

# 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

Wakefield 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 Wakefield 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.