



Course Information, Curriculum and Modules

Diploma in Remedial & Sports Massage

**27 Craigs Avenue, Corstorphine,
Edinburgh, EH12 8HS**

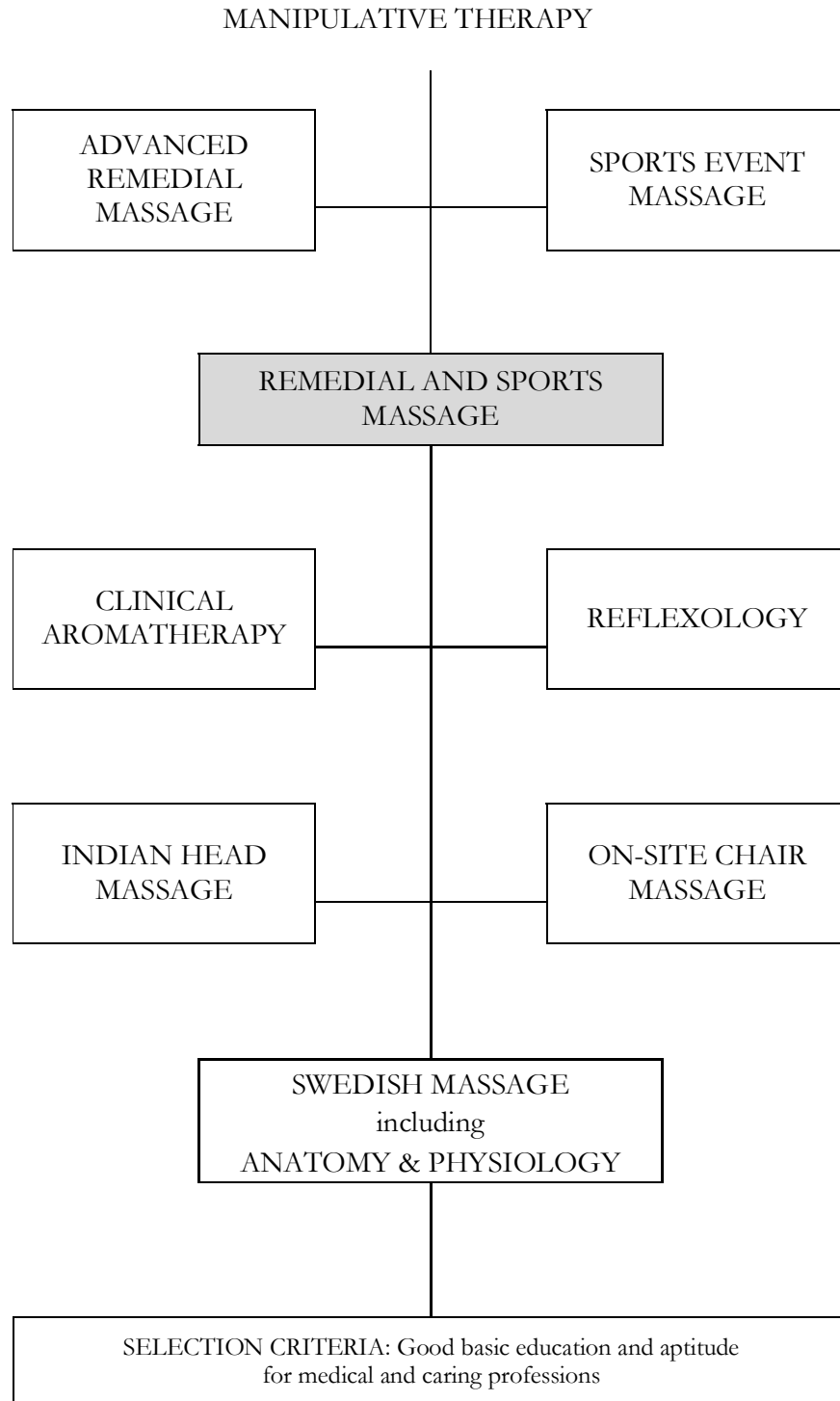
Telephone: 08454-757871 Mobile: 07917-757871

Email: info@scottishmassage.co.uk

Website: www.scottishmassage.co.uk

CAREER PROGRESSION

The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





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Scotland's leading provider of complementary therapies training

DIPLOMA IN REMEDIAL AND SPORTS MASSAGE

Welcome to the Scottish Massage Schools' Diploma in Remedial & Sports Massage held in Aberdeen, Edinburgh, Inverness and the Borders.

