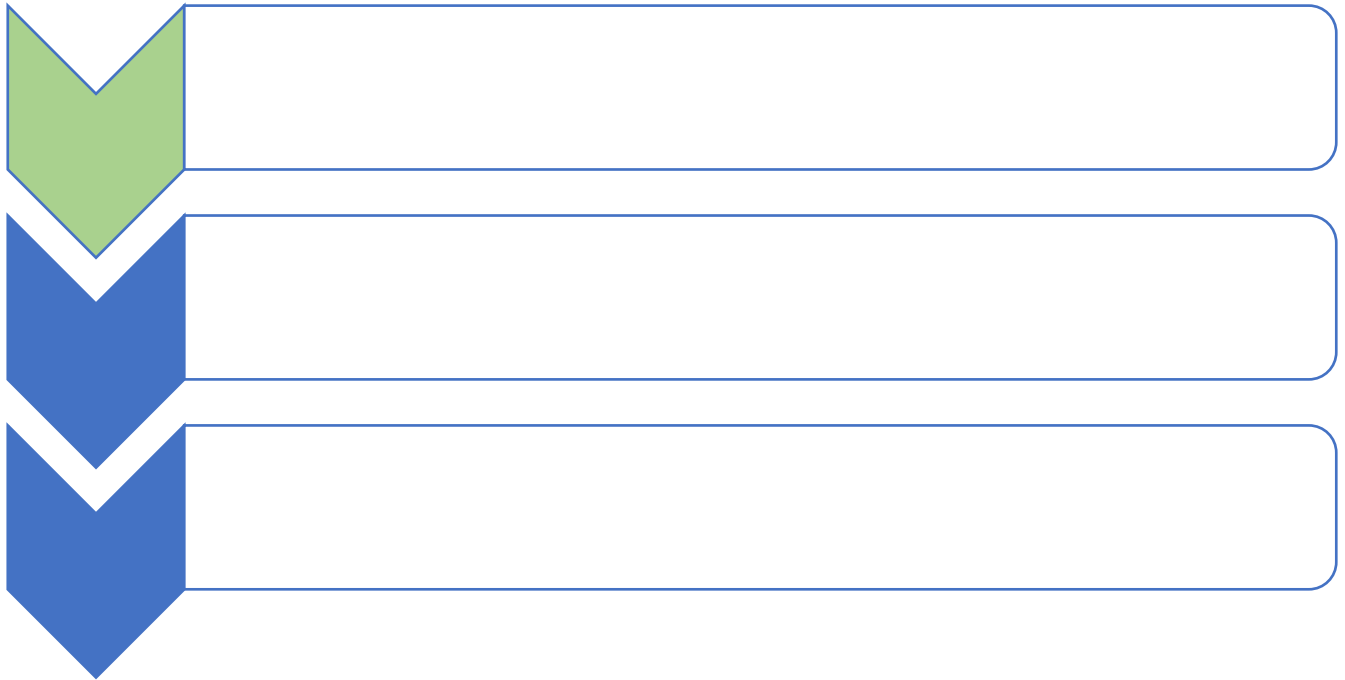
11. Fill in the missing words from the list provide, to explain the stages of bone growth?

Missing Words			
diaphysis	ossification	epiphyseal	
cartilaginous	membranous	woven	lamellar

The development of bone begins before birth with the formation of _____
_____ model. Into this model _____ bone is laid down in an irregular
fashion. This is quickly replaced with _____ bone, which has a stronger, more orderly structure.

In long bones, foetal growth occurs at the primary ossification site which is located in the _____.
After birth and into childhood, growth occurs at two cartilaginous growth plates called _____
plates, which are located between the diaphysis and epiphysis. These growth plates are the sites of secondary
_____ (the process by which bone is formed) and this continues until lengthening is complete
between the age of 18 and 30 years.

