Sport

Diploma 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

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Planning

and delivering sports massage treatments

- Assessing

  muscle dysfunction

- Post

  treatment evaluation and aftercare advice

Entry Requirements

No formal entry requirements.

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 or by calling 01909 504500

What Courses Can I Progress Onto?

Upon

completion of this programme, you can progress into:

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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

- Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify .

If you need further advice or
guidance please contact the Enquiries Team on **01909 504500 .**

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 2026/2027. However, we do reserve the right to make changes if necessary.

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