



STOP PRESS !! NEW IN 2010

Diploma in Sports Massage (event & clinical situations)

- awaiting approval from SQA & SMA

The course is designed to enable the therapist to:

- Deliver pre, inter and post competition massage
- Facilitate post-exercise recovery
- Assist injury prevention
- Allow recognition of injuries requiring referral
- Assist the rehabilitation process
- Identify specific contra-indications
- Enhance feelings of well-being
- Recognise and treat first aid situations at sporting events



To increase understanding/the role of:

- Exercise physiology
- Sports psychology
- Sports nutrition
- Components of training
- Principles of training
- The rehabilitation process
- The athletes support team

To develop an understanding of:

- Heat pads
- Infra-red heat lamps
- Ultra-sound
- Audio sonic
- Laser

**Dates: 17/18 April, 22/23 May, 12/13 June, 26/27 June, 14/15 Aug,
18/19 Sept & 23rd Oct 2010 – in Edinburgh. 2011 – in Aberdeen.**
100% attendance essential.

For more info visit www.scottishmassage.co.uk 08454-757871
or email info@scottishmassage.co.uk



Overview of the Course Objectives and Content

The course is designed to:

- Deliver pre, inter and post competition massage
- Facilitate post-exercise recovery
- Assist injury prevention
- Allow recognition of injuries requiring referral
- Assist the rehabilitation process
- Identify specific contra-indications
- Enhance feelings of well-being
- Recognise and treat first aid situations at sporting events

Provide advice in terms of:

- Physical activities and common injuries
- Resumption of training/competition
- Appropriate training targets to prevent/recover from injury
- Referral to other professionals

Provide self-treatment recommendations:

- Relaxation
- Flexibility
- Non-electrical thermal modalities
- Remedial Exercise
- Joint supports and protective clothing
- Water & land-based routines
- P.R.I.C.E.R (initial first aid for soft tissue injuries)
- Cryotherapy

To introduce and develop an understanding of the uses ancillary equipment:

- Heat pads
- Infra-red heat lamps
- Ultra-sound
- Audio sonic
- Laser

To increase understanding/the role of:

- Exercise physiology
- Sports psychology
- Sports nutrition
- Components of training

- Principles of training
- The rehabilitation process
- The athletes support team

To develop expertise in the use of specific techniques:

- Pre, inter, post event massage
- Muscle energy techniques
- Neuromuscular techniques
- Deep Friction
- Soft Tissue Release
- Connective Tissue Techniques
- Myofascial Techniques

The course builds on the knowledge and skills gained in the Remedial course. This is evidenced in the following ways:

Applied Anatomy & Physiology:

- Describing the structure and function of bone and factors influencing bone health,
- Locating and identifying all bones and superficial, palpable surface landmarks,
- Explaining the relationship between joint structures and movement, identifying normal joint range of motion
- Describing the structure and function of skeletal muscle, locating and identifying superficial tendons
- Identifying the fibre orientation, origins, insertions and actions of the major muscles in the body
- Demonstrating contraction of superficial muscles
- Explaining exercise physiology principles relating to athletic performance including the general principles of training (overload, progression, specificity, reversibility) and their consequences (training effect, overtraining, reversibility), adaptations to exercise (skeletal, muscular, CV, respiratory, energy systems).

Client Assessment & Treatment:

- Explaining the difference between, benefits and uses of pre, inter, post, maintenance and rehabilitative massage
- Demonstrating correct and appropriate treatment in all of the above situations using a variety of assessment techniques
- Identifying specific contra-indications to sports massage and stating when and to whom referrals should be made
- Describing the considerations and equipment required for sports massage in different environments
- Designing appropriate treatment plans that meet the specific needs of the individual athlete
- Accurately recording treatments so that they can be correctly interpreted by other medical professionals

Remedial Techniques and Soft Tissue Manipulations

- Demonstrating correct and appropriate use of the following techniques: basic Swedish (effleurage, petrissage, tapotement, vibration, rocking, shaking), compression, broadening, active assisted broadening and lengthening.
- Demonstrating correct and appropriate use of Muscle Energy Techniques on main muscle groups
- Demonstrating correct and appropriate use of Neuromuscular, Deep Tissue and Soft Tissue Release Techniques to identify and treat chronic muscle tension including Trigger Points.
- Demonstrating correct and appropriate use of basic fascial release techniques to relieve chronic tension in the fascia.

Injury Prevention, Treatment and Rehabilitation:

- Identifying conditions/practices that give rise to injury and those that help prevent it
- Identifying sports injuries as acute or chronic and when/to whom to refer
- Identifying 'emergency' cases
- Making the correct classification of chronic injuries as mild, moderate or severe and describing their treatment principles
- Explaining the mechanisms of injury (Inflammation, proliferation, remodeling) and the role of massage during the different phases
- Describing the stages of the Rehabilitation Ladder (PRICER, ROM, strength – including functional strength, speed, technical skills, force) and applying the knowledge to simulations and/or case studies of specific injuries
- Explaining the treatment of 'first-aid' conditions: cramp, stitch, heat-related disorders, hypothermia, concussion, bleeding, blisters.

Students are provided with copies of all slide presentations and additional handouts throughout the course. Sport & Remedial Massage by Mel Cash and Trail Guide to the body by Andrew Biel are provided as core texts, however, a variety of other texts are cited as 'suggested' reading to enable students to develop their skills (copies made available for inspection during Tutorials).

It is generally expected that students will also have access to a good quality Anatomy & Physiology text such as *'General Principles of Anatomy & Physiology by Tortora & Graboski'*.

