

BodyAid
SOLUTIONS

**Level 3 Diploma in Massage Therapy for Sports
LEARNER RECORD**

RQF

603/4659/0

FOCUS AWARDS

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There are a number of professional associations (PAs) that offer membership to qualified (post graduate) sports massage therapists.

Individual PAs often have their own membership entry requirements that can include such as:

- A minimum period of time over which a course/qualification is completed.
- The method of course delivery.
- A logbook to evidence student practise hours.
- A First Aid qualification.
- An annual log of Continuing Professional Development hours (CPD).

This list is not necessarily complete and learners are advised to check the requirements of a specific PA they may like to join post qualification.

Contents of Units				Record of Achievement		
Unit Name	Evidence	Assessment Method	Planned assessment date	Pass/Refer/APA	Assessors Signature & Date	IV Signature and date (If Sampled)
Anatomy and Physiology for Sports Massage	Worksheet 1	Written				
Principles of Health and Fitness	Worksheet 2	Written				
Understand the principles of soft tissue dysfunction	Worksheet 3	Written				
Professional practice in sports massage	Worksheet 4	Written				
Sports Massage Treatments	Worksheet 5	Written				
	Summative Observation – Pre-Event in a non-clinical environment	Observation				
	Summative Observation – Maintaince Massage in a Clinical Evironment	Observation				
	Summative observation – Post Event massage in a non – clinical environment.	Observation				
	Self-Evaluation of massage performance	Written Verbal				
	Practice Hours	Log Book				

Assessment Declaration

Declaration		Name:	Signature:	Date:
Learners Agreement:	I agree to be assessed according to the assessment plan and am happy that any additional support I require has been discussed and a separate plan put in place for this. I declare that all of the evidence (listed in the assessment plan) that will be produced for this portfolio will be my own unaided work.			
Assessors Agreement:	I have discussed the planned assessments with the learner and any additional support required has been planned and recorded separately.			

Record of Achievement Declaration:

Declaration		Name:	Signature:	Date:
Assessors Agreement 1:	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 Agreement 2:	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 Agreement 3:	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 Agreement 1:	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.			

Unit 1 Anatomy and physiology for sports massage Unit accreditation number:

Worksheet 1 – Anatomy and physiology for Sports Massage

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?

--	--

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

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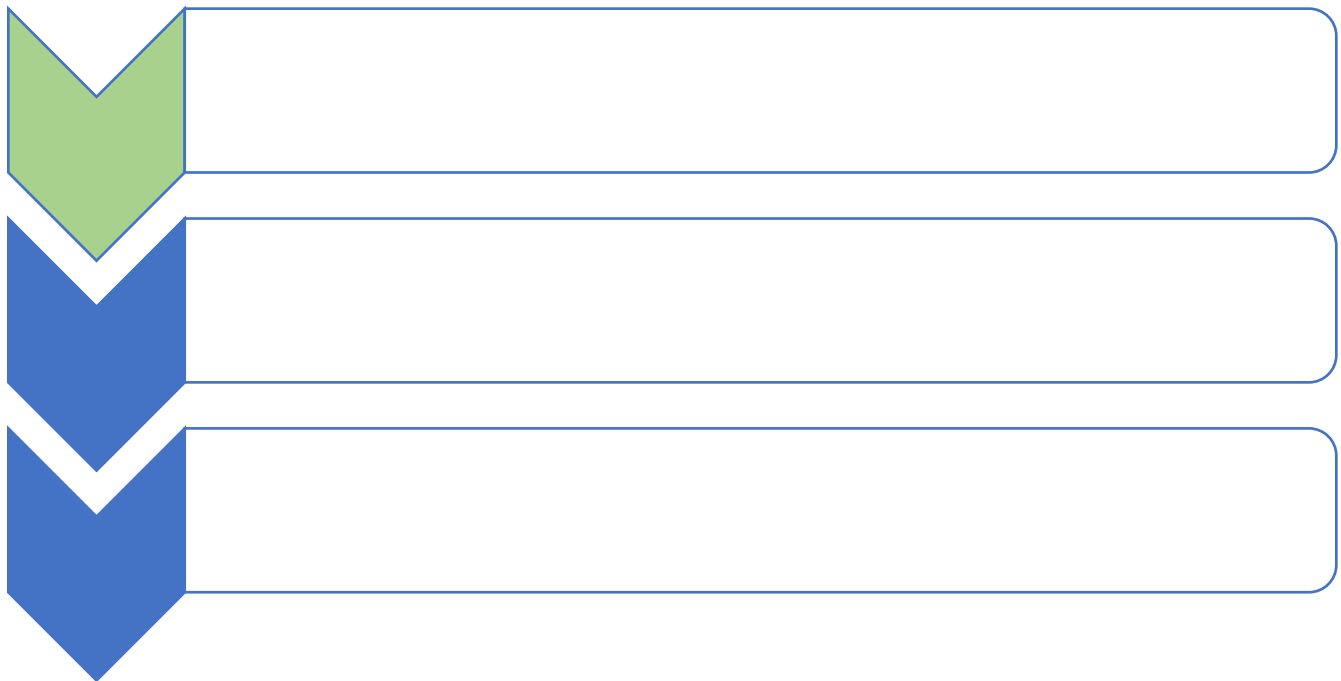
11. Fill in the missing words from the list provide, to explain the stages of bone growth?

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 cartliagninous growth plates called _____ plates, which are located between the diaphysis and epiphysis. These growth plates ate the sites of secondary _____ (the process by which bone if 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.

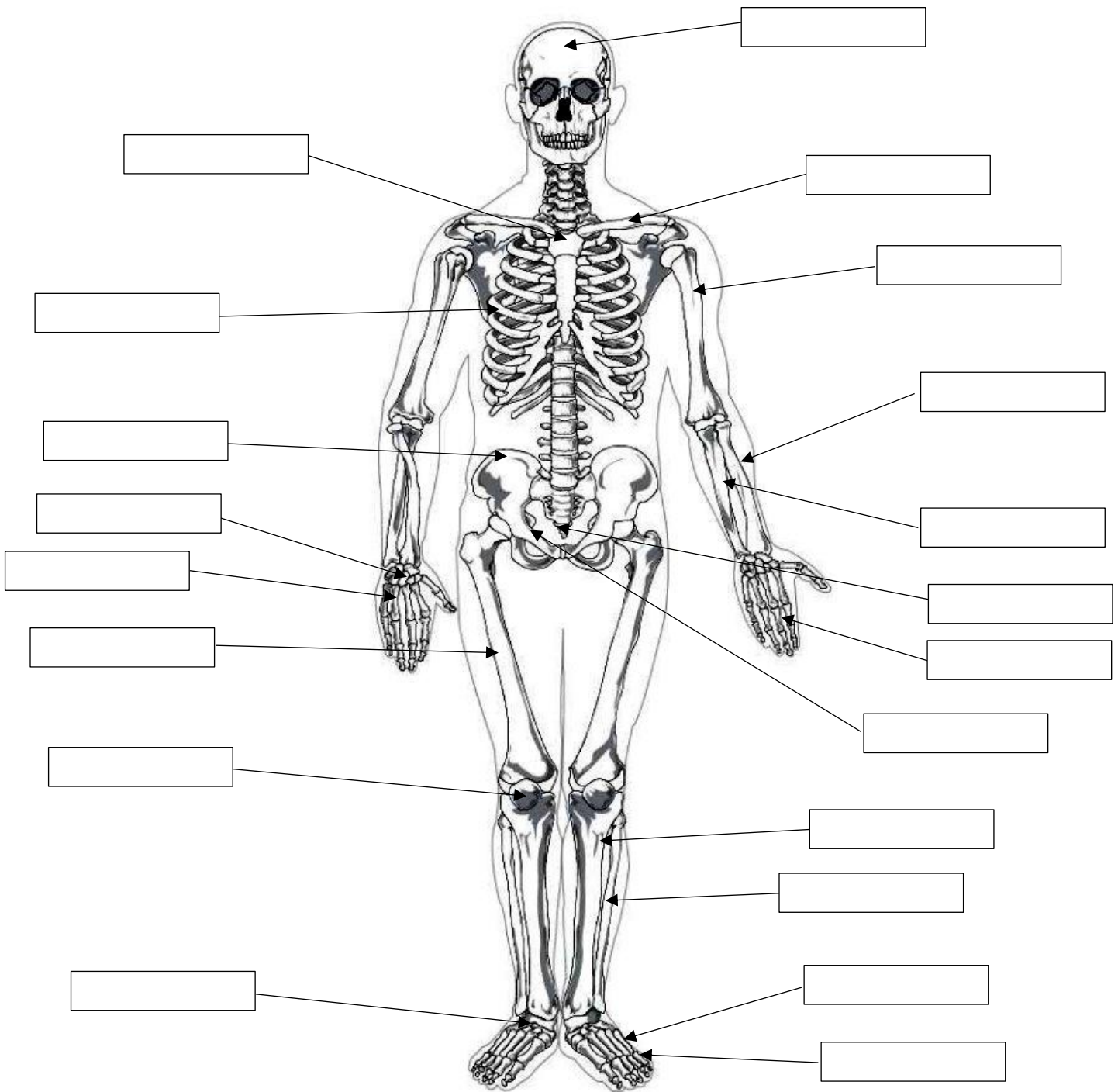


13. Can you name 2 short term and long-term effects of exercise upon the skeletal system?

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.