12. Complete the diagram below to explain the stages of bone growth.

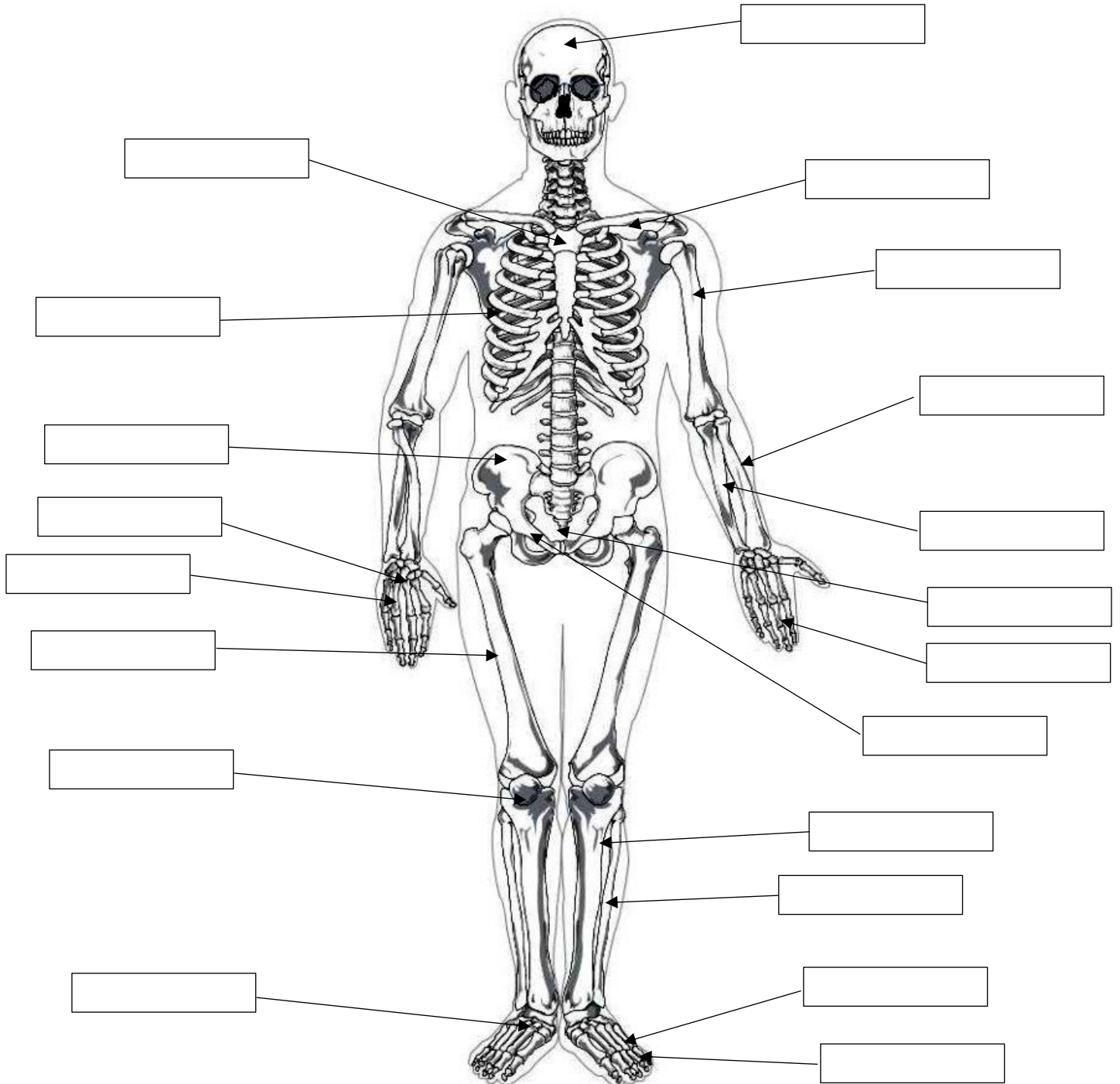


13. Can you name 2 short term and long-term effects of exercise upon the skeletal system?

SHORT TERM	LONG TERM

14. Can you name the bones upon the presented skeleton?

Femur, clavicle, humerus, radius, ulna, tarsals, metatarsals, cranium, patella, tibia, fibula, ilium, ishium, carpals, metacarpals, pubis, ribs, sternum, phalanges (x 2)



15. Describe the following joint classifications and give an example of both.

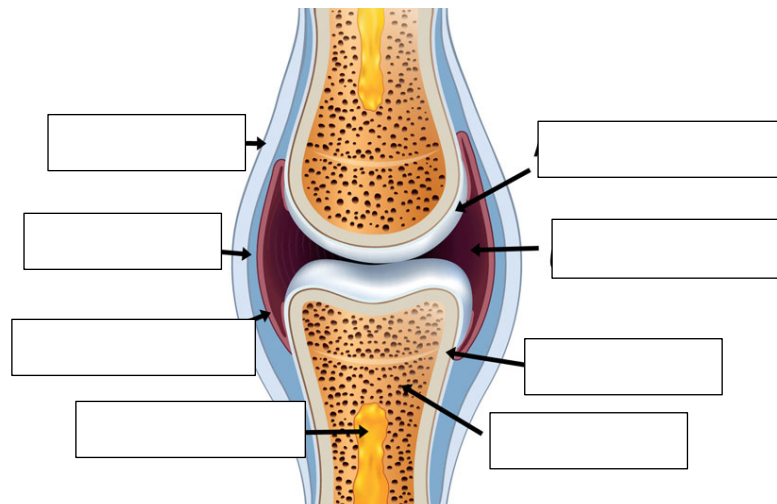
Joint classification	Description and example joint
Fibrous	
Cartilaginous	
Synovial	

16. Describe characteristics of ligaments and characteristics of tendons.

Structure:	Description:
LIGAMENTS	
TENDONS	

17. With the diagram below, can you label and describe each structure within a synovial joint?

Ligament, Joint Capsule, Synovial membrane, Bone Marrow, Articular cartilage, Joint Cavity/Synovial Fluid, Compact Bone, Spongy Bone



STRUCTURE:	DESCRIPTION:
Articular Cartilage / Hyaline	
Ligaments	
Synovial Membrane	
Synovial fluid	
Joint Capsule	
Joint Cavity	
Tendons	

