KALLIDORA
ACADEMY

Extended Diploma in Sports Massage

Qualification Specifications

Includes:

- About the qualification
- Aims & Objectives
- Opportunities for progression
- Opportunities for employment
- Assessment
- Grading of qualification

Contact Us:

77, Zabbar Road, Paola
E: academy@kallidora.mt
T: +356 99072233
W: www.nefertiti.com.mt
Instagram: kallidora_academy

MFHEA License No: 2008-TC-005

KALLIDORA
ACADEMY

QUALIFICATION DETAILS:

QUALIFICATION	VTCT Skills (ITEC) Level 3 Extended Diploma in Sports Massage
AWARDING BODY	VTCT Skills (iTEC)
QUALIFICATION NUMBER	603/4503/2
AGE RANGE	16+
ECTS CREDITS	37
ASSESSMENT	• External practical examination • External theory examination • Portfolio of evidence containing - Case studies
GRADING	Pass/Merit/Distinction

AIMS & OBJECTIVES

The main aim of the VTCT Skills (ITEC) Level 3 Extended Diploma in Sports Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide sports massage treatments to the general public and to gain employment in the sports industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

KALLIDORA
ACADEMY

CONTENT

This qualification is for learners who want to work within the sports industry. The qualification consists of 1 mandatory unit with a total of 225 hours of Guided Learning (GL) to achieve the full qualification.

The main skills the learner will perform are:

• Consultation methods – to include obtaining informed consent prior to assessments and application of the massage where necessary, carrying out accurate client assessments including body alignment/posture, range of movement/joint function, muscle definition, active, passive and resistive movement and palpation, informing the client of the possible cautions and contra-indications to massage before commencing any treatments, referral procedures and adapting the massage routine to meet the specific needs of the client

• Applying sports massage treatments – to include preparing a safe and hygienic working environment, performing pre-event and post-event massage techniques, classical massage techniques and sports specific massage techniques including manual lymphatic drainage, neuro-muscular technique, muscle energy technique, soft tissue release, connective tissue massage and proprioceptive neuromuscular facilitation, maintenance, application of cryotherapy and thermotherapy, selecting massage mediums, evaluating the effectiveness of the treatment and giving aftercare advice

The learner will also develop knowledge about client care and communication, health, safety and hygiene, relevant legislation and professional standards which are essential to work and be successful in the industry.

This qualification also provides:

• The related knowledge and understanding required to perform the sports massage therapy listed above effectively, in particular knowledge of anatomy and physiology for sports massage, the principles of injury prevention and management, types of sports injuries, contra-indications and when and when not to treat and the principles of health and fitness that may influence the treatment

•Opportunities for learners to focus on the development of their wider skills in a sports massage setting, such as communicating with clients, working with others and problem solving

• Opportunities for learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a sports massage therapist

OPPORTUNITIES FOR PROGRESSION

Once learners have achieved the VTCT Skills (ITEC) Level 3 Extended Diploma in Sports Massage they may progress on to other VTCT Skills (ITEC) or equivalent qualifications at level 3 and 4 for example:

• Level 3 Diploma in Personal Training (Gym-based Exercise)

• Level 3 Diploma in Pilates Teaching

• Level 3 Diploma in Yoga Teaching

• Level 3 Award in Nutrition for Physical Activity

• Level 4 Certificate in Sports Massage

OPPORTUNITIES FOR EMPLOYMENT

There are opportunities for a sports massage therapist to find employment in a variety of areas:

- Gym
- Health clubs
- Sports clubs
- Sports facilities
- Own sports massage clinic

ASSESSMENT

All treatment evidence, internal assessments, and underpinning knowledge must be completed prior to the final practical examination. The final external practical examination will be carried out by the external examiner at the end of the period of learning. The external examiner will also verify a sample of the treatment evidence and internal assessment.