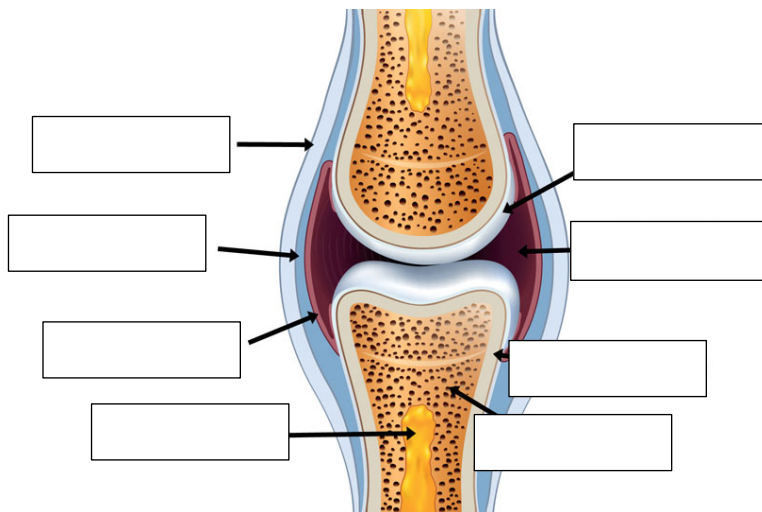
Joint classification	Description and example joint
Fibrous	
Cartilaginous	
Synovial	

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?

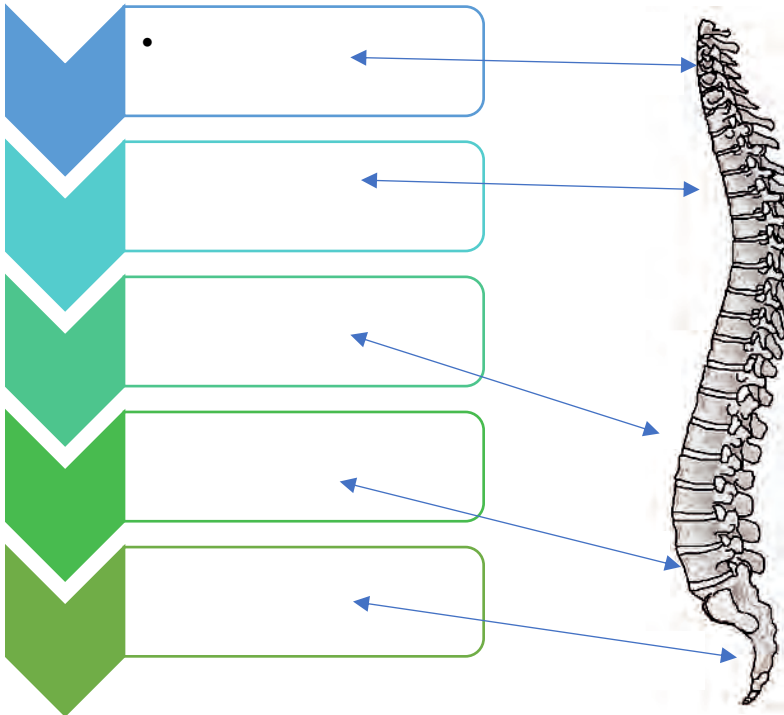
19. Can you name an example and describe its characteristics' including movement for each of the 6 classified joints?

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			

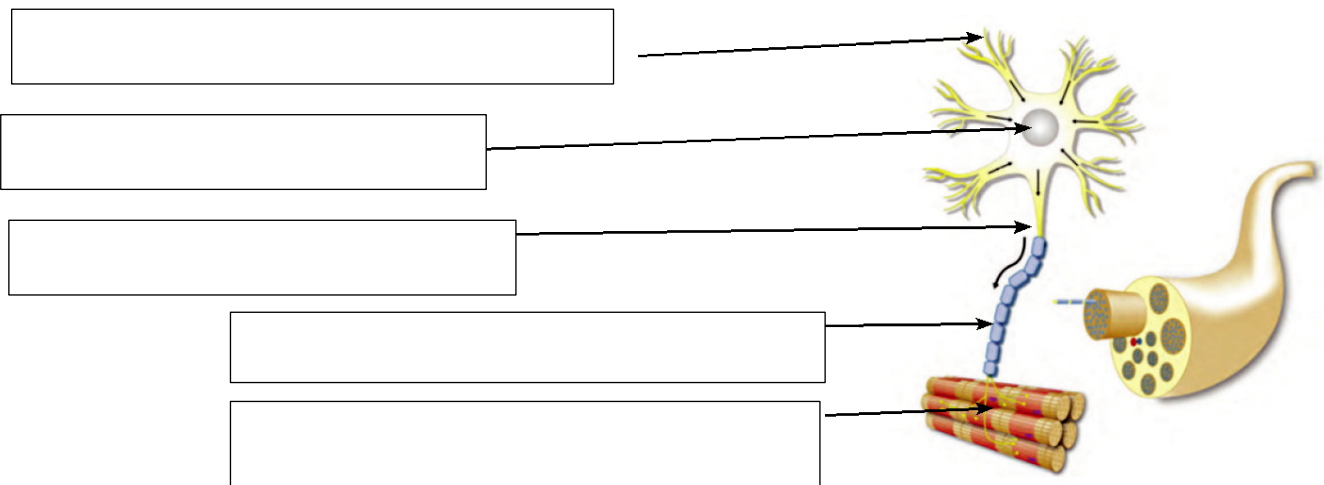
23. Name and describe the three types of muscle tissue, including examples where they are found.

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 then and describe each role.

ROLE:	DESCRIPTION:

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

BLOOD COMPONENT:	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:
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Unit 2 Principles of health and fitness Unit accreditation number:

Worksheet 2 – Principles of health and fitness

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. What is an active and healthy lifestyle? Define in your own words what is an active, healthy lifestyle and the benefits of such a lifestyle.

