

Level 3 Diploma Sports Massage Therapy



Course Overview

Massage therapy is now a vital part of many sports. Preparing sports performers for competition and helping them recover from intense exercise or injury is a specialised role and the demand for expert therapists is high. Successful completion of this course will give you the knowledge, understanding and skills to work as an employed and/or self-employed sports massage therapist.

You will learn through practical and theory sessions in college. Self-directed study, learning and practice outside college will help you develop your knowledge and skills.

What You Will Study

In this qualification you will develop the knowledge and understanding of the theory underpinning the practice of Sports Massage Therapy.

Mandatory units include:

- Functional Anatomy & Physiology
- Sports Massage Techniques
- Principles of Health and Fitness
- Professional Practice and Client Assessments.

Attendance Expectations

One evening per week (Tuesday) from 6.00pm-9.00pm.

How You Will Be Assessed

You will compile a portfolio of evidence which may take a variety of forms, including:

- Practical demonstrations
- Written coursework

There is an externally assessed exam paper for one of the units.

Entry Requirements

GCSE English at Grade 4 or above.

Exemptions may be made for adult returners with experience of the workplace.

START DATE

September 2026 &
January 2027

LEVEL

Level 3

STUDY MODE

Part-time

DURATION

15 weeks

AWARDING BODY

Active IQ

LOCATION

Selby College



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email **courseinfo@heartofyorkshire.ac.uk**.

To learn more about Selby College, our facilities and how we can support you please visit our website **www.heartofyorkshire.ac.uk**.

Quick Links



How to
Apply



Student
Support



Virtual
Tours

Applicants must demonstrate an interest in sports massage and a commitment to completing this as an evening course.

A basic knowledge of IT would also be beneficial i.e. Microsoft Word and PowerPoint.

Fee Information

£2,225.

Further Study

You can progress to the Level 4 Sports Massage Therapy.