



ITEC Level 3 Diploma in Sports Massage Therapy (QCF)
Unit 455 – Sports Massage Treatments
Marking Criteria

APPEARANCE – 5 MARKS (1 mark each)

The candidate demonstrated:

1. Clean, ironed professional wear, flat shoes/trainers, no visible underwear
2. Clean hair, neat and tied back/up if long and off the collar and face
3. Short, clean, well manicured nails with no varnish and clean hands
4. No jewellery - with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
5. No chewing gum, sucking sweets, body or breath odour

CLIENT CARE – 5 MARKS (1 mark each)

The candidate:

1. Greeted and introduced self to client
2. Assisted the client on and off the couch
3. Explained the treatment procedure to the client
4. Ensured the client's comfort/modesty throughout
5. Maintained a positive and professional approach to client/colleague throughout

HYGIENE AND STERILISATION – 5 MARKS (1 mark each)

The candidate:

1. Wiped over equipment with appropriate sanitiser before and after use
2. Sanitised hands before, during and after treatment as appropriate
3. Replaced lids on products and used spatulas to remove cream
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Used salon/clinic sterilising equipment/cabinets appropriately and sanitised, used and stored small equipment

SPORTS SPECIFIC MASSAGE – 35 MARKS (5 marks each)

The candidate:

1. Demonstrated suitable movements to warm the area initially
2. Demonstrated correct posture throughout
3. Demonstrated correctly a variety of sports specific movements
4. Performed the massage in a logical/flowing manner
5. Ensured that client comfort was referred to throughout the treatment
6. Adapted the massage movements and used suitable pressure for the area being treated
7. Completed the treatment in a commercially acceptable time

PRE-EVENT MASSAGE- 20 MARKS (4 marks each)

The candidate:

1. Demonstrated appropriate speed of movements to warm the area
2. Demonstrated correct posture
3. Demonstrated a variety of movements/techniques to prepare the area for a sporting activity
4. Adapted the massage movements and pressure to suit the area being worked on
5. Demonstrated a logical and flowing sequence

POST- EVENT MESSAGE – 20 MARKS (4 marks each)

The candidate:

1. Demonstrated appropriate speed of movements to cool down the area
2. Demonstrated correct posture
3. Demonstrated a variety of movements/techniques in response to the sporting activity
4. Adapted the massage movements and pressure to suit the area being worked on
5. Demonstrated a logical and flowing sequence

AFTER/HOME CARE ADVICE – 5 MARKS (1 mark each)

The candidate:

1. Advised the client of the importance of rest and relaxation
2. Informed the client of short term effects of the treatment
3. Recommended and provided immediate aftercare
4. Advised appropriate stretching techniques
5. Advised healthy eating and re-hydration recommendations

SAMPLE ORAL QUESTIONS – 5 MARKS

1. What are the contraindications to Sports Massage?
2. Explain the physiological effect of the movement you are performing
3. What are the benefits of Sports Massage?
4. Which muscles are you working over?
5. What is the origin and insertion of that muscle?
6. Describe the difference between pre and post Sports Massage
7. Why is it important to carry out a full consultation prior to Sports Massage?
8. Why should medical permission be sought prior to treatment?
9. How does massage help to prevent sporting injuries?
10. How often would you recommend your client to have a Sports Massage treatment?
11. When would you use connective tissue massage (CTM)?
12. How would you decide which massage technique to use?
13. When would you use preventative massage?
14. What is a varicose vein and how would you recognise it?
15. What is R.I.C.E.?