AN ACTIVE, HEALTHY LIFESTYLE IS:	
THE BENEFITS OF AN ACTIVE, HEALTHY LIFESTYLE ARE:	

2. Complete the table below to describe the components of health-related fitness and skill related fitness

Health Related fitness	Skill Related fitness
Cardiovascular Fitness:	Speed:
Muscular Endurance:	Power:
Muscular Strength:	Reaction Time:
Flexibility:	Co-ordination:
Body Composition:	Balance:
	Agility:

3. Describe a long-term effect and short-term effect of exercise on these systems.

BODY SYSTEM:	SHORT-TERM EFFECT:	LONG – TERM EFFECT:
CARDIOVASCULAR SYSTEM		
RESPIRATORY SYSTEM		
SKELETAL SYSTEM		
MUSCULAR SYSTEM		

4. What is blood pooling, what effect does it have on the body, and outline an example you would face this in sports massage therapy.

5. What type of activities are likely to cause DOMS (Delayed Onset of Muscle Soreness.)?

6. List and describe each of the FITT principles and explain how to adapt modify and progress for each component

7. Describe each of the principles of training listed in the table below

Individuality	
Specificity	
Progressive Overload	
Adaptability	
Recovery Time	
Reversibility	

8. Describe the difference between programming exercise for physical fitness and for health benefits

9. Describe the health benefits of physical activity

10. Describe delayed onset muscle soreness

11. Outline three symptoms that could indicate overtraining in a client?

1	
2	
3	

12. Complete the table below and describe the effect that physical activity has on the diseases listed

Disease	Benefits of physical activity
Heart Disease	
Cancer	
Diabetes	
Hypertension	
Obesity	
Osteoporosis	

13. Explain each of macronutrients in regards to their functions in the human body, also giving examples of their sources within a diet.

MACRONUTRIENT	FUNCTIONS WITHIN THE BODY	SOURCES
PROTEIN		
FAT		
CARBOHYDRATE		

14. Why is important to maintain adequate hydration and draw reference to sports massage and its effects also.

15. Outline the importance of a healthy diet in relation to growth, repair and injury within a client's body.

16. Explain your professional boundaries if/when offering any nutritional advice.

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 3 Understand the principles of soft tissue dysfunction

Unit accreditation number:

Worksheet – Principles of soft tissue dysfunction

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. What are the differences between soft tissue injury and dysfunction?

2. Describe the following types of soft tissue injury, giving examples of the common causes, signs and symptoms.

TYPE OF INJURY	DESCRIPTION	COMMON CAUSES	SIGNS AND SYMPTOMS
STRAINS			
SPRAINS			
OVERUSE			
SKIN			

3. Discuss and describe the differences in grade 1, grade 2 and grade 3 injuries. Give examples of each including signs and symptoms, as well as outline how you might approach each as a sports massage therapist.

4. Describe the common causes, signs and symptoms of soft tissue dysfunction.

5. Explain the stages of soft tissue repair with examples and what a sports massage therapist would do at each stage.

ACUTE	
SUB-ACUTE	
CHRONIC	

6. Describe the inflammation process and why is it important?

7. What type of treatments can be used in the remodelling phase for a client.

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 4 Professional practice in sports massage

Unit accreditation number:

Worksheet 4 – Professional practice in sports massage

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. Identify and describe two pieces of legislation which apply to sports massage therapy.

2. Outline why it is important to obtain and work within the boundaries of informed consent. Use examples within professional practice.

--

3. List four responsibilities of a sports massage therapist to their clients and practice.

1	
2	
3	
4	

4. Describe why it is vital to have a responsible adult/chaperone present in a treatment when working with children and vulnerable adults.

--

5. Why is it so important to value equality and diversity when working with your client base?

--

6. As a sports massage therapist why are communication skill important, look to also include examples to help add context.

--

7. Name four procedures you would have in place to ensure confidential records are safe?

1	
2	
3	
4	

8. Name the piece of legislation that sports massage therapists must abide by in regards to client records?

--

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 4 Professional practice in sports massage Unit

accreditation number:

Assignment

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

You will need to produce a written assignment using the following guidance:

Part one

Using a combination of existing knowledge and research, prepare the following for a new sports massage business:

- An informed consent procedure which details what information should be given to clients before gaining consent for:
 - Physical assessments.
 - Treatments.
 - Communication and referral to other professionals.

- A description of common cautions and contraindications and what actions to take if presented with each common caution/contraindication. The list must include:
 - Four local contraindications.
 - Four systemic contraindications.

- Describe and outline how you would apply procedures to ensure your practice abided with COVID-19 Safety precautions.
 - From initial consultation to treatment
 - Include pre-appointment procedures

- A referral procedure for working with other professionals to include:
 - How to communicate with others in a professional manner.

- A protocol to follow when presented with an emergency situation.

- An explanation of the personal and clinical standards expected when acting as a sports massage therapist.

