

Sports Massage Level 3



Adult

The Level 3 Diploma in Sports Massage Therapy is focused towards those seeking to gain employment as a sports massage therapist working with the general public and athletes. The qualification consists of five mandatory units:

- Anatomy and physiology for sports massage
- Principles of health and fitness
- Professional practice in sports massage
- Understand the principles of soft tissue dysfunction
- Sports massage treatments

Through this qualification you will develop the skills, knowledge and understanding needed to competently apply sport massage methods to dysfunctional tissue and in a pre, post, intra/inter and maintenance massage context. This includes professional practice, expected standards and related legislation and legal requirements. You will develop knowledge and understanding of anatomy and physiology related to sports massage and the principles of health and fitness which combined will equip you to better understand the athlete, the problems they may be incurring and how sports massage can help. In addition you will develop an understanding of the differences between soft tissue dysfunction and injury and the role that sports massage plays.



Scan the QR Code for full course description, assessment and progression options from this course



ENTRY REQUIREMENTS

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. However, a good standard of English and the ability and motivation to self-study as this is a fast track course that requires the student to study to a high standard.



LOCATION & NEXT START DATE(S)

Cornwall College Camborne - 9 September 2025



**Find out more and
apply online**



Sports Massage Level 3



Adult

LEVEL Level 3	DURATION 1 Year
ATTENDANCE Part-time	FEES Tuition Fees: £2225.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and
apply online

