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

	Describe the benefits and limitations of different methods of monitoring exercise intensity including:	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health an Fitness Worksheet
5.1	the talk test	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health an Fitness Worksheet
	Rate of Perceived Exertion (RPE)	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health an Fitness Worksheet
	heart rate monitoring and the use of different heart rate zones	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health an Fitness Worksheet
	6. Un	derstand the healtl	n benefits of physica	al activity		
		Recommended Book	Powerpoints	Video	Taught Content	Assessment
6.1	Describe the health benefits of physical activity	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health an Fitness Worksheet
	Describe the effect of physical activity on the causes of certain diseases including:	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health an Fitness Worksheet
	Coronary Heart Disease	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
	Some cancers	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health an Fitness Worksheet
6.2	Type 2 Diabetes	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
	Hypertension	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
	Obesity	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
	Osteoporosis	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
	7.	Understand the im	portance of healthy		T INTEGER OTHER MEDICAL	Thinds Workshoot
		Recommended Book	Powerpoints	Video	Taught Content	Assessment
7.1	Describe the national food model/guide	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
7.2	Describe key healthy eating advice that underpins a healthy diet	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
7.3	Explain the importance of adequate hydration	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
7.4	Explain professional role boundaries in relation to offering nutritional advice	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
7.5	Explain the dietary role of the key nutrients	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
7.6	Identify the common dietary sources of the key nutrients	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
7.7	Describe the energy balance equation	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
7.8	Explain the health risks of poor nutrition	https://amzn.to/3S7oB5U	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health and Fitness Online Module	Priniciples of Health ar Fitness Worksheet
	Apply accepted standards and continuously	develop own practi	ce in preventing and	d managing injuries	in sport and active	recreation
	A	334.1 Apply accept	ed standards of pra	actice		
		Recommended Book	Powerpoints	Video	Taught Content	Assessment
1	Apply accepted standards of personal hygiene, dress and	https://amzn.to/48yt88C	Professional Practice for	Face to Face	Weekend One	Professional Practice for Sports Massage Workshop
	appearance Ensure all areas of your work comply with legal and regulatory		Sports Massage Professional Practice for			and Practical Assessmer Professional Practice fo
2	requirements	https://amzn.to/48yt88C	Sports Massage	Face to Face	Weekend One	Sports Massage Workshe and Practical Assessmen
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 fo Sports Massage Workshe and Practical Assessmen
4	Work within your scope of practice	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice fo Sports Massage Workshe and Practical Assessmen
5	Respect professional boundaries	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Professional Practice for Sports Massage Workshe and Practical Assessmen
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 Workshe and Practical Assessme
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 Worksho
8	Communicate appropriately with other relevant people	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	and Practical Assessmer Professional Practice for Sports Massage Workshe
	Maintain confidentiality	https://amzn.to/48yt88C	Professional Practice for	Face to Face	Weekend One	and Practical Assessment Professional Practice for Sports Massage Workshe
9	<u>'</u>		Sports Massage			and Practical Assessme Professional Practice fo
	Manage/destrov records as legally required	https://amzn.to/48vt88C	Professional Practice for	Face to Face	Weekend One	Sports Massage Workshe
9	Manage/destroy records as legally required	https://amzn.to/48yt88C	Professional Practice for Sports Massage	Face to Face	Weekend One	Sports Massage Workshi and Practical Assessme

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 a	nd develop own pract	ice		L
		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 Keep up to date with developments in your field, evaluating their	https://amzn.to/48yt88C	Professional Practice for Sports Massage Professional Practice for	Face to Face	Reflective practice	Clinical Reflection Log
3	validity for your own work	https://amzn.to/48yt88C	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 a	nd 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
К3	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
К6	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
К8	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
	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
К9	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