18. When working on a client's knee, which joint are you working around and what are the surrounding muscles?

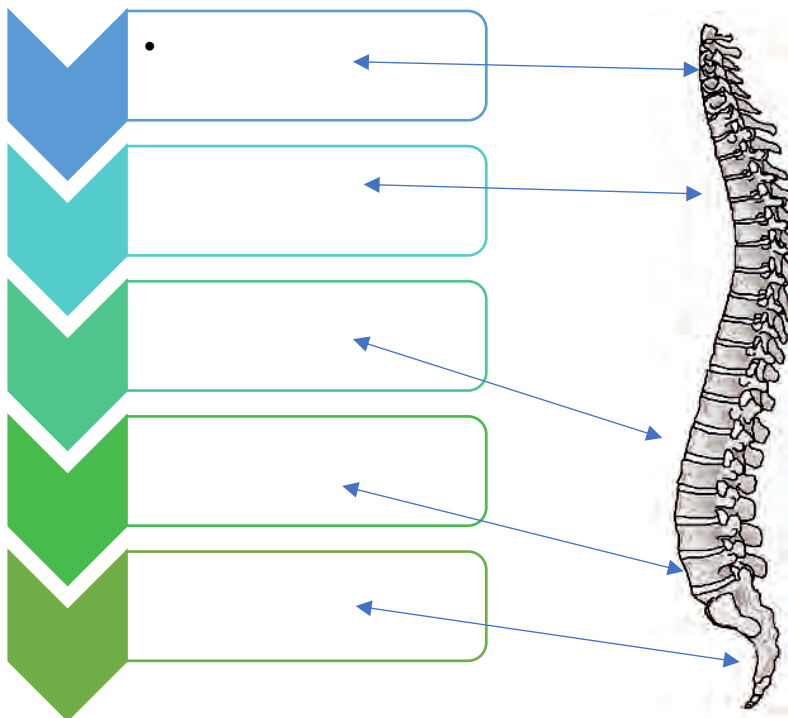
19. Can you name an example and describe its characteristics' including movement for each of the 6 classified joints?

JOINT TYPE	EXAMPLE	RANGE OF MOTION (ROM)
BALL & SOCKET		
HINGE		
PIVOT		
SADDLE		
GLIDING		
ELLIPSOID		

20. Can you name the following movements and name the joint?



21. Can you name each section of the spin and state the associated vertebrae within each region?



22. Describe the following three types of muscular contraction, as well examples in a sporting context and when performing sports massage.

Type of Contraction:	Description:	Sporting Example:	Your Example when performing Sports Massage.
ECCENTRIC			
CONCENTRIC			
ISOMETRIC			

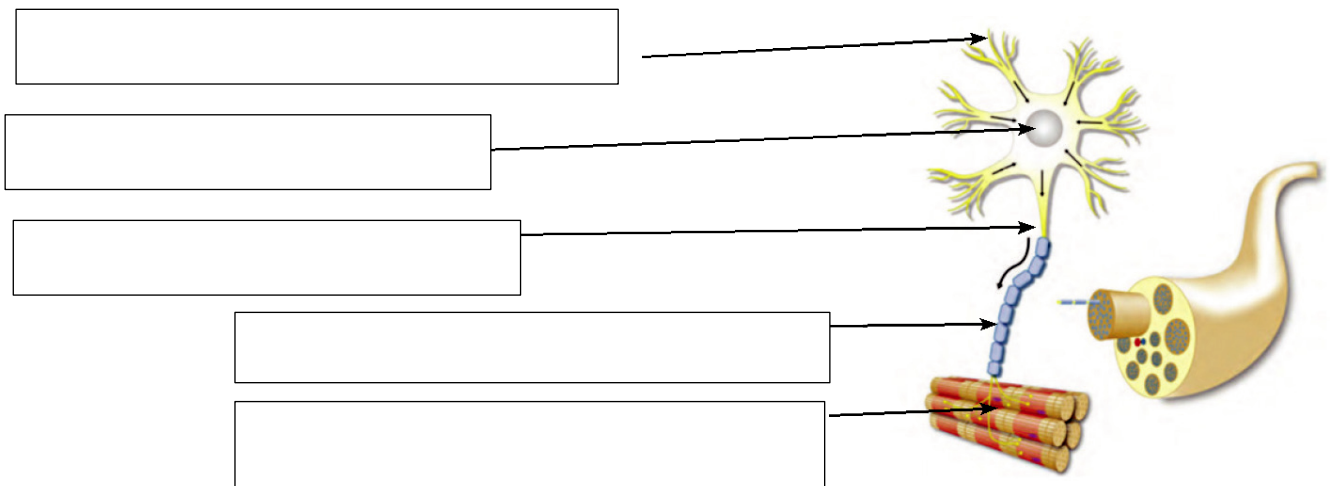
23. Name and describe the three types of muscle tissue, including examples where they are found.

Muscle Tissue Type:	Description:

24. Describe the sliding filament theory, outline the four stages.

25. Explain the 'all or none law' in regards to muscular contraction.

26. Identify each structure within a neuron upon the diagram below.



27. The nervous system, in its simplest form, is a communications system and it has three main roles:
Can you name them and describe each role.

ROLE:	DESCRIPTION:

28. Identify and Describe four components regarding the make-up of blood.

ROLE:	DESCRIPTION:

29. What is blood pressure, describe it?

30. What can affect blood pressure in a client? Outline four factors you must consider for each individual.

31. Explain each of the main structures within the lymphatic system.

STRUCTURE:	DESCRIPTION:
LYMPHATIC CAPILLARIES	
LYMPHATIC NODES	
SPLEEN	
THYMUS	
TONSILS	

32. What are the three functions of the digestive system?

1. _____

2. _____

3. _____

33. The urinary system also known as the renal system. The system consists of the following structures, can you name the four?