This leaflet contains information about our course, an outline of the weekends and the contents of the modules. As you will note, as well as being a qualification in its own right, this Diploma course is also the entry requirement for the Advanced Remedial Massage course and the Sports Event Massage course.

There really are no limitations to the people who can benefit from Remedial and Sports Massage. We feel that athletes are not only to be found in sport, but also in the office, factory, driving lorries, cleaning, operating machinery, nursing and so on.

Remedial & Sports Massage is the skilled, manual, therapeutic application of soft tissue manipulative techniques, which are selected and performed after careful consultation, recording of medical history and appropriate general and specific assessments.

The techniques include performance enhancement, restorative, event-related and rehabilitative techniques to improve the condition of the client, assist in his wellbeing and performance everywhere, e.g. in the workplace, in sport (professional and amateur), and treatment of conditions or injuries.

This course combines the dynamics of Remedial Massage with the tried and tested techniques of Sports Massage. Soft tissues are assessed for the prevention of injuries while maintaining good physical condition and health through normalising and improving muscle tone, promoting relaxation, stimulating circulation and producing therapeutic effects on all systems of the body.

If anything in this leaflet that requires clarification, do not hesitate to get in touch. We include a brochure, which contains the dates of the current course, and an application form.

We look forward to hearing from you.

Best wishes,

A handwritten signature in black ink that reads "Lorna Forrester".

Lorna Forrester
Principal

DIPLOMA IN REMEDIAL & SPORTS MASSAGE

To gain a Diploma in Remedial and Sports Massage the student must:

- (i) attend 120+ hours of training over 8 weekends.
- (ii) complete home assignments and practice the practical skills learned at each weekend
- (iii) attain the required standard, passing the final written and practical examinations
- (iv) compile the required case studies to the standard required and submit
- (v) have the attitude and professionalism required to become a professional Remedial and Sports Massage Therapist

This Course consists of eight (8) weekends (120 hours) of anatomy, physiology, practice management and Remedial & Sports Massage techniques to Diploma level.

ENTRY REQUIREMENTS

Therapists must have completed a Diploma in Swedish / Therapeutic / Holistic Massage, or equivalent qualification. If you are not sure whether you satisfy the criteria for joining, please write or phone the office for clarification.

Time and motivation are necessary for the home study required, as well as a reasonable level of fitness.

AFFILIATION

This course is affiliated to the Scottish Massage Therapists Organisation (SMTO), the pre-eminent Organisation in Scotland working to unite Scotland's Massage Therapists, Remedial and Sports Massage Therapists, Advanced Remedial Massage Therapists, Manipulative Therapists, Clinical Aromatherapists and Reflexologists.

Students are invited to join the SMTO for membership and insurance to practice.

SCOTTISH MASSAGE SCHOOLS

Aberdeen: Scottish Massage Schools
Contact Lorna Forrester on 08454-757871, info@scottishmassage.co.uk

Edinburgh: Scottish Massage Schools
Contact Lorna Forrester on 08454-757871, info@scottishmassage.co.uk

Perth: Scottish Massage Schools
Contact Lorna Forrester on 08454-757871, info@scottishmassage.co.uk

ASSOCIATED MASSAGE SCHOOLS

Inverness: Highland School of Massage
Contact Kit Harling on 01540-661689, kitandjohn@btinternet.com

Borders: Borders School of Massage
Contact Moira Watson on 07748-955922, info@essencemassage.com

REMEDIAL AND SPORTS MASSAGE

FEES

There is a non-refundable registration fee to be paid. Then tuition fees can either be paid at the beginning of the course or paid monthly by banker's order. Please see individual course brochures from your local School for further details (contact details on page 1).

Should a course not run, the registration fee and any tuition fees paid, will be returned. All fees must be paid by weekend five (5). Failure to comply will result in exclusion from the final exams.

Where full tuition fees have been paid at the beginning of the course, a proportion of the fees will be returned should a student defer / leave due to illness. However, as our costs are front loaded, there are no refunds after weekend one (1).

REGISTRATION

Please complete an application form and return to the appropriate School, along with your non-refundable registration fee, as soon as possible to avoid disappointment.

DATES

These are found enclosed in the course letter. Start dates for all courses can be found on Scottish Massage Schools website www.scottishmassage.co.uk or each School's website (links from Scottish Massage Schools' website).

DURATION

Eight (8) weekends; 8.30am – 5pm both days.

VENUE

Aberdeen: Curl Aberdeen, Eday Walk, Summerhill, Aberdeen AB15 6LN
Edinburgh: Edinburgh Academy Junior School, Edinburgh EH3 5PL
Perth: AK Bell Library, 2-8 York Place, Perth PH2 8EP
Inverness: Morayfirth Training Centre, Harbour Road, Inverness
Borders: various locations throughout the Borders

A list of bed and breakfast establishments is available on request.

