

Sports Performance Services Ltd

Prospectus and General Information - [Private Independent Education](#)

This will be one [PIE](#) you'll want to eat!

All our courses follow government and professional body guidelines on personal protective equipment (PPE) and HSE guidelines for the provision of a safe risk assessed environment.

SPS is again leading the way - Join the many thousands of students who have graduated from SPS education courses in the past 30 years and study with us.

SPS provides flexible, cost effective, high quality, fully externally examined, externally verified and insured education. SPS wants the next generation of professional practitioners/therapists to meet the needs of a wide range of client groups. SPS education also provides access to the most appropriate membership organisations (if desired) for your area of working expertise.

NB some Associations / Organisations require additional examination / evidence of prior learning.

SPS will help you or any individual over 18 to study Sports Massage & Advanced Soft Tissue Techniques. In addition SPS offers Continuing Professional Development (CPD) in a range of skills - Strapping & Taping, Clinical Assessment Skills, Dry Needling, Instrument Assisted Soft Tissue Manipulation (IASTM), First Aid, injury prevention and other associated areas of Sport, Health & Fitness education. Successful completion of the SPS Diploma in Sports Massage provides you with access to a range of opportunities. Our graduates work in a wide range of sport, health. & fitness environments. For example, professional football, rugby, athletics, dance, cruise ships and a range of health & beauty practices.

The SPS Diploma in Sports Massage was the first competency based unit scheme in the UK (1991). The first to offer 'stand alone' Sports Massage qualifications at Higher Education (2002) and now the first to give its graduates independent education and a choice of industry recognised organisations on completion of their studies. Whether you study our Diploma, Advanced Soft Tissue Skills or CPD courses you will be free to work autonomously with appropriate insurance and join any organisation/association that meets your needs.

SPS Diploma in Sports Massage and Advanced Soft Tissue Techniques have been mapped to National Occupational Standards (NOS) by SPS Director Viv Lancey MCSP MHCPC who was appointed as the consultant in sports massage for Skills Active, the Sector Skills Council for Sport and Active Leisure, and was the lead author of the National Occupational Standards (NOS) for sports massage, which subsequently were accepted as the national standards for all areas of massage in the UK by Skills for Health (2012). New NOS were published in 2019. SPS ticks all the boxes in terms of standards of education, professionalism & graduate opportunity and it is therefore time to lead the way once again in offering students Professional Independent Education...this is one PIE that can last a lifetime!

Information – SPS

Sports Performance Services Ltd (SPS Ltd) was founded in 1990 with its formal incorporation in June 1992 to provide practical sports massage courses and workshops. Today SPS offers education, skills and training in Massage & Soft Tissue Therapies along with other relevant soft tissue related modalities and education. All these skills and modalities are taught to therapists, for the benefit of individuals whose aims are to improve their health & well being for work, sport and leisure activities. All SPS students have access to insurance through Graybrook Hallam on successful completion, as full autonomous practitioners.

Sports Massage

Sports Massage is the term applied to the discipline of using massage for the specific benefit of all 'sports' participants. Whether you are active for leisure, pleasure, health or an elite performer - It covers the management, manipulation and rehabilitation of the soft tissues of the body. All aspects of sport/activity, the conditioning/training phase, pre-competition, inter-competition, post competition, post travel, injury prevention and injury recovery can have 'sports' massage administered to them.

In order to meet the demand for properly trained sports massage & soft tissue practitioners, SPS Ltd has developed a course(s) of study combining the skills of Sports & Soft Tissue Masseurs,

Sports Physiologists, Chartered Physiotherapists, Coaches and Athletes. The course offered is an externally validated Sports Massage & Soft Tissue Education Programme(s).

Soft Tissue Therapies

This includes a variety of advanced skills including – Specific Stretch/ Soft Tissue Release, Trigger Point Techniques, Myofascial Release Techniques and others such as MET & PNF. In addition courses in Dry Needling, IASTM, Strapping & Taping, tutor education, health & fitness and First Aid awards are available through SPS and other partners to provide practitioners/ therapists with a wide range of skills to meet their particular client based needs.

SPS Diploma in Sports Massage

Awarding Process

The Sports Massage Education Programme(s) offered is externally examined and endorsed by the School of Healthcare Sciences (Physiotherapy Programme) at Cardiff University and externally verified by Keith Everley Senior Lecturer at Chichester University

Course Aims

- Provide knowledge and understanding of the theoretical aspects necessary to underpin safe and effective practice of sports & soft tissue massage/manipulation.
- Introduce a variety of soft tissue manipulation methods and their practical application.
- Develop practical skills needed to perform effective sports massage in any given situation and present opportunities for problem solving.
- Provide an experience that is valuable, a foundation for more advanced study and a means of personal development.
- To work closely with other healthcare professionals.