1. _____

2. _____

3. _____

4. _____

34. Look to use the table below, describe each of the major endocrine glands.

Pituitary gland	
Thyroid gland	
Adrenal glands	
Pancreas	
Ovaries	
Testes	

35. In four steps describe how hormones work.

1

2

3

4

36. Describe what the terms inspiration and expiration mean. Outline how breathing works, drawing reference to pressure and the roles of the breathing muscles.

37. What two muscles are involved in breathing?

--	--

38. Can you list the passage to the lungs? Describing each structure and their function.

STRUCTURE:	DESCRIPTION:

39. Explain Gaseous exchange, from air arriving into the lungs and into the alveoli.

--

40. Explain the effects of sports massage

PHYSIOLOGICAL AND NEUROLOGICAL EFFECTS	
PSYCHOLOGICAL EFFECTS	
PHYSICAL EFFECTS	

Assessor Feedback:	
Action points/ points for development	
Every question must be answered fully and be marked correct and 100% pass mark achieved.	
Pass:	Refer:

Unit 1: Anatomy, Physiology, Pathology and Functional Anatomy (M/617/9973)

LO6 : Understand the muscular and fascial System – Palpation Assessment

LO	Anatomy Assignment Title	PASS/REFER	Feedback Comments	Evidence Location:
LO4	As1 Structural organisation and the skin			
LO5 & LO7	As2 The skeletal system			
LO2	As3 The muscular system			
LO3	As4 The nervous system			
LO8	As5- The endocrine system			
LO1	As6 The cardiovascular system			
LO6	As7 The Respiratory System			

Assessor Name:	
Assessor Signature:	
Result:	
Date of Completion:	

Assessor Feedback	
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Unit 1: Anatomy, Physiology, Pathology and Functional Anatomy (M/617/9973)

LO1: Understanding Neurological Presentations

Summative Worksheet: All questions must be answered and marks achieved.

1. Define the characteristics of Dermatomes

2. Define the characteristics of Myotomes

3. Explain the organisation of Dermatomes

4. Describe common peripheral neuropathy patterns?

5. Describe the common causes of neurological damage

6. Describe the pathways of peripheral nerves

7. Describe presentations that warrant neurological testing

8. Evaluate the pathophysiology of common injuries and dysfunctions, such as a muscle sprain and muscle strain?

9. Explain the importance of referral for neurological testing

Assessor Feedback:

Action points/ points for development

Every question must be answered fully and be marked correct and 100% pass mark achieved.

Pass:

Refer:

Unit 2: Complex Massage Therapy Techniques for Sports T/617/9974

LO 1: Understand the Principles of Complex Sports Therapy and Massage Techniques

Summative Worksheet: All questions must be answered and marks achieved.

1. Explain the Myofascial technique and outline when this would be used upon a client? (10)

2. Describe the protocols of applying Myofascial Technique upon a client? (5)

3. Explain the positional release technique and outline when this would be used upon a client? (10)

4. Describe the protocols of applying positional release upon a client? (5)

Assessor Feedback:

Action points/ points for development

Every question must be answered fully and be marked correct and 100% pass mark achieved.

Pass:

Refer:

Unit 2: Complex Massage and Therapy Techniques for Sports Massage

LO 2: Be able to carry out treatments using complex techniques for Sports Massage Therapy

Treatment Number:

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a Treatment		
1	Carried -out complex Assessment and devised a treatment plan		
2	Prepare the area for treatment and ensured clean and well ventilated		
3	Prepare the client for treatment and outlined proposed treatment		
4	Client is positioned correctly for Maximum treatment effectiveness, dignity and comfort		
5	Informed consent is provided by the client		
B	During a Complex massage therapy treatment		
1	Can locate bony landmarks and soft tissue structures in and around treatment area		
2	Demonstrate complex techniques for sports massage therapy		
3	Communication is clear through-out the treatment		
4	Observed how tissue responded whilst carrying out the treatment		
5	Obtained continuous feedback from client, allowing a two-way process.		
6	Able to meet needs by adjusting techniques where appropriate.		
7	Positioned Safely and effectively and able to adapt where required.		
8	Contentiously evaluated the treatments effeteness and application		
9	Modified treatment plan following an evaluation of the treatment		
C	Completion of a Treatment		
1	Provided suitable and appropriate after care advice, linked to client pathology		
2	Allowed client opportunities for questions and feedback		
3	Left area clean and ready for next treatment		

Date of treatment:	
Assessor Name:	
Assessor Signature:	
Result:	

Assessor Feedback	
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Unit 2: Complex Massage and Therapy Techniques for Sports Massage

LO 2: Be able to carry out treatments using complex techniques for Sports Massage Therapy

Treatment Number:

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a Treatment		
1	Carried -out complex Assessment and devised a treatment plan		
2	Prepare the area for treatment and ensured clean and well ventilated		
3	Prepare the client for treatment and outlined proposed treatment		
4	Client is positioned correctly for Maximum treatment effectiveness, dignity and comfort		
5	Informed consent is provided by the client		
B	During a Complex massage therapy treatment		
1	Can locate bony landmarks and soft tissue structures in and around treatment area		
2	Demonstrate complex techniques for sports massage therapy		
3	Communication is clear through-out the treatment		
4	Observed how tissue responded whilst carrying out the treatment		
5	Obtained continuous feedback from client, allowing a two-way process.		
6	Able to meet needs by adjusting techniques where appropriate.		
7	Positioned Safely and effectively and able to adapt where required.		
8	Contentiously evaluated the treatments effeteness and application		
9	Modified treatment plan following an evaluation of the treatment		
C	Completion of a Treatment		
1	Provided suitable and appropriate after care advice, linked to client pathology		
2	Allowed client opportunities for questions and feedback		
3	Left area clean and ready for next treatment		