- An information storage policy including:
 - An explanation of what information should be recorded.
 - The principles to apply when recording treatments.
 - The legal requirements for the storage and disposal of records.

Part two

Use existing knowledge and research of professional sports massage organisations to answer the following questions:

- Identify five key professional standards to follow when practising sports massage.
- Evaluate the roles of professional organisations relating to sports massage.
- What is the purpose of regulation?
- Why is continuing professional development important?
- What are the insurance requirements for sports massage practice?

Please include a copy of the assignment within this portfolio.

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 Sports massage treatments

Unit accreditation number: T/506/7228

Worksheet 5 – Sports massage treatments

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. How can sports massage compliment other therapies and treatments, use examples to help add context.

2. How can sports massage therapy aid injury recovery? Physiologically how does it aid the body.

3. In the table below, complete each area to describe the context in which sports massage therapy is used.

MESSAGE TYPE:	AIMS AND OBJECTIVES OF THE TREATMENT:	METHODS AND TECHQIUES USED, WITHIN CONTEXT.
PRE-EVENT		
INTER/INTRA EVENT		
POST-EVENT		
MAINTENANCE		

4. In the table provided, what equipment considerations do you need to consider for these difference types of massage? Look to use examples.

MESSAGE TYPE:	EQUIPMENT REQUIRED:
PRE-EVENT	
INTER/INTRA EVENT	
POST-EVENT	
MAINTENANCE	

5. In the light of COVID-19, what other types of equipment could you require. Use examples and discuss each type of massage.

6. Why is positioning and posture so important for both therapist and client?

CLIENT	
SPORTS MASSAGE THERAPIST	

7. Looking at the list of equipment below, describe the purpose of each, as well as the benefits and disadvantages.

EQUIPMENT:	PURPOSE:	BENEFITS:	DISADVANTAGES:
MASSAGE CHAIRS			
PROPS & BOLSTERS			
PILLOWS			
MASSAGE OIL			
MASSAGE WAX			
COUCH ROLL			
THERAPIST THUMB			

8. Why is a client consultation so important, especially initially with a new client?

--

9. What is meant by the following terms, describe them and give examples to add context.

SUBJECTIVE ASSESSMENT	
OBJECTIVE ASSESSMENT	

10. For each of the following massage techniques describe them.

	EFFLEURAGE	PETRISSAGE	TAPOTENMENT	FRICTIONS
HOW TO APPLY THE TECHNIQUE AND ITS APPLICATION.				
EFFECTS				
ANY SAFETY CONSIDERATIONS				
ANY CHANGES IN TECHNIQUE IN DIFFERING SCENARIOS?				

11. How would you evaluate the effectiveness of your treatments?

--

12. Why is important to ensure feedback is a two way process with a client?

--

13. Why is it important to self -eflect after treatments?

--

14. Name 3 different types of CPD?

1	
2	
3	

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: Sports massage treatments

Unit accreditation number:

CLIENT CONSULTATION RECORD

Client Details:

TITLE: _____ DOB: _____

SURNAME: _____ GENDER: _____

FORENAME: _____ CONTACT NUMBER: _____

EMAIL: _____

Emergency Contact Details:

NAME: _____ CONTACT NUMBER: _____

RELATIONSHIP TO YOU: _____

REASON FOR YOUR VISIT TODAY: _____

Clients Lifestyle and Work Details:

OCCUPATION: _____ FULL/PART TIME: : _____

DAILY ROLES AND ACTIVITIES (both physical and sedmentary): _____

ANY CHANGES RECENTLY: _____

DO YOU EVER END YOU WORKING DAY WITH PAINS OR ACHES: _____

Hobbies/Interests:

WHAT TYPE OF HOBBIES OR INTERESTS DO YOU PARTICPATE IN: _____

HOW MUCH PHYSICAL ACTIIVTY/EXERCISE DO YOU PARTICPATE IN WEEKLY ON AVERAGE: _____

HAS THIS CHANGED IN THE LAST YEAR: _____

MEDICAL HISTORY:

GP NAME: _____ CONTACT NUMBER: _____

SURGERY ADDRESS: _____

NOTES: _____

Upon the following list, do you or have you had any within the last 6 months. Circle which ones apply to you and discuss the details with your therapist.

YES/NO (Delete as appropriate.).

Details: _____

Have you needed to visit your GP in the last 6 months? **YES/NO**

Details: _____

CONTRAINDICATIONS CHECKLIST

Please read the following carefully and inform your Sports Massage Therapist if you currently have, or have had in the past 6 months, any of the following symptoms / conditions:

Musculoskeletal Issues:

e.g. Strains / Sprains / Fractures / Myositis / Joint Replacement / Arthritis / Osteoporosis / Bursitis / Tendonitis / other

Circulatory Issues:

e.g. Heart Condition / Hypertension / Hypotension / DVT / Phlebitis / Varicose Veins / Haemophilia / CV disease / other

Neurological Issues:

e.g. Epilepsy / Sciatica / Neuralgia / MS / Parkinsons / other

Skin Issues:

e.g. Eczema / Acne / Athletes Foot / Warts / Dermatitis / Psoriasis / Impetigo / Cuts / Bruises / Burns / Undiagnosed Lumps / other

