

Principles of Health and Fitness						
1. Understand the effects of exercise on the body						
		Recommended Book	Powerpoints	Video	Taught Content	Assessment
1.1	Describe cardiovascular and respiratory adaptations to endurance/aerobic training	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
1.2	Identify the short and long term effects of exercise on blood pressure	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
1.3	Describe the "blood pooling" effect following exercise	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
1.4	Describe the effects of exercise on bones and joints including the significance of weight bearing exercise	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
1.5	Describe delayed onset of muscle soreness (DOMS)	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
1.6	Identify exercises or techniques likely to cause delayed onset of muscle soreness	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
1.7	Describe the short and long term effects of different types of exercise on muscle	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
1.8	Analyse the theory underpinning different exercises improving posture	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
2. Understand the components of fitness						
		Recommended Book	Powerpoints	Video	Taught Content	Assessment
2.1	Define the components of health related fitness	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
2.2	Define the components of skill related fitness	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
2.3	Identify the factors that affect health and skill related fitness	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
3. Understand how to apply the principles and variables of fitness to an exercise programme						
		Recommended Book	Powerpoints	Video	Taught Content	Assessment
3.1	Describe the physiological implications of:	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	specificity	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	progressive overload	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	reversibility	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	adaptability	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	individuality	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	recovery time	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
3.2	Explain the principles of FITT (Frequency, Intensity, Time and Type)	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
3.3	Explain the principles of a progressive training programme in developing components of fitness	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
3.4	Explain how to recognise when and how to regress a training programme	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
3.5	Explain the principles of adaptation, modification and progression for each component of FITT (Frequency, Intensity, Time and Type)	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
3.6	Describe the effect of speed on posture, alignment and intensity	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
3.7	Describe the effect of levers, gravity and resistance on exercise	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
3.8	Describe the differences between programming exercise for physical fitness and for health benefits	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
4. Understand the Exercise contraindications and key safety guidelines for special populations						
		Recommended Book	Powerpoints	Video	Taught Content	Assessment
4.1	Describe the exercise contraindications and key safety guidelines for working with older people (50 plus)	https://amzn.to/3SIIQyk	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
4.2	Describe the exercise contraindications and key safety guidelines for working with antenatal and postnatal clients	https://amzn.to/3SIIQyk	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
4.3	Describe the exercise contraindications and key safety guidelines for working with young people (14-16)	https://amzn.to/3SIIQyk	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
4.4	Describe the key safety considerations for working with disabled people	https://amzn.to/3SIIQyk	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
5. Understand how to safely monitor exercise intensity						

		Recommended Book	Powerpoints	Video	Taught Content	Assessment
5.1	Describe the benefits and limitations of different methods of monitoring exercise intensity including:	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	the talk test	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	Rate of Perceived Exertion (RPE)	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	heart rate monitoring and the use of different heart rate zones	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet

6. Understand the health benefits of physical activity

		Recommended Book	Powerpoints	Video	Taught Content	Assessment
6.1	Describe the health benefits of physical activity	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
6.2	Describe the effect of physical activity on the causes of certain diseases including:	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	Coronary Heart Disease	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	Some cancers	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	Type 2 Diabetes	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	Hypertension	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	Obesity	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
	Osteoporosis	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet

7. Understand the importance of healthy eating

		Recommended Book	Powerpoints	Video	Taught Content	Assessment
7.1	Describe the national food model/guide	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
7.2	Describe key healthy eating advice that underpins a healthy diet	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
7.3	Explain the importance of adequate hydration	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
7.4	Explain professional role boundaries in relation to offering nutritional advice	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
7.5	Explain the dietary role of the key nutrients	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
7.6	Identify the common dietary sources of the key nutrients	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
7.7	Describe the energy balance equation	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet
7.8	Explain the health risks of poor nutrition	https://amzn.to/3S7oB5U	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Online Module	Principles of Health and Fitness Worksheet

Apply accepted standards and continuously develop own practice in preventing and managing injuries in sport and active recreation