Date of treatment:	
Assessor Name:	
Assessor Signature:	
Result:	

Assessor Feedback	
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Unit 2: Complex Massage and Therapy Techniques for Sports Massage

LO 2: Be able to carry out treatments using complex techniques for Sports Massage Therapy

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a Treatment		
1	Carried -out complex Assessment and devised a treatment plan		
2	Prepare the area for treatment and ensured clean and well ventilated		
3	Prepare the client for treatment and outlined proposed treatment		
4	Client is positioned correctly for Maximum treatment effectiveness, dignity and comfort		
5	Informed consent is provided by the client		
B	During a Complex massage therapy treatment		
1	Can locate bony landmarks and soft tissue structures in and around treatment area		
2	Demonstrate complex techniques for sports massage therapy		
3	Communication is clear through-out the treatment		
4	Observed how tissue responded whilst carrying out the treatment		
5	Obtained continuous feedback from client, allowing a two-way process.		
6	Able to meet needs by adjusting techniques where appropriate.		
7	Positioned Safely and effectively and able to adapt where required.		
8	Contentiously evaluated the treatments effeteness and application		
9	Modified treatment plan following an evaluation of the treatment		
C	Completion of a Treatment		
1	Provided suitable and appropriate after care advice, linked to client pathology		
2	Allowed client opportunities for questions and feedback		
3	Left area clean and ready for next treatment		

Date of treatment:	
Assessor Name:	
Assessor Signature:	
Result:	

Assessor Feedback	
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Unit 3: Complex Assessment Methods in Therapy and Massage for Sports

LO 1: Understand the Principles and Practice of Complex Assessment

Summative Worksheet: All questions must be answered and marks achieved.

1. Explain the methods of gathering information in complex assessments?

2. Critically compare Red and Yellow flags

3. Identify a minimum of 3 special tests for the selected joint areas.

Joint:	Special tests	What are they testing for?
Ankle		
Knee		
Hip		
Spine		
Shoulder		
Wrist & Elbow		

4. Explain the process of clinical reasoning and the importance of urgent medical referral.

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Assessor Feedback:

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Action points/ points for development

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Every question must be answered fully and be marked correct and 100% pass mark achieved.

Pass:

Refer:

Unit 3: Complex Assessment Methods in Therapy and Massage for Sports - A/617/9975

LO2: Conduct complex assessments and devise a treatment plan for sports therapy and massage (Ankle)

Treatment Number:

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a Treatment		
1	Carried -out a detailed welcome and subjective assessment		
2	Prepare the area for treatment and ensured clean and well ventilated		
3	Selected appropriate techniques for complex methods of assessments		
4	Client is positioned correctly for Maximum treatment effectiveness, dignity and comfort		
5	Informed consent is obtained prior to conducting complex methods of assessment		
B	During a Complex Method of Assessment (Consultation).		
1	Carried out complex methods of assessment.		
2	Gained informed consent prior each individual method and through-out the treatment		
3	Communication is clear through-out the treatment		
4	Observed how client responded during complex methods of assessments being carried out.		
5	Obtained continuous feedback from client, allowing a two-way process.		
7	Positioned Safely and effectively and able to adapt where required.		
8	Contentiously evaluated the assessment methods and effeteness and application		
9	Modified assessment method's when required		
C	Completion of a Complex Assessment Methods		
1	Evaluated findings following completion of complex methods of assessment		
2	Appropriately record complex assessment findings and complete clinical reasoning forms		
3	Devise treatment plan in line with complex assessment findings		
4	Explained chosen strategies to the client		
5	Ensured client understands the rational of the treatment and has provided consent for the treatment to be carried out.		

Date of treatment:
Assessor Name:
Assessor Signature:
Result:

Assessor Feedback	
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Unit 3: Complex Assessment Methods in Therapy and Massage for Sports - A/617/9975

LO2: Conduct complex assessments and devise a treatment plan for sports therapy and massage (Knee)

Treatment Number:

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a Treatment		
1	Carried -out a detailed welcome and subjective assessment		
2	Prepare the area for treatment and ensured clean and well ventilated		
3	Selected appropriate techniques for complex methods of assessments		
4	Client is positioned correctly for Maximum treatment effectiveness, dignity and comfort		
5	Informed consent is obtained prior to conducting complex methods of assessment		
B	During a Complex Method of Assessment (Consultation).		
1	Carried out complex methods of assessment.		
2	Gained informed consent prior each individual method and through-out the treatment		
3	Communication is clear through-out the treatment		
4	Observed how client responded during complex methods of assessments being carried out.		
5	Obtained continuous feedback from client, allowing a two-way process.		
7	Positioned Safely and effectively and able to adapt where required.		
8	Contentiously evaluated the assessment methods and effeteness and application		
9	Modified assessment method's when required		
C	Completion of a Complex Assessment Methods		
1	Evaluated findings following completion of complex methods of assessment		
2	Appropriately record complex assessment findings and complete clinical reasoning forms		
3	Devise treatment plan in line with complex assessment findings		
4	Explained chosen strategies to the client		
5	Ensured client understands the rational of the treatment and has provided consent for the treatment to be carried out.		