100% is recommended. In the event of a day being missed, an alternative can usually be arranged at an alternative venue.

ABSENCE

Please discuss any planned absences before the start of the course. A 'make-up' of the practical aspect of the course can be arranged for weekends missed, however, there will be a charge for this to cover the tutor's time.

COURSE CONTENT

The modules and curriculum comply with those set by the General Council for Massage Therapy and the Complementary and Natural Healthcare Council, which is the regulatory body for Massage Therapy in the UK..

REQUIREMENTS

Please bring a portable massage couch, one bath sheet towel and two bath towels, and three pillows. Notebook and pen are also necessary.

COURSE BOOKS

"Atlas of Skeletal Muscles" by Robert & Judith Stone ISBN 0697106187, and a medical dictionary are recommended. Another good book, though expensive, is "Trail Guide to the Body" by Andrew Beil ISBN 0965853411.

HANDOUTS

You will receive 8 handouts, which we hope will help you in your studying.

HOME STUDY & PRACTICE

It is estimated that home study will involve five hours per week though this will obviously vary from student to student. Students are encouraged to meet between weekends to study and practice. In addition it is expected that a student practises the practical skills taught a minimum of five hours per week.

HOMEWORK

There will be homework set at the end of weekends 1-4; homework forms part of the course. This is posted to the Course Leader within 14 days of each course weekend. There are also 20 case studies.

STANDARDS

A programme of Continuous Assessment is in situ and will contribute to the final mark.

COURSE TUTORS

Lorna Forrester RMT DCA DIR DOSM SMTO - Principal of Scottish Massage Schools. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

Moira Watson DARM RMT DOSM HNDaromatherapy SMTO - Principal of the Borders School of Massage and practising Advanced Remedial Massage Therapist, Aromatherapist, and On-Site Massage Therapist. She also practises in Indian Head Massage and Cranio-sacral Therapy.

Robert J Macaskill DipManip DARM RMT DOSM GSSR SMTO - qualified Manipulative Therapist. Bob also holds qualifications in Advanced Remedial Massage, Reflexology, On-Site Accupressure Massage and Emotional Freedom Technique.

Richard Hogg DARM, RMT – qualified in Advanced Remedial Massage, On-site Chair Massage and a Reiki Master. Richard is also a First Aid and Manual Handling Trainer

Natasha Peachey BSc (Hons) Ost, LSSM Dip

Originally trained as a Sports Massage Therapist she is now a Registered Osteopath and is trained in Modern Acupuncture. She runs her own clinic in Edinburgh and lectures on the Remedial & Sports course.

John Harling DARM SMTO - Principal of the Highland School of Massage and Highland School of Remedial Massage in Inverness, and practising Advanced Remedial Massage Therapist, Sports Massage Therapist and On-Site Massage Therapist.

Kit Harling DARM SMTO - Head of Studies of the Highland School of Massage and Remedial Massage, and practising Advanced Remedial Massage Therapist, Clinical Aromatherapist and Reflexologist.

Dr Ian Macaskill B.Med Biol M.B. ChB - Pathologist and medical advisor to Scottish Massage Schools.

Sheila Brown BSc Anat DARM SMTO PGCE - Anatomist; physics, chemistry and biology teacher, teacher of special educational needs; and Education Advisor to Scottish Massage Schools

Maggie Brooks-Carter DO RGN SMTO

Founder of Scottish Massage Schools, Maggie practises as a Registered Osteopath, Remedial Massage Therapist, Clinical Aromatherapist and Reflexologist at the Brooks-Carter Clinic in Aberdeen. Maggie continues to be involved and acts as a consultant to Scottish Massage Schools.

SPECIALIST TUTORS

Tutors vary at each venue and include physiotherapists, sports therapists, nurse tutors, anatomists, doctors and pathologists.

MODULES – DIPLOMA IN REMEDIAL & SPORTS MASSAGE

- Anatomy, Physiology and Pathology
- Practice Management
- Remedial Massage Therapy

TEACHING METHODS

As range of knowledge and background obviously varies, the course is structured to include a variety of teaching methods.

FORMAL TEACHING

The theoretical part of the course tends to take place in the mornings. Practical in the afternoons.

GROUP LEARNING

Group work is encouraged in the afternoon practical sessions, when students can also refer to charts and models under the auspices of a practical tutor.

SMALL GROUP TUTORIALS

These are arranged on some of the review subjects. Tutorial requirements vary from class to class. Assistance is given to those students who require help in setting up a study programme.

SPECIAL NEEDS

Many of our students have included people with physical, auditory, visual and learning impediments. They have all been very successfully in their achievements. If you wish to discuss your special needs and how we can help you, please call the appropriate School office.

ASSESSMENTS

A programme of Continuous Assessment is in situ and so practical sessions, tests, Consultation workshops are graded during the course. Mock and final written exams are done on weekends 6 and 7. Mock and final practical assessments are examined on weekends 7 and 8. Final examination consists of a practical with an oral plus a written assessment.

EXTERNAL EXAMINER

An external examiner presides at the Final Assessments to ensure that standards are upheld.

RESITS

If the required standard is not reached and the examinations are not passed; resits will be organised within three months of the examination date. Resit fee £50.

CASE STUDIES

20 hours of case studies are required to be submitted during the course, before final examinations can be attempted. (Guidelines and checklists are detailed in Handout 2).

APPEALS

There is an appeals procedure.

DISCONTINUATION OF TRAINING

The Principal and/or Head of Studies reserve the right to discontinue the training with any trainee therapist who is likely to bring disrepute to the profession, or is not keeping finances up to date.

DIPLOMA

A Diploma in Remedial and Sports Massage is awarded to graduates who successfully complete the course, satisfy all the criteria, have submitted case studies (20 hours), and are considered to be professional Remedial and Sports Massage Therapists. Graduates are entitled to use the letters RMT (Remedial Massage Therapist) after their name.

INSURANCE

Insurance to practice can be obtained through various organisations, including the SMTO. All students on this course require insurance and should inform their insurance company that they require Student cover for the Remedial & Sports Massage course. Please bring a copy of the insurance certificate on the first weekend.

FIRST AID

All students must have a valid First Aid certificate. Certificates are valid for 3 years. This must be produced on the course. Arrangements can be made to update your certificate along side the Swedish Massage Diploma students, at a nominal fee.

PROFESSIONAL BODY

Graduates are actively encouraged to join the dynamic and pre-eminent organisation for Scotland – the Scottish Massage Therapists Organisation (SMTO) – and be listed on their register. Membership of the CNHC is also available.

POST-GRADUATE TRAINING

Post-graduate workshops and training days will be arranged and graduates will be informed. To further develop confidence and competence it is important to update skills and attend anatomy and pathology lectures. These are available through Scottish Massage Schools, SMTO and each of the individual schools. Details are publicised in *'On The Massage Scene'* magazine and websites www.scotmass.co.uk, www.scottishmassage.co.uk, www.highlandmassage.co.uk and www.essencemassagetherapy.co.uk

FURTHER TRAINING

Advanced Remedial Massage Diploma:	Courses held in Aberdeen and Edinburgh
Sports Event Massage Diploma:	Courses held in Aberdeen and Edinburgh
Clinical Aromatherapy Diploma:	Courses held in Aberdeen and Edinburgh
Reflexology Diploma:	Courses held in Aberdeen, Edinburgh, and Inverness
On-Site Massage Diploma:	Courses held in Aberdeen, Edinburgh, Inverness and Borders
Indian Head Massage Diploma:	Courses held in Aberdeen, Edinburgh, Inverness and Borders

Please ask for course dates, details and modules.

PLEASE NOTE THAT VISITING SPEAKERS WILL BE INVOLVED IN SOME OF THE LECTURES IN THE FOLLOWING MODULES AND TIMETABLE LAYOUTS. THIS MEANS THAT THE TIMETABLE LAYOUTS WILL VARY FROM COURSE TO COURSE.

CONTENTS OF MODULES COVERING BOTH SWEDISH MASSAGE AND REMEDIAL & SPORTS MASSAGE

MODULE 1 – ANATOMY, PHYSIOLOGY AND PATHOLOGY

MODULE 1-A CELLS, TISSUES AND FUNCTIONS; TERMINOLOGY

- (a) The make up and contents of a typical cell. The contents to include:
 - (i) basic structure of the cell
 - (ii) cell membrane
 - (iii) cytoplasm
 - (iv) the Golgi apparatus
 - (v) the mitochondria
 - (vi) lysosomes
 - (vii) organelles
- (b) Cell division: cell physiology
- (c) Types of tissues found in the human body to include:
 - (i) epithelial tissue – simple squamous, cuboidal, columnar, transitional and glandular
 - (ii) connective tissue – specialised cells, fibres, matrix, loose, dense, elastic and reticular connective tissues, adipose tissue, cartilage, bone, blood lymph and tissues which produce blood cells
 - (iii) muscle tissue – skeletal, cardiac, smooth
 - (iv) nervous tissue
 - (v) membranes – mucous, serous
 - (vi) neoplasms and abnormal growths
- (d) Terminology:
 - (i) words pertaining to parts of the body
 - (ii) basic medical terminology

MODULE 1-B THE SKELETAL SYSTEM

- (a) The role of the skeletal system - support, protection, production of blood cells, storage of tissue salts.
- (b) Types of bone: long, flat, short, irregular, sesamoid.
 - Macroscopic and microscopic anatomy and the development of bone.
- (c) Bones of the axial and appendicular skeleton.
- (d) Bone deformities and bone disorders.

MODULE 1-C THE ARTICULATORY SYSTEM

- (a) The classification of Joints:-
 - (i) fibrous
 - (ii) cartilaginous
 - (iii) synovial
- (b) Types of Synovial Joints:-
 - (i) ball and socket
 - (ii) condyloid
 - (iii) gliding
 - (iv) hinge
 - (v) pivot
 - (vi) saddle
- (c) Movements of joints – terminology
- (d) Anatomy of the:-
 - (i) shoulder joint and shoulder complex
 - (ii) shoulder girdle
 - (iii) elbow joint
 - (iv) wrist, hand and finger joints
 - (v) hip joint
 - (vi) joints of the pelvic girdle
 - (vii) knee joint
 - (viii) ankle, foot and toe joints
 - (ix) temporo-mandibular joint
 - (x) sternum, clavicle and ribs
- (e) Anatomy of the vertebral column:-
 - (i) cervical spine

- (ii) thoracic spine
- (iii) lumbar spine
- (iv) sacrum
- (v) coccyx
- (f) The intervertebral disc and its functions
- (g) Diseases and abnormalities of joints

MODULE 1-D THE MUSCULAR SYSTEM

- (a) Types of muscle:
 - (i) smooth
 - (ii) cardiac
 - (iii) skeletal
- (b) Characteristics of muscle
- (c) Structure of muscle
- (d) The function of muscle
- (e) Principles of muscle contraction
- (f) The origins, insertions and actions of major skeletal muscles
- (g) Muscle conditioning, strengthening and stretching
- (h) Levers
- (i) The relationship between muscle health and circulation
- (j) Effects of trauma and exercise

MODULE 1-E THE INTEGUMENTARY SYSTEM

- (a) The structure and function of the skin:-
 - (i) epidermis
 - (ii) dermis
 - (iii) subcutaneous layer
- (b) Accessory organs of the skin:-
 - (i) hair follicles
 - (ii) sebaceous glands
 - (iii) nails
 - (iv) sweat glands
- (c) Functions of the skin: protection, absorption, excretion, secretion and temperature control
- (d) Skin Disorders

MODULE 1-F THE CARDIOVASCULAR SYSTEM

- (a) The structure and function of:-
 - (i) heart
 - (ii) arteries
 - (iii) arterioles
 - (iv) capillaries
 - (v) venules
 - (vi) veins
- (b) Blood:-
 - (i) function and composition
 - (ii) the coagulation of blood
 - (iii) disorders of the blood
- (c) The physiology of circulation:
 - (i) pulmonary circulation
 - (ii) systemic circulation
 - (iii) blood pressure
- (d) Disorders of the cardiovascular system
- (e) Exercise and its effects on the cardiovascular system

MODULE 1-G THE LYMPHATIC SYSTEM

- (a) The structure and function of the lymphatic system
 - (i) lymph
 - (ii) vessels, capillaries and trunks
 - (iii) collecting ducts
 - (iv) lymphatic nodes

- (b) Organs connected with the lymphatic system:-
 - (i) spleen
 - (ii) thymus gland
 - (iii) tonsils and adenoids
 - (iv) Peyers' patches
- (c) Immunity
- (d) Disorders of the lymphatic system
- (e) Lymphatic drainage

MODULE 1-H THE NERVOUS SYSTEM

- (a) The general function and role of the nervous system
- (b) The nerve:
 - (i) structure
 - (ii) nerve pathways and transmission
 - (iii) the synapse
- (c) The reflex arc
- (d) The central nervous system - the brain and cranial nerves
- (e) The peripheral nervous system - the spine and spinal nerves
- (f) The autonomic nervous system - sympathetic and parasympathetic
- (g) The lumbar, sacral and brachial plexi
- (h) Dermatomes
- (i) The nervous system and related pathology

MODULE 1-I THE ENDOCRINE SYSTEM

- (a) The endocrine and exocrine glands
- (b) Hormones, their actions and interactions with the nervous system and their regulation and transport
- (c) The position, structure and function of:-
 - (i) pituitary gland
 - (ii) thyroid gland
 - (iii) parathyroid glands
 - (iv) adrenal glands
 - (v) pancreas
 - (vi) pineal gland
 - (vii) thymus gland
 - (viii) testes and ovaries
- (d) Disorders of the endocrine system

MODULE 1-J THE RESPIRATORY SYSTEM

- (a) The organs of the respiratory system:-
 - (i) nasal cavity
 - (ii) pharynx
 - (iii) larynx
 - (iv) trachea
 - (v) bronchi
 - (vi) lungs
- (b) The physiology of respiration:-
 - (i) pulmonary ventilation
 - (ii) inspiration
 - (iii) exhalation
 - (iv) modified respiratory movements
- (c) The exchange of gases
- (d) Internal and external respiration
- (e) The transport of gases
- (f) Control of respiration
- (g) Disorders of the respiratory system

MODULE 1-K THE DIGESTIVE SYSTEM

- (a) The digestive processes and organisation of the gastro-intestinal tract
- (b) The position, structure and function of:-
 - (i) oral cavity, tongue and pharynx

- (ii) salivary glands
- (iii) oesophagus
- (iv) stomach
- (v) pancreas
- (vi) liver
- (vii) gallbladder
- (viii) small intestine - duodenum, jejunum, ileum
- (ix) large intestine
- (x) rectum and anus
- (c) The actions of enzymes and digestive secretions on:-
 - (i) carbohydrates
 - (ii) proteins
 - (iii) fats
- (d) Nutrition
- (e) Disorders of the digestive system
- (f) Remedial massage in gastrointestinal disorders

MODULE 1-L THE URINARY SYSTEM

- (a) The function of the urinary system
- (b) The location, function and structure of:-
 - (i) kidneys
 - (ii) ureters
 - (iii) bladder
 - (iv) urethra
- (c) The formation and elimination of urine
- (d) Disorders of the urinary system

MODULE 1-M THE REPRODUCTIVE SYSTEM

- (a) The position, structure and function of:-
 - (i) ovary
 - (ii) uterine tubes
 - (iii) uterus
 - (iv) vagina
 - (v) mammary glands
 - (vi) testes
 - (vii) epididymus
 - (viii) prostate gland
 - (ix) scrotum
 - (x) penis
- (b) Pre-menstrual tension, menstruation and menopause.
- (c) Disorders of the male and female reproductive systems.

MODULE 1-N BASIC CHEMISTRY AND PHYSICS

- (a) Composition of atoms and molecules and their relation to energy
- (b) The meaning of osmosis, diffusion, filtration, active transport, phagocytosis, and pinocytosis
- (c) Electricity: sound and light as forms of energy

MODULE 1-O PATHOLOGY

- (a) Definition of pathology
- (b) The inflammatory response
- (c) The acute condition
- (d) The subacute condition
- (e) The chronic condition
- (f) The emergency condition
- (g) Pathological conditions as related to the different systems; referral protocols

MODULE 2 – STRESS MANAGEMENT

- (a) Stress
 - (i) definition
 - (ii) recognising stressors
 - (iii) signs and symptoms of stress
- (b) General adaptation syndrome
 - (i) Alarm reaction – ‘fight or flight’
 - (ii) Resistance reaction
 - (iii) Final phase – exhaustion
- (c) Effects of long-term stress
- (d) Stress and disease
- (e) Stress Management
- (f) Stress and relaxation
- (a) Relaxation techniques
- (g) Introduction to Counselling

MODULE 3 – SWEDISH MASSAGE

- (a) The history, philosophy and role of Swedish Massage
- (b) The benefits and physiological effects of massage - general and specific including the effects of massage on the different systems of the body
- (c) How to present oneself professionally with due regard to hygiene, manner and posture
- (d) The preparation and maintenance of the working area with due regard to the safety and comfort of the client.
- (e) The consultation, history taking and evaluation of the client, checking for cautions and contra-indications and assessing the client's needs, referring clients where appropriate.
- (f) The safe and practical application of the movements of massage incorporating safe and efficient posture and the uses and effects of the different moves:-
 - (i) effleurage
 - (ii) petrissage
 - (iii) friction
 - (iv) tapotement
- (g) Relating the manual techniques of massage to knowledge of anatomy and physiology
- (h) Swedish massage to back, abdomen, legs, feet, arms, hands, neck and shoulders (seated and prone), and face. Full body massage.
- (i) Care of clients with special needs:
 - (i) the pregnant lady
 - (ii) the elderly, frail, babies, toddlers, children
 - (iii) the disabled client; the visually or hearing impaired client.
 - (iv) the client with M.S., M.E., etc.
- (j) The evaluation of the effectiveness of the Swedish Massage, aftercare and advice, common client reactions to massage treatment.

MODULE 4 – PRACTICE MANAGEMENT

- (b) Ethics and professionalism: how to interpret and apply rules and ethics of professional practice and codes of conduct
- (c) Setting up and managing and promoting a Remedial Massage Therapy practice
- (d) Record keeping: taking and keeping client's notes, keeping accounts, legalities, insurance and public liability.

MODULE 5 – FIRST AID

- (a) Identifying the emergency condition
- (b) Emergency procedures and immediate action response
- (c) Cardio-Pulmonary Resuscitation (CPR)
- (d) First Aid management of burns, head injuries, strokes, heart attacks, fainting, choking, shock and haemorrhage
- (e) First Aid treatment of sprains and strains

MODULE 6 – REMEDIAL AND SPORTS MASSAGE THERAPY

- (b) The philosophy and role of Remedial and Sports Massage
- (c) Pain:
 - (i) the Pain Gate
 - (ii) pain control
 - (iii) electronic pain control
- (d) Introduction to examination procedures:
 - (i) the general assessment
 - (ii) the specific assessment
- (e) The role of mobilising techniques:
 - (i) passive movements
 - (ii) active movements
 - (iii) resisted movements
 - (iv) stretching
- (f) Postural analysis
- (g) More specific techniques
 - (i) soft tissue palpation skills
 - (ii) neuro-muscular massage techniques
 - (iii) soft tissue manipulation
 - (iv) myofascial techniques
 - (v) compressions, vibration, friction and stripping
- (h) Preventing and treating Repetitive Strain Injury (RSI)
- (i) Preventing and treating Back Pain
- (j) Sports Massage:
 - (i) pre-event
 - (ii) post event
 - (iii) intra event
 - (iv) performance enhancement
 - (v) injury prevention
 - (vi) common sports injuries
 - (vii) the psychology of the athlete
- (k) Rehabilitation in sport
- (l) Nutrition
- (m) The role of Remedial and Sports Massage in pathological conditions including arthritic conditions
- (n) The role of Remedial and Sports Massage in injury
- (o) The after care and rehabilitation of the client
- (p) Introduction to Electrotherapy:
 - (i) Ultrasound
 - (ii) G5
 - (iii) Infra-red

MODULE 7 – HEALTH AND SAFETY

- (a) Carry out correct hygiene, health and safety procedures.
 - (b) Ensuring security in the Workplace.
 - (c) Carry out a Risk Assessment, recognise potential hazards and take necessary safety action.
 - (d) Demonstrate correct storage of material and equipment and deal with spillages and breakages safely.
 - (e) Have an understanding of COSHH and RIDDOR.
 - (f) Be able to correctly identify fire fighting equipment, their location and use, evacuation sites and fire drill.
 - (g) Demonstrate security arrangements to protect stock, client and colleague personal belongings.
 - (h) Know the procedures for reporting breaches of security and to whom.
 - (i) Demonstrate a knowledge and understanding of contra-indications and actions with regard to the client's health, safety, the treatment effectiveness and insurance issues.
- Demonstrate knowledge of appropriate National and Local Legislation.