Respiratory Issues:

e.g. Asthma / Pneumonia / Bronchitis / Sinusitis / Cold / Cough / Flu / other

Immune Issues:

e.g. Cancer / Rheumatoid Arthritis / HIV / AIDS / other

Digestive Issues:

e.g. IBS / Constipation / Diarrhoea / Gall Stones / Kidney Stones / Urinary Tract Infection / other

Miscellaneous Issues:

e.g. Diabetes / Allergies / Recent Operations / Major Operations / Pregnancy / Unstable Pregnancy / Glandular Fever / Headaches / Psychological Issues / Menstrual Issues / Substance Abuse / Feeling Unwell / oth

Have you been given permission by your GP/Consultant to carry out the treatment? (please attach letter.).

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

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 practitioner 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:
Signed..... Date.....

PRINT NAME:

THERAPIST:
Signed..... Date.....

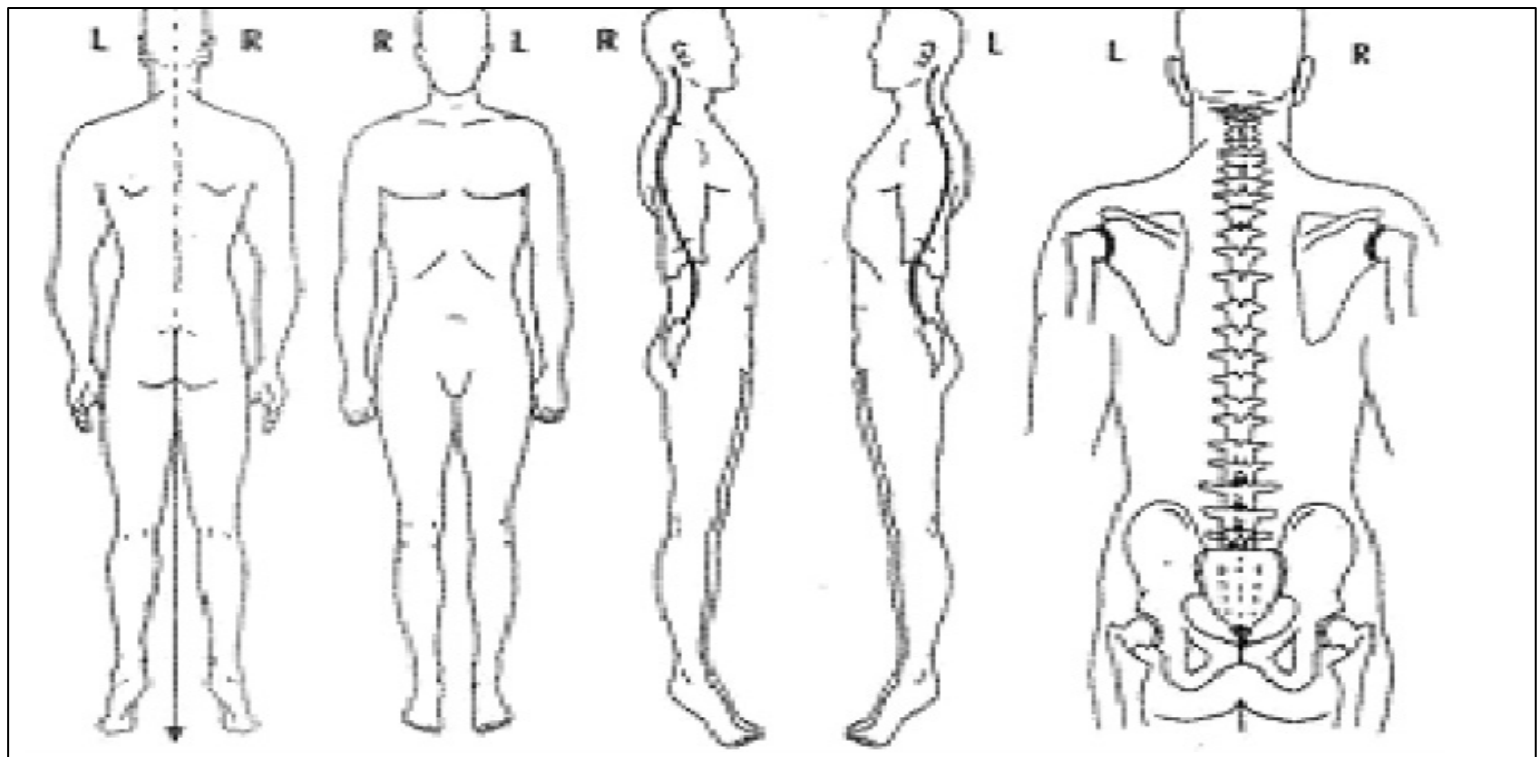
PRINT NAME:

Client Analysis:

Subjective Assessment:


Using the box provided discuss client's subjective history. Also use the images provided to indicate areas


Notes:




OBJECTIVE FINDINGS:

Postural Analysis:

ANTERIOR VIEW		
HEAD TILT:	RIGHT LEFT	SHOULDER LEVEL:
HAND MEDIALLY ROTATED:		ASIS LEVEL:
FEET POSITION:		THERAPIST NOTES:

SIDE VIEW		
HEAD POSITION:	RIGHT LEFT	PROTRACTED SHOULDERS:
ALIGNMENT:		ASIS / PSIS:
SPINAL POSITION:		THERAPIST NOTES:

POSTERIOR VIEW

<p>ANGLES OF SCAPULA:</p>	<p>LEFT RIGHT</p> 	<p>SCOLIOSIS: :</p>
<p>AEAR LEVEL/TILTED HEAD:</p>		<p>PSIS LEVEL:</p>
<p>KNEE LEVEL:</p>		<p>THERAPIST NOTES:</p>

Range of Movement Testing:

JOINT: ANKLE

JOINT: KNEE

JOINT: HIP

--

JOINT: SHOULDER

--

ADL/FUNCTIONAL TESTS:**FINDINGS:**

ADL/FUNCTIONAL TESTS:	FINDINGS:

Summarise your findings:

NOTES:

Treatment Plan:

TREATMENT AREAS AND STRUCTURES:	PROPOSED ACTIONS:

I hereby give my consent for the therapist to continue with the treatment outlined above.

Client's signature Date

Therapist's signature Date

Post Treatment Feedback and Assessment:

Client Feedback:

Post care Advice:

Unit 5: Sport Massage Treatments

Formative Observation – Palpation

Key: Tick is competent Q- Question maybe be asked to determine competence X - Referral			
Date:			
Landmarks and Anatomy of the ANKLE.			
The Learner Has:			
1. Medial / Lateral Malleolus		6. Calcaneus	
2. Achilles Tendon		7. 5 th Metatarsal	
3. Talocurural Joint		8. Gastrocnemius	
4. Soleus			
5. Plantaris			
Landmarks and Anatomy of the SHOULDER:			
The Learner Has:			
1. Lateral Boarder of Scapula		6. Trapezius	
2. Medial Boarder of Scapula		7. Superior Angle of Scapula	
3. Inferior Angle of Scapula		8. Rhomboids	
4. Deltoids		9.Lattimus Dorsi	
5. Acromion Process		10.Spine of Scapula	
Landmarks and Anatomy of the KNEE:			
The Learner Has:			
1. Tibial Tuberosity		6. Tibial plateau	
2. Patellar Tendon		7. Location of MCL/LCL.PCL and ACL	
3. Tibia		8. Superior / Inferior Pole of Patella	
4. Head of Fibula		9.Meniscus	
5. Femoral Condoyles		10. VMO / VI / RM / VL	
Landmarks and Anatomy of the HIP/SPINE:			
The Learner Has:			
1. PSIS		4.C7	
2. ASIS			
3. ILLIAC CREST			
Result: Delete as Appropriate		COMPETENT:	NOT COMPETENT:

Assessor's Feedback and Questions:

Any criteria marked with a * (Competent): Any criteria marked with a X (Not Competent): Any criteria marked with a ● (Competent with a comment): Question to be asked Q	
DATE OF ASSESSMENT:	
REASON FOR VISIT OBTAINED:	YES/NO

SUBJECTIVE ASSESSMENT CRITERIA A: Learner Has:	CLIENT DETAILS	MEDICAL HISTORY	SUBJECTIVE ASSESSMENT :
1. Appropriately explained the assessment method and reasons for use.			
2. Ensured client had appropriate opportunity to ask questions and allowed a two way process.			
3. Carried out assessment appropriately, recording the information accurately on the client record card.			

OBJECTIVE ASSESSMENT CRITERIA B: Learner Has:	POSTURAL ANALYSIS	RANGE OF MOVEMENT:	FUNCTIONAL TESTING:	PALPATION OF STRUCTURES:
1. Appropriately explained the assessment method and reasons for use to the client.				
2. Obtained informed consent before carrying out physical assessment				
3. Carried out assessment appropriately, recording the information accurately on the client record card.				

TREATMENT PLANNING CRITERIA C: Learner Has:
1. Devised and discussed possible treatments and a plan with the client.
2. Recorded clearly on client record card.
3. Prepared treatment area and ready for treatment, including COVID-19 procedure.

APPLYING SPORTS MASSAGE D The learner has:	EFFLEURAGE	PETRISSAGE	TAPONMENT	SOFT TISSUE TECHNIQUE	PASSIVE STRETCHING
1. Table and equipment are prepared ready for treatment.					
2. Ensured client is in the correct position through-out and ensured comfort and dignity at all times.					
3. Carried out massage techniques that meets the needs of your client.					
4. Made sure posture was adapted through-out, to ensure a safe and effective treatment.					
5. Communicated through-out the treatment to ensure client confidence.					
6. Maintained professional standards through-out					
7. Technique of selected stroke was appropriate and effective					
8. Good linking of techniques, ensured client contact at all times.					

ENDING AND POST TREATMENT E The learner has:
1. Gained feedback from client
2. Offered post treatment care and plan
3. Conducted post treatment assessment
4. Restored area to appropriate condition, ready for the next client

RESULT: Delete as appropriate	COMPETENT	NON-COMPETENT
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Maintenance Sports Massage – Assessment Feedback

PERFORMANCE CRITERIA:	COMMENTS:

Summative observation – Pre-event massage in a non-clinical environment

Any criteria marked with a * (Competent): Any criteria marked with a X (Not Competent): Any criteria marked with a ● (Competent with a comment): Question to be asked Q	
DATE OF ASSESSMENT:	
OVERVIEW OF EVENT:	

STARTING THE PRE-EVENT MASSAGE A	
The learner has:	
1. Prepared area and equipment ready for pre-event sports massage work	
2. Carried out subjective and objective assessment inline to the event and client	
3. Gained informed consent from Client for any assessments	
4. Outlined proposed techniques to the client	
5. Obtained client consent for treatment.	

APPLYING PRE-EVENT SPORTS MASSAGE B	EFFLEURAGE	PETRISSAGE	TAPONMENT
The Learner Has:			
1. Ensured client is in the correct position through-out and ensured comfort and dignity at all times.			
2. Carried out massage techniques that meets the needs of your client.			
3. Made sure posture was adapted through-out, to ensure a safe and effective treatment.			
4. Communicated through-out the treatment to ensure client confidence.			
5. Maintained professional standards through-out			
6. Technique of selected stroke was appropriate and effective			
7. Good linking of techniques, ensured client contact at all times.			

ENDING PRE-EVENT SPORTS MASSAGE TREATMENT C	EFFLEURAGE	PETRISSAGE	TAPONMENT
The Learner Has:			
1. Gained feedback from client			
2. Provided appropriate post treatment care and advice			
3. Carried out post treatment assessment of client			
4. Prepared area for next client and in an appropriate manor.			
RESULT: Delete as appropriate	COMPETENT	NON-COMPTENT	

Pre-Event Sports Massage – Assessment Feedback

PERFORMANCE CRITERIA:	COMMENTS:

Summative observation – Post-event massage in a non-clinical environment

Any criteria marked with a * (Competent): Any criteria marked with a X (Not Competent): Any criteria marked with a ● (Competent with a comment): Question to be asked Q

DATE OF ASSESSMENT:	
OVERVIEW OF EVENT:	

STARING THE POST-EVENT MASSAGE A					
The learner has:					
1. Prepared area and equipment ready for pre-event sports massage work					
2. Carried out subjective and objective assessment inline to the event and client					
3. Gained informed consent from Client for any assessments					
4. Outlined proposed techniques to the client					
5. Obtained client consent for treatment.					
APPLYING POST-EVENT SPORTS MASSAGE B		EFFLEURAGE	PETRISSAGE	LEARNER CHOICE	PASSIVE STRETCHING
The Learner Has:					
1. Ensured client is in the correct position through-out and ensured comfort and dignity at all times.					
2. Carried out massage techniques that meets the needs of your client.					
3. Made sure posture was adapted through-out, to ensure a safe and effective treatment.					
4. Communicated through-out the treatment to ensure client confidence.					
5. Maintained professional standards through-out					
6. Technique of selected stroke was appropriate and effective					
7. Good linking of techniques, ensured client contact at all times.					

ENDING POST-EVENT SPORTS MASSAGE TREATMENT C		EFFLEURAGE	PETRISSAGE	LEARNER CHOICE
The Learner Has:				
1. Gained feedback from client				
2. Provided appropriate post treatment care and advice				
3. Carried out post treatment assessment of client				
4. Prepared area for next client and in an appropriate manor.				
RESULT: Delete as appropriate		COMPETENT		NON-COMPTENT

Post-Event Sports Massage – Assessment Feedback

PERFORMANCE CRITERIA:	COMMENTS:

Unit 5 Sports massage treatments

Unit accreditation number:

Self Evaluation -Complete your own reflective practice after each summative massage. Highlight what went well and what you feel you need to develop.

TYPE OF MASSAGE:	Pre-Event Sports Massage

TYPE OF MASSAGE:	Maintenance Sports Massage

TYPE OF MESSAGE:	Post-Event Sports Massage

Assessor Feedback:

Action points/ points for development

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

Pass:	Refer:
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Palpation List:

SHOULDER:	ANKLE:
Teres Minor	Soleus
Teres Major	Achilles Tendon
Lateral Boarder of Scapula	Gastrocnemius
Medial Border of Scapula	Calcaneus
Inferior Angle of Scapula	Plantaris
Spine of Scapula	Tibialis Anterior
Lattimus Dorsi	Talus
Rhomboids	5 th Metatarsal
Superior Angle of Scapula	Talocurural Joint
Deltoids	Medial / Lateral Malleolus
Acromion Process	
Trapezius	
Hips & Spine :	KNEE:
PSIS	Tibia
ASIS	Tibial Tuberosity
Iliac Crest	Tibial plateau
C7	Patellar Tendon
	Head of Fibula
	Medial (MCL) / Lateral (LCL) Collateral Ligaments
	Meniscus
	VMO / VI / RM / VL
	Superior / Inferior Pole of Patella
	Anterior Cruciate Ligament (ACL).



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