

## Sport

### -Technical Specialist in Sports Massage Therapy

**Campus:** North Notts College - Worksop Campus

**Code:** W14AC05

**Level:** 3

#### About This Course

Enhance your skills in sports massage with this practical, hands-on course. Learn to deliver safe and effective treatments that improve clients' muscle function and recovery, while building your knowledge of anatomy, physiology, and professional practice. Perfect for those starting in sports massage or looking to refine their techniques, this qualification helps you work confidently with healthy clients and prepares you for further progression in the fitness and therapy sector.

#### What Will I Study?

Explore a range of topics, including:

Human anatomy and physiology for sports massage

Professional practice and client care

Planning and delivering sports massage treatments

Assessing muscle dysfunction

Post treatment evaluation and aftercare advice

#### Entry Requirements

No formal entry requirements.

You need basic Level 3 communication skills.

You need suitable physical fitness to perform practical massage work.

## How To Apply

You can apply by using our online application form and clicking the Apply button at the top of this page. For more information or support, please contact Student Services by emailing [contact@nnc.ac.uk](mailto:contact@nnc.ac.uk) or by calling 01909 504500

## What Courses Can I Progress Onto?

Upon completion of this programme, you can progress into:

Active IQ Level 4 Certificate in Sports Massage Therapy

Active IQ Level 3 Technical Occupational Entry in Personal Training Diploma

Apprenticeship in Personal Training

## Tuition Fees

Fees:

2255 registration, certification, eLearning if applicable, and eManual fee.

### **PLEASE NOTE**

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2025-26. However, we do reserve the right to make changes if necessary.

**Last updated:** 20th March 2026