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1.000 1.00	K22		https://amzn.to/48yt88C		Face to Face	Weekend One	Sports Massage Worksheet and Practical Assessment
Section Sect	K23		https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
The transport of security of the change of security and sections paid continues and security and sections and security and sections are sections are security and sections are sections are sections and sections are sections a	K24	How to identify gaps in your knowledge, understanding and skills	https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
### Page of the Control of Special Control of Speci	K25	How to prioritise your learning and development objectives	https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
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Control Control processed products on control and control to control control to contro	K27		https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
Code: profession date in the construction of the code of the cod	K28		VARK Questionnaire		Face to Face	Weekend Four	Professional Practice for Sports Massage Worksheet and Practical Assessment
SOUTH Principation on patients of continuously active development to do continuously active development of the Color active development of the Colo	K29		https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
Est I Why it is important for continuously viet to consistency whether the particular times. CH420 Plant, apply and evaluate massage methods 1 Ensure there is adequate pair clustering and present and appearance. Interpresent interpretation of present interpresent interpretation of present interpretation of present interpresent interpretation of present interpretation of present interpretation inter	K30		https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
1 Ensure there is adoptate public lability and professional inclination in the control of the co	K31		https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
Convertee is advantaged professional inflammon professional inflam		CNF	120 Plan, apply and	evaluate massage i	methods		•
Professional Practice for Sports Massage Make sure equipment meets current health and after year registered. Assessment practice for Sports Massage Make sure equipment and area producter for the confirmat and dignity registered. Assessment for Sports Massage. Professional Practice for Sports Massage. Make sure equipment and area producter for the confirmat and dignity registered. Assessment for Sports Massage. Professional Practice for Sports Massage. Make sure equipment and area service for the confirmat and dignity registered. The sports Massage in Sports Massage in Sports Massage. Professional Practice for Sports Massage. Professional Practice f	1		https://amzn.to/48yt88C		Face to Face	Weekend One	Sports Massage Worksheet
Make sure equipment and sure growing for the conflort and diphly professional Practice for Sports Manager 5 Make sure equipment and area agreed for the conflort and diphly to the client. 5 Make sure equipment and area agreed and hygienic 6 Select materials that are agreed as a clean and hygienic 7 Where necessary, follow approach for the presence of a chapterone method 8 Prepare and store records according to legal requirements 9 Where necessary, follow approach greatments 10 Observe replaces assess and method and their recedular and	2	Apply agreed standards of personal hygiene, dress and appearance	https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet
A Nake sure equipment and area proude for the confort and dignity of the disent of the	3		https://amzn.to/48yt88C	Professional Practice for	Face to Face	Weekend One	
And the client Miles sure equipment and area and clean and hygienc Sports Message Professional Practice for Sports Message method Altyps://amz.no/48y680C Professional Practice for Sports Message method Altyps://amz.no/48y680C Professional Practice for Sports Message with through 51A Guidance Professional Practice for Sports Message Distant information relevant to the caucitons and contrandications to manage and respond approximate more than area in a way that is appropriate to the client and their needs This://amz.no/48y680C Professional Practice for Sports Message Professional Practice for Sports M	4	Make sure equipment and area provide for the comfort and dignity	https://amzn.to/48vt88C	Professional Practice for	Face to Face	Weekends 1-4	
Select materials that are appropriate for the planned massage method. Select materials that are appropriate for the planned massage method. Professional Practice for method. Weekend on this person. Professional Practice for Sports Massage workshee and Practical Assessment on though 51A Couldnice. Professional Practice for Sports Massage workshee and Practical Assessment on though 51A Couldnice. B. Prepare and store records according to legal requirements. Professional Practice for Sports Massage workshee and Practical Assessment on the Council Assessment on an Assessment on the Council Assessment on th							and Practical Assessment Professional Practice for
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Weekend One Sports Massage Workshee Sports Massage	6		https://amzn.to/48yt88C		Face to Face	Weekends 1-4	Sports Massage Worksheet and Practical Assessment
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Dutain information feedwark to the cautions and contraindications to to massage and respond appropriately	8	Prepare and store records according to legal requirements	https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
10 Observe paper, assess and move the area in a way that is appropriate to the client and their needs appropriate to the client and their needs and particula Assesage Weskend 1:4 appropriate to the client and particula Assesage Weskend 1:1 Refer when necessary to a relevant professional https://amzn.to/48y488C Professional Practice for Sports Massage Weskend One Sports Massage Planning Applying and Evaluating Sports Massage Face to Face Weskends 1-4	9		https://amzn.to/48yt88C		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 workshee and Practical Assessment	10		https://amzn.to/48yt88C		Face to Face	Weekends 1-4	Professional Practice for Sports Massage Worksheet and Practical Assessment
and your scope of practice 13 Make sure the client understands the nature and purpose of the massage method and the equipment to be use 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 Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Professional Practice for Sports Massage Planning, Applying and Evaluating Sports Massage Face to Face Weekend One Sports Massage Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Professional Practice for Sports Massage Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective Practice Professional Practice for Sports Massage Face to Face Weekends 1-4 Reflective Practice Planning, Applying and Evaluating Sports Massage Face to Face Weekends 1-4 Reflective	11	Refer when necessary to a relevant professional	https://amzn.to/48yt88C		Face to Face	Weekend One	Professional Practice for Sports Massage Worksheet and Practical Assessment
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	21		https://amzn.to/48yt88C		Face to Face	Weekends 1-4	Reflective Practice
	22		https://amzn.to/48yt88C		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 ansd 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			
						Professional Practice for			