Obtaining up-to-date information and opinion is paramount on the course and students will be encouraged to read relevant journals, for example: SportEx (Dynamics & Medicine), Sports Injury Bulletin, Journal of Bodywork, Peak Performance. Examples of these publications will be available at the tutorials.

The course is assessed in four main ways:

- Portfolio of written assignments – based on critical points covered during the Tutorials and necessary theoretical background knowledge
- Continuous assessment of practical activities during each Tutorial including demonstrations of practical skills and testing of knowledge through written and oral questioning.
- Completion of 28 treatments on athletes in the form of case studies (minimum of 5x4 treatments plus 8 other treatments) and completion of Events log (50 hours)
- Written, practical and oral examination.

All assignments/assessments are subject to rigorous Quality Assurance Procedures including internal and external moderation, as laid down by the School, SQA, SMA and ISRM.

Diploma in Sports Massage

SMS will be the only institution in Scotland that will be able to boast of educational validity (SQA) and approval of the Professional Lead Bodies in Sports Massage (SMA & ISRM) for its Diploma in Sports Massage. These credentials are important to indicate the competence of the practitioner and instil confidence that s/he can appropriately treat an individual involved in sporting activity.

Achieving this qualification will allow you to work competently with athletes of all levels - recreational, club or elite - to help speed the recovery rate from training and/or competition, enhance general performance, identify potential injury at a sub-clinical level and treat minor musculo-skeletal injuries.

In order to apply for our Diploma in Sports Massage you must have achieved a qualification in Remedial Massage that incorporates Anatomy & Physiology at a suitable level.

Ideally, the entrance qualification is SMS's Diploma in Remedial Massage, however, the School is more than willing to consider qualifications gained by other organisations, and is particularly keen to help individuals gain the level required to become members of the Sports Massage Association (SMA).

The course is specifically designed to offer:

- Full membership' to both the SMA and the ISRM
- Part-time attendance – home study elements coupled with non-residential tutorials that take place on a Saturday and Sunday once per month
- Fully qualified and experience lecturing staff who offer expert student support
A full set of theoretical course materials and all equipment and consumables for the tutorial weekends
- An educationally valid qualification alongside our own Diploma, as our courses are approved by the Scottish Qualifications Authority – this means they have parity and currency wherever you wish to work in the UK.

Diploma in Sports Massage: Content

The course is designed to develop and/or increase:

- Expertise in the use of specific techniques for event massage and clinical treatment of individuals participating in sporting activity
- Knowledge of musculo-skeletal anatomy and pathology of sporting injuries
- Consultation and assessment techniques to aid effective treatment planning and knowledge of when/to whom to refer clients
- Understanding of the role of exercise physiology, sports psychology, sports nutrition, components and principles of training, the rehabilitation process and the use of ancillary equipment to aid recovery

The tutorials incorporate a high proportion of practical work, supported by an introduction to theoretical concepts that students will be required to research more thoroughly at their leisure.

This course is assessed by continual assessment each tutorial, a portfolio of written work and end of course written and practical exams. Students are also required to produce an events log detailing 50 hours of practical work at local events and case studies amounting to a minimum of 28 treatments.

How useful is Events Massage?

Evidence has shown that, properly administered, Events Massage can be very helpful in the following ways:

- Used in conjunction with a warm-up routine, **pre-event massage** helps to increase the physiological, physical and psychological readiness of the body for competition: circulation is increased, range of movement and flexibility is increased and the stimulating techniques used ensure the right degree of psychological readiness is maintained.
- **Post-event massage** is used primarily to help alleviate cramps or muscle spasms, facilitate the removal of excess fluid in the tissues and help restore the body's functions to normal. Research has shown that post-event massage *does* help to prevent DOMS (delayed onset muscle soreness). Practitioners will also use this session to advise on the need for further clinical treatment if necessary.
- Where competitors have multiple heats/games/matches on one day, **inter-event massage** can balance the need of the body to recover from the previous exertion with the need to ensure it is ready to compete again.

The objectives of each type of event massage are different, as are the needs of the individual competitor. Only a fully qualified SMA/ISRM Sports Massage Practitioner has been trained to deliver appropriate treatment according to the individual, the situation and the environment. Use of unqualified Sports Massage Practitioners can lead to detriment of the individual's performance and/or body condition.

Diploma in Sports Massage: Dates & Fees

Tutorial 1	17 th /18 th April 2010
Tutorial 2	22 nd /23 rd May 2010
Tutorial 3	12 th /13 th June 2010
Tutorial 4	26 th /27 th June 2010
Tutorial 5	14 th /15 th August 2010
Tutorial 6	18 th /19 th September 2010
Tutorial 7	23 rd October 2010

FEES

There are two payment options. Paying the full balance before the commencement of the course receives a very favourable discount. For those unable to pay in this way, the balance of fees may be made by installments.

Option 1

Deposit with application	£450
Balance paid in full by 17th April 2010 with early payment discount	£1050
TOTAL COST OF COURSE	£1500

Option 2

Deposit with application	£450
6 consecutive monthly installments of £200 by Standing Order on 15th April – 15th September 2010	£1200
TOTAL COST OF COURSE	£1650

Venue

All course run by Scottish Massage Schools are run from Edinburgh Academy Junior School, 10 Arboretum Road, Edinburgh, EH3 5PL. A link to a map is below:

<http://www.streetmap.co.uk/map.srf?X=324357&Y=675816&A=Y&Z=110>