Date of treatment:
Assessor Name:
Assessor Signature:
Result:

Assessor Feedback	
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Unit 3: Complex Assessment Methods in Therapy and Massage for Sports - A/617/9975

LO2: Conduct complex assessments and devise a treatment plan for sports therapy and massage (Hip)

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a Treatment		
1	Carried -out a detailed welcome and subjective assessment		
2	Prepare the area for treatment and ensured clean and well ventilated		
3	Selected appropriate techniques for complex methods of assessments		
4	Client is positioned correctly for Maximum treatment effectiveness, dignity and comfort		
5	Informed consent is obtained prior to conducting complex methods of assessment		
B	During a Complex Method of Assessment (Consultation).		
1	Carried out complex methods of assessment.		
2	Gained informed consent prior each individual method and through-out the treatment		
3	Communication is clear through-out the treatment		
4	Observed how client responded during complex methods of assessments being carried out.		
5	Obtained continuous feedback from client, allowing a two-way process.		
7	Positioned Safely and effectively and able to adapt where required.		
8	Contentiously evaluated the assessment methods and effeteness and application		
9	Modified assessment method's when required		
C	Completion of a Complex Assessment Methods		
1	Evaluated findings following completion of complex methods of assessment		
2	Appropriately record complex assessment findings and complete clinical reasoning forms		
3	Devise treatment plan in line with complex assessment findings		
4	Explained chosen strategies to the client		
5	Ensured client understands the rational of the treatment and has provided consent for the treatment to be carried out.		

Treatment Number:

Date of treatment:
Assessor Name:
Assessor Signature:
Result:

Assessor Feedback	
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Unit 3: Complex Assessment Methods in Therapy and Massage for Sports - A/617/9975

LO2: Conduct complex assessments and devise a treatment plan for sports therapy and massage (spine)

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a Treatment		
1	Carried -out a detailed welcome and subjective assessment		
2	Prepare the area for treatment and ensured clean and well ventilated		
3	Selected appropriate techniques for complex methods of assessments		
4	Client is positioned correctly for Maximum treatment effectiveness, dignity and comfort		
5	Informed consent is obtained prior to conducting complex methods of assessment		
B	During a Complex Method of Assessment (Consultation).		
1	Carried out complex methods of assessment.		
2	Gained informed consent prior each individual method and through-out the treatment		
3	Communication is clear through-out the treatment		
4	Observed how client responded during complex methods of assessments being carried out.		
5	Obtained continuous feedback from client, allowing a two-way process.		
7	Positioned Safely and effectively and able to adapt where required.		
8	Contentiously evaluated the assessment methods and effeteness and application		
9	Modified assessment method's when required		
C	Completion of a Complex Assessment Methods		
1	Evaluated findings following completion of complex methods of assessment		
2	Appropriately record complex assessment findings and complete clinical reasoning forms		
3	Devise treatment plan in line with complex assessment findings		
4	Explained chosen strategies to the client		
5	Ensured client understands the rational of the treatment and has provided consent for the treatment to be carried out.		

Treatment Number:

Date of treatment:
Assessor Name:
Assessor Signature:
Result:

Assessor Feedback	
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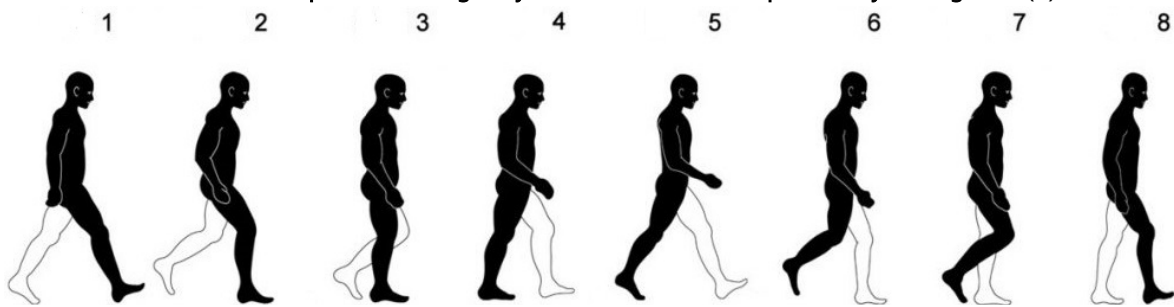
Unit 4: Posture and Gait Analysis

LO 1: Understanding the importance of Specific Gait and Posture in Sport

Summative Worksheet: All questions must be answered and marks achieved.

1. Describe what makes up a stride in gait analysis? (2)

2. What are the 8 sub-phases of the gait cycle and the associated phase they belong too? (8)



No:	Sub-Phase	Phase
1		
2		
3		
4		
5		
6		
7		
8		

3. Explain some factors that can affect a clients gait? (8) (Use specific examples.)

4. What modern piece of equipment can be used to measure a client's gait (observationally).?

5. Complete the paragraph below, using the terms suggested.

Walk / Underlying / Abnormal / Injuries

A _____ gait, is identified when a client is unable to _____ in their usual way. There are a number of things that may cause this, such as _____, issues with their legs and feet as well as _____ conditions.

6. Explain what may affect a client's gait? (Use examples).

7. On the following statements, identify if this is true or false.

Statement:	TRUE or FALSE
The probability of a gait disorder will increase with age?	
Age related gait disorder occurs in 14% of 65 years old?	
Mid terminal is a phase of the gait cycle?	
Poorly fitted footwear can cause gait dysfunction?	

8. Describe the following types of gait disorders? (5)

Gait Disorder:	Description:
Propulsive	
Scissors	
Spastic	
Steppage	
Waddling	

Date of Submission:	
Assessor Name:	
Assessor Signature:	
Result:	

Assessor Feedback	
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Unit 4: Posture and Gait Analysis

LO 2: Undertake and Evaluate the assessment of sports specific posture and Gait

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a Gait Analysis		
1	Outlines procedures of Gait analysis, along with reasoning / decision for its use. (Including timings and possible video use.).		
3	Selected appropriate method of analysis		
4	Positions client for optimal viewing and access to viewpoints		
5	Ensures equipment is clean and ready for use.		
6	Used video equipment (where appropriate), ensuring client permission		
B	Carrying out a Gait Analysis for a Specific Client		
1	Maintains dialogue during treatment, checking on client report comfort. Explaining procedure and encouraging interaction.		
2	Maintains full contact when carrying out treatment, ensuring transducer head doesn't lift off surface.		
3	Shows continuous respect, sensitivity and compassion.		
4	Constant circular movement, appropriate for treatment area.		
C	Completion of a Gait Analysis		
1	Completes Gait Analysis, reporting findings to client		
2	Evidences findings and recorded them on assessment paperwork appropriately		
3	Leaves assessment area ready for next assessment use.		

Date of treatment:	
Assessor Name:	
Assessor Signature:	
Result:	

Assessor Feedback	
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Unit 5: Ultrasound and Other Electrotherapy Modalities J/617/997

Electrotherapy Worksheet 1

Summative Worksheet: All questions must be answered and marks achieved.

1. Describe the different uses of Therapeutic Ultrasound Therapy.

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2. Explain the term ' Effective Radiating Area (ERA)'

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3. Identify the two mods of application in therapeutic ultrasound.

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4. Output Frequency is measured in?

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5. Describe the differences between the listed output frequency's as well as example there uses, below.

FREQUENCY:	DESCRIPTION:
1 MHz Output	
3Mhz Output	

6. Using the choices in Red, complete the following description.

Low Absorption / High Penetration / Low Penetration Rate. / Protein

Tissues with higher water content has _____ rate (blood/ fat) and _____ rate. Tissues with higher _____ content has high absorption rate (peripheral nerve, bone) and _____.

7. Describe the effects that therapeutic ultrasound can have on an individual client.

8. What does the acroymn TENS stand for?

9. Describe the benefits of TENS therapy, both physiologically and as a treatment itself.

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10. Describe the following terms in regards to TENS therapy.

TERM:	DESCRIPTION:
PULSE WIDTH	
PULSE RATE	

11. Using the table below list 6 contraindications to TENS Therapy

12. Describe the benefits of TENS therapy

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Assessor Feedback:

Action points/ points for development

Every question must be answered fully and be marked correct and 100% pass mark achieved.

Pass:

Refer:

Unit 5: Ultrasound and Other Electrotherapy Modalities J/617/997

LO1: Practical Assessment – Therapeutic Ultrasound

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a Therapeutic Ultrasound Treatment		
1	Outlines procedures of treatment, along with reasoning / decision for its use.		
2	Outlines both possible benefits of the treatment. As well as possible feeling during treatment.		
3	Carried out a health check to ensure no contraindications.		
4	Positions client for optimal access to soft tissue / structure		
5	Ensures equipment is clean and ready for use.		
6	Can turn on ultrasound device		
7	Can select appropriate program. Including Duration, intensity and frequency of the ultrasound.		
8	Verbal and physical checks with client, ensuring readiness for treatment		
9	Applies appropriate level of medium to client and transducer head.		
B	Carrying out a Therapeutic Ultrasound Treatment		
1	Maintains dialogue during treatment, checking on client report comfort. Explaining procedure and encouraging interaction.		
2	Maintains full contact when carrying out treatment, ensuring transducer head doesn't lift off surface.		
3	Shows continuous respect, sensitivity and compassion.		
4	Constant circular movement, appropriate for treatment area.		
C	Completion of a Therapeutic Ultrasound Treatment		
1	Completes treatment feeding back to client		
2	Removes transducer head off client and cleans the head, placing back into the unit.		
3	Wipes down client and ensures no remaining gel.		
4	Checks client comfort		
5	Outlines possible effects to client		
6	Turns machine off and leaves area ready for next treatment use.		

Date of treatment:	
Assessor Name:	
Assessor Signature:	
Result:	

Assessor Feedback	
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Unit 5: Ultrasound and Other Electrotherapy Modalities J/617/9977

TENS Therapy Formative Assessment:

Criteria:	Assessment Description:	Competency:	Comments:
A	Client consultation and preparing for a TENS Treatment		
1	Outlines procedures of treatment, along with reasoning / decision for its use.		
2	Outlines both possible benefits of the treatment. As well as possible feeling during treatment.		
3	Carried out a health check to ensure no contraindications.		
4	Positions client for optimal access to soft tissue / structure		
5	Ensures equipment is clean and ready for use.		
6	Can turn on TENS device		
7	Can select appropriate program. Including Duration, pulse rate and pulse width of the TENS		
8	Verbal and physical checks with client, ensuring readiness for treatment		
B	Carrying out a TENS Treatment		
1	Places electrode's in appropriate condition and ensures they are in contact with the skin		
2	Maintains dialogue during treatment, checking on client report comfort. Explaining procedure and encouraging interaction.		
3	Shows continuous respect, sensitivity and compassion.		
4	Consistent check intensity is appropriate and client is comfortable.		
C	Completion of a TENS Treatment		
1	Completes treatment feeding back to client		
3	Removes electrode's safely and ensuring client comfort.		
5	Outlines possible effects to client		
6	Turns machine off and leaves area ready for next treatment use.		

