

Level 4 Certificate Sports Massage Therapy



Course Overview

The VTCT Level 4 Certificate in Sports Massage Therapy course will prepare you specifically for working in the sports massage dealing with injured clients.

This qualification will give you the opportunity to develop the necessary skills, knowledge and understanding to work with clients who have had recent non-acute injuries and preexisting conditions.

You will develop your massage techniques gained at Level 3 further; in areas such as soft tissue release, connective tissue, corrective frictions, trigger points and muscle energy techniques. You will also gain a deeper knowledge and understanding of anatomy and physiology that will aid your development as a massage practitioner.

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 further.

What You Will Study

You will study a range of modules including:

- Conducting subjective and objective assessment
- Provide sports massage techniques to prevent and manage injury
- Treatment modalities to support soft tissue repair

Attendance Expectations

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

How You Will Be Assessed

The course will be assessed in the following ways:

- Portfolio of evidence
- Practical assessments

Entry Requirements

You must have completed the Level 3 Diploma in Sports Massage Therapy or equivalent.

START DATE

September 2026 or
January 2027

LEVEL

Level 4

DURATION

10 weeks

STUDY MODE

Part-time

LOCATION

Selby College

AWARDING BODY

Vocational Training
Charitable Trust



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

Fee Information

£811.