A334.1 Apply accepted standards of practice

		Recommended Book	Powerpoints	Video	Taught Content	Assessment
1	Apply accepted standards of personal hygiene, dress and appearance	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
2	Ensure all areas of your work comply with legal and regulatory requirements	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
3	Ensure there is adequate public liability and professional indemnity insurance for the work you are doing	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
4	Work within your scope of practice	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
5	Respect professional boundaries	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
6	Use an evidence-based approach to techniques you select and apply advice and information you provide	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Online	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
7	Follow the correct procedures for obtaining informed consent for any techniques you apply	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
8	Communicate appropriately with other relevant people	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
9	Maintain confidentiality	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
10	Manage/destroy records as legally required	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment

A334.2 Establish and develop effective working relationships with clients

		Recommended Book	Powerpoints	Video	Taught Content	Assessment
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1	Ensure clients understand your role and responsibilities and scope of practice	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
2	Follow approved guidelines for the presence of a chaperone and the protection of children and vulnerable adults	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Self Learning - search through STA Guidance	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
3	Ensure the comfort and dignity of clients	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
4	Communicate with clients in a way that is appropriate to them and their level of understanding	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
5	Show respect for clients with due regard to equality and diversity	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
6	Handle any disagreements and complaints in line with accepted good practice	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
A334.3 Reflect on and develop own practice						
		Recommended Book	Powerpoints	Video	Taught Content	Assessment
1	Reflect on and evaluate your own practice, seeking the support of other practitioners as appropriate	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Every Weekend and reflective practice	Clinical Reflection Log
2	Identify and prioritise areas of practice where you could improve	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Reflective practice	Clinical Reflection Log
3	Keep up to date with developments in your field, evaluating their validity for your own work	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Reflective practice	Clinical Reflection Log
4	Take part in learning and development activities that support your professional development	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Reflective practice	Clinical Reflection Log
5	Regularly review progress to further develop your work and career	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Reflective practice	Clinical Reflection Log
Knowledge and Understanding						
		Recommended Book	Powerpoints	Video	Taught Content	Assessment
K1	The legal and regulatory requirements that govern your area of practice	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K2	The professional bodies/associations that cover your area of practice and their codes of conduct and other requirements	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K3	Accepted standards of personal hygiene, dress and appearance and why these are important	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K4	The types and levels of insurance appropriate to your scope of practice and why these are important	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K5	Why it is important to work within your scope of practice and what may happen if you do not	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K6	Why it is important to respect professional boundaries	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K7	Sources of information on evidence for the effectiveness of different techniques in your scope of practice and how to evaluate these	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Online	Throughout course	Professional Practice for Sports Massage Worksheet and Practical Assessment
K8	Why it is important to use an evidence-based approach	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Online	Throughout course	Professional Practice for Sports Massage Worksheet and Practical Assessment
K9	The procedures for informed consent and why these are important	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
	How to communicate appropriately with other relevant people, such as:	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
	other practitioners	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
	medical professionals	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
	coaches/trainers	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K10	client representative	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K11	Situations in which effective communication with these people will be important	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K12	Rules and protocols covering confidentiality and why these must be observed	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K13	Legal requirements governing the keeping, management and destruction of records	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K14	Why it is important that clients understand your role and scope of practice	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K15	Requirements for the presence of a chaperone	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K16	Legal requirements governing the protection of children and vulnerable adults and how these apply to you	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K17	How to help clients take some responsibility for preventing and managing injury and why this is important	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face and Online	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K18	Why it is important to communicate clearly with clients	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K19	How to communicate with clients clearly and without using unnecessary jargon	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K20	The importance of showing respect for clients and how to show due regard for equality and diversity	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment

K21	The procedures you should follow when you there are disagreements and complaints involving clients	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K22	What 'reflective practice' means and how you can apply this to your day-to-day work	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K23	Sources of information on developments in your industry and how you can use these to keep up-to-date	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K24	How to identify gaps in your knowledge, understanding and skills	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K25	How to prioritise your learning and development objectives	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K26	How to develop a personal action plan	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K27	Sources of information and support on learning and development activities that you can use	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K28	Your own personal learning style and how to choose development activities that are appropriate to you	VARK Questionnaire	Professional Practice for Sports Massage	Face to Face	Weekend Four	Professional Practice for Sports Massage Worksheet and Practical Assessment
K29	Career progression routes in the industry and the qualifications necessary to enter these routes	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K30	The importance of professional registration and how to achieve this	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
K31	Why it is important to continuously seek to develop your performance further	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
CNH20 Plan, apply and evaluate massage methods						
1	Ensure there is adequate public liability and professional indemnity insurance	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
2	Apply agreed standards of personal hygiene, dress and appearance	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
3	Make sure equipment meets current health and safety requirement	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
4	Make sure equipment and area provide for the comfort and dignity of the client	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekends 1-4	Professional Practice for Sports Massage Worksheet and Practical Assessment
5	Make sure equipment and area are clean and hygienic	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekends 1-4	Professional Practice for Sports Massage Worksheet and Practical Assessment
6	Select materials that are appropriate for the planned massage method	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekends 1-4	Professional Practice for Sports Massage Worksheet and Practical Assessment
7	Where necessary, follow approved guidelines for the presence of a chaperone	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Self Learning - search through STA Guidance	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
8	Prepare and store records according to legal requirements	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
9	Obtain information relevant to the cautions and contraindications to massage and respond appropriately	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekends 1-4	Professional Practice for Sports Massage Worksheet and Practical Assessment
10	Observe, palpate, assess and move the area in a way that is appropriate to the client and their needs	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekends 1-4	Professional Practice for Sports Massage Worksheet and Practical Assessment
11	Refer when necessary to a relevant professional	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
12	Devise a massage strategy appropriate to the client, their needs and your scope of practice	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
13	Make sure the client understands the nature and purpose of the massage method and the equipment to be use	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
14	Follow the correct procedures to obtain informed consent	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
15	Where necessary, follow approved guidelines for the presence of a chaperone	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Self Learning - search through STA Guidance	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
16	Prepare the relevant body area with due respect to the client's dignity and their informed consent	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
17	Make sure the client is correctly positioned, safe and comfortable throughout the massage method	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
18	Select and apply massage methods that are within your scope of practice and the client's informed consent	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
19	Apply the massage method correctly and consistently to meet the client's need	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
20	Observe and take account of the cautions and contraindications to massage methods	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekends 1-4	Professional Practice for Sports Massage Worksheet and Practical Assessment
21	Provide the client with appropriate materials and assistance to remove the massage medium when appropriate	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
22	Obtain and record feedback on the effects of massage methods from the client	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice

23	Measure client feedback against the aims and objectives of your massage strategy	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
24	Identify any adverse reactions	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Professional Practice for Sports Massage Worksheet and Practical Assessment
25	Make reassessments	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Professional Practice for Sports Massage Worksheet and Practical Assessment
26	Provide the client with appropriate advice and additional opportunities for feedback	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
27	Refer when necessary to a relevant professional	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
28	Make clear records in an acceptable format	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice
29	Store records safely and securely according to legal requirements	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
30	Evaluate the massage strategy	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekends 1-4	Reflective Practice and final assessment
31	Destroy records as legally required	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment

Knowledge and Understanding

		Recommended Book	Powerpoints	Video	Taught Content	Assessment
1	anatomy, physiology and pathology relevant to the massage methods covered by the unit	https://amzn.to/48yt88C	Anatomy and physiology for sports massage	Face to Face and Online (webinar and pre-recorded)	Weekends 1-4	Anatomy and physiology for sports massage worksheet
2	the importance of applying the underpinning knowledge of anatomy, physiology and pathology to the practice of massage	https://amzn.to/48yt88C	Anatomy and physiology for sports massage	Face to Face and Online (webinar and pre-recorded)	Weekends 1-4	Anatomy and physiology for sports massage worksheet
3	the accepted standards of practice and recognition of clients presenting with pre-existing conditions and problems	https://amzn.to/48yt88C	Understanding the process of soft tissue repair	Face to Face	Weekends 1-4	Understanding the process of soft tissue repair
4	the importance of accurate assessment, reassessment and record keeping	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
5	the physiological and neurological effects of massage methods	https://amzn.to/48yt88C	Anatomy and physiology for sports massage	Online	Weekends 1-4	Anatomy and physiology for sports massage worksheet
6	the content of massage mediums in relation to allergic reaction and contraindication	https://amzn.to/48yt88C	Planning, Applying and Evaluating Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
7	the importance of cleanliness and hygiene and the standards that should be applied when applying massage in a variety of situations and environments	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
8	the importance of maintaining the dignity and comfort of the client throughout the massage process	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment