

iUSP157 – Provide sports massage techniques to prevent and manage injury

URN – J/617/5640

Guided Learning Hours: 58

Learning outcome	Assessment criteria	Taught content to include
LO1 Understand the principles of soft tissue techniques used in sports massage	1.1. Describe a range of soft tissue techniques: • Soft tissue release • Connective tissue • Corrective frictions (transverse) • Trigger points • Muscle energy	• Soft tissue release (active and passive) • Connective tissue • Corrective frictions (transverse) • Trigger points • Muscle energy techniques (performed on muscle groups)
	1.2. Explain the protocols to follow for each soft tissue technique: • Soft tissue release • Connective tissue • Corrective frictions (transverse) • Trigger points • Muscle energy	• Use of body weight protection of digits • Personal protection • Position on plinth • Use of props • When to use the techniques • Different application techniques • Order of technique • Contour of hands • Pressure • Direction • Speed (effects of different speeds) • Rhythm • Use of different digits • Adapting techniques to suit the client's needs • Shorten, pin and stretch, timeframes of pressure and rest, (PIR/RI)
	1.3. Critically evaluate the effects of each soft tissue technique	• Soft tissue release • Connective tissue

		• Corrective frictions (transverse) • Trigger points • Muscle energy techniques • Aims and objectives • Client feedback • Benefits • Improved performance • Pain reduction/relief • Relaxation • Stimulation • Blood flow • Extensibility • Heat • Lymph drainage • Breakdown of adhesions • Mobility of soft tissue
--	--	---

LO2 Be able to apply soft tissue techniques in sports massage treatments	2.1. Prepare clients for soft tissue technique	• Consultation • Agree treatment plan • Adapt treatment plan to meet the client's needs • Remove all jewellery – except wedding band • Sanitise the client's feet before and after treatment • Ensure client is warm enough • Pre-cleanse area to be worked on if required
	2.2. Position clients for comfort, dignity and maximal effectiveness	• Within the massage room • In situ • Ensure client is in a comfortable position appropriate to the area(s) to be treated • Support – use appropriate supports e.g. under the ankles, chest, forehead, knees, head, or wherever is appropriate to the massage technique • Ensure all parts of the client are covered except the area being treated
	2.3. Demonstrate a range of soft tissue techniques	• Soft tissue release • Connective tissue • Corrective frictions (transverse)

		• Trigger points • Muscle energy techniques (performed on muscle groups)
	2.4. Monitor tissue response through treatments	• Palpation • Skin feel • Drag • Heat • Cold • Observation (redness, swelling)
	2.5. Gain feedback from clients through treatments	• Outcomes achieved • Effectiveness of treatment • Did the treatment meet the client's needs? • Longer term needs of the client • Any contra-actions
	2.6. Adapt soft tissue techniques to meet the needs of clients	• Note client's reactions and make appropriate adjustments • Soft tissue release • Connective tissue • Corrective frictions (transverse) • Trigger points • Muscle energy techniques (performed on muscle groups)
	2.7. Adapt own posture and position throughout application to ensure safe and effective application	• Position • Posture
	2.8. Evaluate the effectiveness of soft tissue techniques	• Aims and objectives • Client feedback • Pain reduction/relief • Improved performance • Injury management • Injury prevention
	2.9. Adapt treatment plans based on evaluation of treatments	• Note client's reactions and make appropriate adjustments • Change treatment plan where necessary • Agree adaptations of treatment plan with the client
	2.10. Present aftercare advice to clients, providing opportunities for questions	• Immediate aftercare advice • Home care advice • Recording outcomes

Assessment

Practical examination

Portfolio of evidence

Containing 5 performance evidence

Guide to taught content

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	13/08/2019	First published	Qualifications and Regulation Co-ordinator
v2	25/06/2026	Rebranding	Development Administrator