

Sports Massage

What is it?

Sport and exercise massage is an expanding industry, using **techniques** to **warm up and/or** relax the athlete and help return their body to its resting state.

This programme combines the Theory and Practical knowledge (anatomy, fitness testing, sports injuries, and exercise physiology) necessary for learners to study sport and exercise massage. It is designed to encourage learners to apply the knowledge in order to perform a safe and effective sport and exercise massage treatment, which may enhance performance, aid recovery and prevent injury.

Demonstrations will cover all major muscle groups within the body. Techniques can also cover pre-, inter- and post-massage.

Sessions will be practically-based so learners can enhance their skills.

This 5 day intensive training course for qualified massage therapists only covers everything you need to know in order for you to:-

- Understand the effects and benefits of sport and exercise massage.
- Understand the role of sports and exercise professionals.
- Be able to identify the sport and exercise massage requirements of athletes.
- Be able to demonstrate different sport and exercise massage techniques.
- Prepare the client for treatment by first organising a consultation, which will include a physical examination.
- Accurately complete documentation and provide a full explanation of what the Treatment entails.

- Work practically on massage, practising all the different types of techniques
- Offer aftercare to the client in order to help rehabilitation

Pre-entry qualifications required

Qualification in Therapeutic Body Massage at Level 3 or above

Taught By

Rob Jenkins on behalf of Academy CP, UK.



On successful completion of the course you will be a BTEC qualified Sports Massage Therapist.

Rob is a Sports Therapist with 10 years' experience in the field. With two BSc Hons degrees in Sports and Physiotherapy and further qualifications in massage, taping and strapping and First Aid he has worked with many elite level athletes. These range from a Premiership football club to over 50 athletes at the London 2012 Olympics in the athlete's village Polyclinic. Rob currently splits his time between teaching on Sports and Exercise Science programmes and working in the field.

The Venue

Estetica para Profissionais, (Algarve Beauty School), Rua Salgueiro Maia 29^a, Lagos 8600 620

When is it on?

March 2017

What Time?

Thursday, Friday, Monday from 1400Hrs – 2100Hrs (2pm – 9pm)

Saturday, Sunday 10.30Hrs – 17.30Hrs (10am – 5.30pm)

Including 2x 15 minute breaks and 45 minute lunch

How much is it?

£450 for a full 5 day programme (585€ At current rate of exchange)

£30 for registration with BTEC (40€)

Assessment

Practical and theoretical: Case studies; coursework; assignments; tests

To secure your place on the course return the enrolment form with your 70€ non-returnable deposit.

This is not an Estética para Profissionais course. It is taught by Sports Therapist Rob Jenkins on behalf of Academy CP, who is based in the UK. Your payment will go to the UK, which is why we keep the pricing in pounds sterling, to allow for fluctuation. You will be taught and assessed by Academy CP. This is a BTEC qualification and is provided by Academy CP. You do not need to go to England for your assessment. You will be given the contact email and phone number of your educator from Academy CP to direct any questions, doubts and case studies for use after your training. You will be offered their full support during and after training.