**SCOTTISH MASSAGE SCHOOLS
DIPLOMA IN REMEDIAL & SPORTS MASSAGE**



WEEKEND 1	WEEKEND 2	WEEKEND 3	WEEKEND 4
<ul style="list-style-type: none"> • The Philosophy and Principles of Remedial Massage • Holistic Approach • Remedial and Sports Massage uses and effects • Cautions and Contraindications • Nervous System, Pain Gate and Pain Control. • Introduction to Examination Procedures • General Postural Assessment • Specific Biomechanical Assessment • Anatomy of the Knee • Anatomy of the Hip • Lesions of the Knee and Hip • Introduction to Joint Mobilisation <p align="center"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • General Assessment • Specific Assessment of the Knee • Specific Assessment of the Hip • Remedial Massage and Mobilising Techniques for the Knee • Remedial and Mobilising Techniques for the Hip. 	<ul style="list-style-type: none"> • Cells and Tissues – how they injure and repair • The Inflammatory Response • Pathology • Anatomy of the Foot and Ankle • Anatomy of the Elbow • Anatomy of the Wrist and Hand • Lesions of the Foot and Ankle • Lesions of the Ankle and Foot • Lesions of the Elbow, Wrist and Hand • Practice management: consultation procedures, medical history taking, record-keeping: When to refer. <p align="center"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • General Assessment • Specific Assessment of the Foot and Ankle • Specific Assessment of the Elbow, Wrist and Hand • Remedial Massage and Mobilising Techniques for the Foot and Ankle • Remedial Massage and Mobilising Techniques for the Elbow, Wrist and Hand. 	<ul style="list-style-type: none"> • Anatomy of the Lumbar Spine, Pelvic Girdle, Thoracic Spine, Sternum, Clavicle, Ribs, and Shoulder. • Pathology of Lumbar and Thoracic Spine, and Shoulder • Safety Procedures for Spine • Autonomic Nervous System • General Adaptation Syndrome - Physiology of Stress; Stress Management • Role of relaxation in healing • Remedial Techniques: Trigger Point Therapy, Neuromuscular Therapy, Myofascial Release. <p align="center"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • General Assessment • Specific Assessment of the Pelvic Girdle and Lumbar Spine • Specific Assessment of the Thoracic Spine • Safety Procedures for Lumbar and Thoracic Spine • Remedial Massage and Mobilising Techniques for the Pelvic Girdle, Lumbar Spine, Thoracic Spine, Shoulder Joint & Girdle. 	<ul style="list-style-type: none"> • Somatic Nervous System • Muscular System & Related Pathology • Lymphatic System & Related Pathology • Anatomy of the Cervical Spine • Anatomy of the Cranium • Anatomy of the Face • Lesions of the Cervical Spine • Safety Procedures for Cervical Spine • Review Consultation procedures and common conditions • Practice Management: Ethics and Professionalism <p align="center"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • General Assessment • Specific Assessment of the Cervical spine • Safety Procedures for Cervical Spine • Remedial Massage techniques for the Cervical Spine • Remedial Massage Techniques for Cranium & Face • 'In-House' Consultation, Assessment & Treatment - Workshop • Review all Specific Assessment, Remedial Massage and Mobilising Techniques

**SCOTTISH MASSAGE SCHOOLS
DIPLOMA IN REMEDIAL & SPORTS MASSAGE**



WEEKEND 5	WEEKEND 6	WEEKEND 7	WEEKEND 8
<ul style="list-style-type: none"> • Cardiovascular System and Related Pathology • Digestive System & Related Pathology and • Nutrition • Role of Remedial Massage in Treatment • Anatomy of the Abdomen <p style="text-align: center;"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Remedial Massage Techniques for the Abdomen • Treatment of students by Professional Remedial Therapist • Clinical Practice: Full Consultation, Assessment and Treatment Workshop • Remedial and Sports Massage ‘Scenarios’ Workshop 	<ul style="list-style-type: none"> • MOCK WRITTEN ASSESSMENTS • Review Pathology • Arthritic Conditions • Treating Arthritic Conditions with Remedial Massage • Review Muscles and Bones of Upper Limb and Cervical Spine • Causes, Signs and symptoms of Repetitive Strain Injuries – prevention and treatment • Causes, Signs and symptoms of Back Pain – prevention and treatment • Managing Back Pain <p style="text-align: center;"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Treating Arthritic Conditions with Remedial Massage – Workshop • Treating Repetitive Strain Injuries with Remedial & Sports Massage - workshop • Treating Back Pain with Remedial and Sports Massage - workshop 	<ul style="list-style-type: none"> • FINAL WRITTEN ASSESSMENTS • Review Techniques – effects and uses: Neuromuscular Therapy, Myofascial Release, Joint Mobilising, Trigger Point Therapy • Psychology of the Athlete • Working in Professional Sports • Principles of Rehabilitation • Common Sports Injuries • Sports Nutrition • Core Stability • Posture and Postural Analysis <p style="text-align: center;"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • MOCK ORAL & PRACTICAL ASSESSMENTS • Review all safety, examination, soft tissue and mobilisation procedures and techniques • Rehabilitation, Stretching and Strengthening - workshop • Sports Massage Routine 	<ul style="list-style-type: none"> • Relaxation and Techniques - including ‘Tutors Tips’ and Energies Work • Introduction demonstration – Advanced Remedial Massage • Biomechanics of Stretching and Strengthening • Practice Management:- <ul style="list-style-type: none"> ❖ setting up in business ❖ Giving Talks and Interviews ❖ Listening Skills ❖ Business Plan ❖ Book-Keeping ❖ Promoting the Practice <p style="text-align: center;"><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • FINAL ORAL & PRACTICAL ASSESSMENTS • Relaxation Techniques – workshop • Advanced Remedial Massage – Introductory workshop • Stretching and Strengthening - workshop