

SPS Diploma in Sports Massage - "Blended" Format

Thank you for choosing this mode of study. We hope that it will be an interesting, exciting and rewarding programme of education. On completion you will be an autonomous Sports Massage practitioner/therapist.

To start this programme of education you will receive an acceptance letter and individual student record form on which you can identify the dates and times you would like to study each part of the programme. SPS will endeavour to meet your days/times or negotiate mutually acceptable alternatives, within your desired timescale.

NB A minimum timescale of 6months for all elements and a maximum of two years.

The course will commence on your chosen date with you receiving two E- documents on the day of your introductory webinar.

1. A course Workbook
2. A personal Portfolio or CARL (Continuous Assessment Record Log)

Plus documentation on insurance and image consent.

After your introduction webinar you are encouraged to print the portfolio ready for submission and filing of assignments, however, the workbook is a reference document and does not require you to have a 'hard copy'.

Following the introductory webinar of approx 60mins, 5 further webinars will be arranged at your convenience each between 40mins and 60mins. These will cover the following topics all supported by power point presentations , the outlines of which you will receive prior to each session:

1. Anatomy & Physiology - depth & breadth for examination purposes
2. Professional Environment & Assignments
3. Contraindications - Depth & Breadth for Professional Practice
4. Client Assessment Pro-forma - Preparation for Client Assessment
5. Energy Systems and Principals of Training/Conditioning

Once these are complete and the balance of course fees (where relevant) have been forwarded we will move to the Massage Methods, Techniques & Hand - Skills.

Commencing with 4 webinars of approx 40mins - 60mins covering the underpinning knowledge required for safe and effective practice of each method. Again the outlines of the power point presentations will be forwarded to you in advance.

1. Effleurage & Petrissage
2. Tapotement & Vibrations
3. Dermal Lifting & Frictions
4. Compressions & Stretching

Once complete you will need to be insured before commencing any practice on 'models'. This will have been discussed during the introductory session.

It is at this point we would seek to arrange practical sessions face to face to demonstrate and practice the skills. In addition to answer all queries prior to the commencement of your practice hours. It is anticipated that you will need 4 days in either half, whole or block to ensure a sound understanding and competency of the skills taught. You can choose the 'intensity' of the practical sessions by spacing them to meet your needs.

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In addition videos of the skills will be available at a ‘course participation’ special rate.

It will be important at this stage to appreciate the difference between ‘healthy tissue & injured tissue’ . A 60 min webinar accompanied by a power point presentation will be arranged at your convenience. This is also supported by information in your work book.

Once you have attended all 4 days in a format of your choice a further ‘topics’ webinar for examination purposes will be arranged. This will outline examination content and procedure. Any questions can then be answered. Following this you will be sent a range of home study questions to answer, submit and receive feedback prior to any examination event.

Finally 4 further days of face to face study to complete the practical element of the course in a format of your choice. These 4 days will cover application of skills, scenarios and examination preparation along with practical ‘client assessment’ skills. This will allow you to complete the final assignments and arrange a date for examination.

It should be noted that throughout the course, up to a maximum two years in delivery and examination, you can email and/or arrange online guidance and support.

All the webinars can be arranged at mutually convenient times, over any time period. For example the ‘topics’ at course start can be studied singularly or in pairs. Similarly the Massage Methods can be studied singularly, in pairs or all in one sitting. The choice is yours at all stages of study.

Thank you and we look forward to working with you soon!