Date of treatment:	
Assessor Name:	
Assessor Signature:	
Result:	

Assessor Feedback	
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Unit 6: Taping and Other Modalities

Taping Worksheet 1

Summative Worksheet: All questions must be answered and marks achieved.

1. Describe the importance of having a knowledge of anatomy and physiology when applying taping and strapping

2. Describe the physical and physiological effects of taping and strapping

3. Explain the importance of cleanliness and hygiene, dress and appearance and the standards to be applied

4. Clarify relevant and current health and safety legislation for the types of equipment used in taping and strapping

5. Explain the importance of maintaining the dignity and comfort of clients throughout the taping and strapping process

6. Explain the importance of having a chaperone present when working with children and vulnerable adults

7. Explain the importance of obtaining consent prior to assessments and application of taping and strapping

8. Explain the importance of obtaining information on the possible dangers of and contraindications / precautions to taping and strapping

9. Clarify the accepted standards of practice

10. Explain the importance of understanding and obeying the rules of sports

11. Explain the importance of accurate client assessments and record keeping

Assessor Feedback:

Action points/ points for development

Every question must be answered fully and be marked correct and 100% pass mark achieved.

Pass:

Refer:

Unit 6: Taping and Other Modalities

Formative Assessment: Kinesiology Taping

Criteria:	Assessment Description:	Competency:	Comments:
A	Be able to prepare for taping and strapping techniques		
1	Outlines procedures of treatment, along with reasoning / decision for its use.		
2	Carry out equipment and treatment area check's to ensure cleanliness and hygiene and that current health and safety requirements are met		
3	Devise taping and strapping strategies appropriate to client's needs, context and the rules of the sport		
4.1	Apply professional standards of personal hygiene, dress and appearance		
5	Present the aims and objectives of taping and strapping strategies to clients		
6	Obtain informed consent using the correct procedures		
7	Prepare relevant body areas for taping and strapping with due respect to the client's dignity		
8.1	Position the client for comfort, safety and support throughout taping and strapping		
B	Be able to apply taping and strapping in a sporting context		
2	Demonstrate how to take account of the dangers of, and contraindications to taping and strapping		
1	Select materials that are appropriate for planned taping and strapping		
2	Apply taping and strapping techniques correctly and consistently to meet client's presentation and needs		
3	Reassess the client, identifying any adverse reactions		
4	Consistent check intensity is appropriate and client is comfortable.		
C			
1	Leave Treatment area and equipment in correct state and ready for future applications		
10.2	Analyse client feedback against the aims and objectives of taping and strapping		
5	Reassess the client, identifying any adverse reactions		
10.1	Gain's feedback on the effects of taping and strapping from clients		

Date of treatment:	
Assessor Name:	
Assessor Signature:	
Result:	

Assessor Feedback	
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Unit 7: Rehabilitation with Injuries

Rehabilitation with Injuries Worksheet 1

Summative Worksheet: All questions must be answered and marks achieved.

1. Clarify how to establish core stability in rehabilitation

2. Explain how to re-establish neuromuscular control

3. Explain how to regain postural stability and balance

4. Explain how to restore range of motion and improve flexibility

5. Explain how to maintain cardiorespiratory fitness during rehabilitation

Assessor Feedback:

Action points/ points for development

Every question must be answered fully and be marked correct and 100% pass mark achieved.

Pass:

Refer:

Unit 7: Rehabilitation of injuries

Case Study: Assignment

Criteria:	Assessment Description:	Competency:	Comments:
A	Initial Assessment		
1	Outlines initial procedures and assessment		
1	Outlined and described appropriate joint testing including Rom and comparing and contrasting.		
1	Described how to check the area using palpation and any special testing		
1	Outlined professional standards of personal hygiene, dress and appearance		
2	Present the aims and objectives of the treatment plan		
1	Obtain informed consent using the correct procedures		
1.1	Explained essential considerations in designing a rehabilitation programme		
B	Treatment Planning		
1.2	Planned and described appropriate time frames and how to manage the healing process at every stage.		
1	Planned appropriate activities and treatments within every stage		
2	Set targets through-out every stage		
3	Outlined and identified scope of practice, if appropriate, if other healthcare professionals will be required. (Referral.).		
4	Consistent check intensity is appropriate and client is comfortable.		
C	Post Plan Advice		
1.3	Describe the evaluation proves in the rehabilitation process, including at every stage.		
10.2	Analyse client feedback against the aims and objectives of taping and strapping		
5	Reassess the client, identifying any adverse reactions		
10.1	Gain's feedback on the effects of taping and strapping from clients		

Date of treatment:	
Assessor Name:	
Assessor Signature:	
Result:	

Assessor Feedback	
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