Unit specifications and additional supporting assessment material for this qualification can be found on the iTEC website - .www.itecworld.co.uk

Unit Code	Mandatory units	Assessment	Grading	Unit weighting for the overall qualification
iUSP149	Sports massage	MCQ	Pass 60%-74% Merit 75%-89% Distinction 90%-100%	100%
		Practical examination	Pass 60%-74% Merit 75%-89% Distinction 90%-100%	
		Portfolio of evidence – 15 treatments	Pass or Refer	

GRADING OF THE QUALIFICATION

Learners must achieve a Pass grade or higher in the requisite number of units as specified in the rules of combination, see table 1 above. Only mandatory units which are graded Pass/Merit/Distinction will contribute to the overall grade.

Practical examinations and theory examinations will be graded Pass/Merit/Distinction.

Portfolio of evidence containing the following will be graded Pass/Fail:

- Treatment evidence

The overall qualification is graded Pass/Merit/Distinction.

Grade boundaries for units and the overall calculation for the qualification grade are open to annual review. Following this review, these boundaries and overall calculations can be adjusted by VTCT Skills (ITEC). This review and possible change within a qualification are to ensure the standard of the qualification grade is upheld throughout the qualification's lifecycle.

KALLIDORA
ACADEMY

THEORY EXAMINATION

All theory tests must be conducted in a controlled environment and follow the procedures defined by VTCT Skills (ITEC). The theory tests will be set and marked by VTCT Skills (ITEC).

PRACTICAL EXAMINATION

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical assessment. This will be undertaken by the internal assessor/lecturer using the internal assessment forms. These will be handed to the external examiner on the day of the final external practical examination. All practical assessments must be conducted in a controlled environment defined by VTCT Skills (ITEC). The practical examination will be conducted by an external examiner.

PORTFOLIO OF EVIDENCE

Learners are required to provide a portfolio of evidence containing treatments and/or case studies that they have performed on clients during their training under the supervision of the lecturer who will monitor the quality of the treatments in order to ensure that they meet the criteria.

• The criteria are detailed on the treatment evidence guidance forms

• The learner will need to complete a client consultation form as evidence that they performed the required number of treatments during their training time as they form part of the internal assessment for the qualification. They can be stored in the learner's portfolio.

KALLIDORA
ACADEMY

THEORY EXAM SPECIFICATIONS

All theory exams are held at the education centre. A laptop is required for learners to conduct the external theory exam.

Follow the table below to see the unit's specification:

- Table 1: Sports massage

TABLE 1 – THEORY EXAM SPECIFICATION

iUSP 149 Sports massage

Internal & External Assessment method:	Multiple Choice Question (MCQ)
Duration of Internal & External assessments:	55 minutes
Pass Mark:	60%
Grading:	Pass/Merit/Distinction
Learning outcomes to be assessed:	All learning outcomes will be assessed
Format of questions:	Stem, 1 key and 3 distractors
Number of questions:	50 Questions
Distribution of questions: **Each Question will be allocated 1 Mark**	- Additional A&P [20] - Contra-indications and Hygiene [5] - Sports massage and techniques [10] - Treatment and principles of training [15]
The topics listed can be found in the assessment criteria in the unit specification for iUSP 149 as follows:	- Additional A&P - Contra-indications and Hygiene - Sports massage and techniques - Treatment and principles of training

KALLIDORA
ACADEMY

CONCLUSION & PROGRESSION

The iTEC Level 3 Extended Diploma in Sports Massage qualification has been carefully designed to equip learners with the essential knowledge, technical expertise, and professional standards required to succeed within the wider wellness, beauty, and holistic therapies industry. Throughout the course, learners will develop confidence, competence, and creativity while meeting the expectations of both industry professionals and international awarding bodies.

Successful completion of this qualification enables learners to:

• Enter employment in beauty, aesthetics, massage, holistic therapy, or complementary health practices.

• Establish themselves as independent practitioners offering professional services.

• Continue their professional development through advanced diplomas, specialist training, or higher-level qualifications.

• Build a versatile and sustainable career across multiple sectors of the wellness and therapy industry.