The Course

The course is offered in several different formats/packages. Essentially a full package comprises 150 taught hours of theory and related practical in one 60 credit module. (600hours) Outside the taught hours students are expected to record a minimum of 100 hours of practice time. In addition, students are expected to study, research and complete a Continuous Assessment Record Log (CARL). This log will comprise classroom notes, essays, risk assessments, evidence of communication skills, case studies and records of practice. This work is completed outside of taught time and may represent a further 450 hours.

An opportunity to complete CPD and/or advanced soft tissue skills on successful completion of the SPS Diploma in Sports Massage.

Coursework

All submitted coursework must be word processed. You should have the following minimum computer skills:

Use a word processing programme, preferably Microsoft Word/Mac Pages. Log on to the internet and use email.

Examination(s)

Students are continually assessed during the course with regard to safe and effective practice. At the conclusion of the taught time participants will undergo an examination, which will comprise a written theory exam (1 hour) followed by a 20minute practical assessment and 20min viva voce. Examination(s) will be conducted by external examiners". Following successful completion of the examinations the exam scripts along with completed CARL's are externally validated. Successful completion of the SPS Diploma in Sports Massage (60credits) allows autonomous practice. Certification follows the completed validation process. Candidates should note that external validation occurs twice per year, February and July, therefore certification may not coincide with examination. Letters of completion may be issued for insurance purposes prior to external verification where applicable.

Insurance

All students must be insured to practice their taught skills outside the classroom. This is provided by Graybrook Hallam Insurance. Any student wishing to insure with another organisation must match the insurance offered by Graybrook Hallam. On successful completion this insurance can be upgraded to practice autonomously. For further information concerning insurance policies please contact SPS admin@spslearn.co.uk

Course fees

All Sports Massage Courses can be paid in full at a 10% discount (This includes a non refundable deposit should applicants later withdraw see each course for details) alternatively a non refundable deposit and agreed instalments can be made. Payments must be complete before the final weekend/day, evening or commencement of taught skills depending on the mode of study. In the event that SPS cancels a course then all deposits/fees will be refunded.

Fitness to practice

SPS reserves the right to reject an application or terminate the studies of any student who is deemed 'not fit to practice' Sports Massage or 'other' soft tissue skills by SPS Ltd. This is placing themselves or members of the general public at risk as perceived by SPS Ltd. Any deposit and/or fees up to and including the moment a student either ceases or is asked to cease their studies will be non refundable.

Core Curriculum

The content of the programme(s) exceed the requirements of the Core curriculum of many membership organisations.

Content summary

- Overview of the anatomy of the musculoskeletal system
- Surface anatomy
- Overview of the physiological functioning of body systems relevant to massage & soft tissue therapies including the physiological effects of massage.
- Bio-mechanical principles – Levers, centre of gravity and balance.
- Analysis of normal & abnormal movement patterns in relation to sport
- Application of a variety of massage methods / techniques
- Principles of training and fitness
- Recognition and management of injury in relation to massage intervention
- Principles of First Aid.
- Sports Nutrition.
- Sports Psychology
- Professional practice – communication, interpersonal skills, ethics, professional associations code of conduct
- Different working environments and the demands placed upon the sport, masseur / soft tissue therapist
- Health & safety in the practice environment

Career Opportunities

Graduates from our courses are currently working in the following areas:

English Institute of Sport Welsh Swimming

Welsh Judo

Welsh Soccer Squad England Soccer Squad Premier Rugby Clubs Physiotherapy Clinics Sports Injuries Centres Leisure Centres

SportWales

Cruise Liners

Welsh Institute of Sport

UK Athletics

Sport Scotland

Welsh National Rugby Squad Osteopathy Clinics

Ballet Companies

Premier Soccer Clubs

Disability Sports

Ski Resorts

Course dates, venues, costs and contacts can all be viewed on our web-site – www.spslearn.co.uk 'courses' section.

Entry Requirements

The minimum entry requirements are:

Aged 18 years or over at course commencement and be prepared to work hard!

It is desirable to have:

5 GCSE's to include English, Maths & Science Mature applicants (

Evidence of recent study or employment Evidence of a commitment to study in this area Evidence of practical/academic potential English Language Requirements

All courses are delivered and assessed in English. You must have sufficient command of the English language to complete your studies satisfactorily. The minimum entry level is as follows:

IELTS

TOEFL

TOEFL

TOEFL

6.0-7.0

550-600 Paper based test 213-250 Computer based test 79-100 Internet based

[Additional Costs](#)

Applicants should note that they will be required to purchase insurance for the practical work they undertake outside the classroom. We recommend 'Graybrook Hallam' and will provide all the necessary application information at course start

Plinths, massage medium, sanitising products and laundry are provided at our venues. Students will be required to provide their own materials for work outside the classroom.

Purchase of a suitable massage plinth will cost in the region of £200.00 max.

Purchase of a suitable, hypoallergenic massage medium will cost in the region of approx. £18 for 200ml. Purchase of suitable Personal Protective Equipment(PPE) and sanitising products will vary. Laundry in the form of bath towels and hand towels can be purchased from many outlets.

A recommended reading list will be provided at course start. Purchase of these or other publications will be at the discretion of the individual.