

# Performance Massage Diploma Level 3



Adult

The Level 3 Diploma in Performance 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 seven mandatory units:

- Fundamentals of anatomy and physiology
- Lifestyle management and health awareness
- Further anatomy and physiology for performance massage
- The principles of soft tissue dysfunction
- Assessing clients and treatment planning
- Application of performance massage
- Providing post-treatment care and advice

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 need to complete external work experience for one day a week.



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 St Austell - 10 September 2025



Find out more and  
apply online



# Performance Massage Diploma Level 3

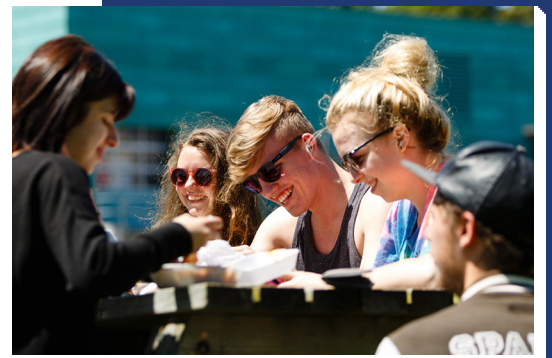
Adult

<b>LEVEL</b> Level 3	<b>DURATION</b> 1 Year
<b>ATTENDANCE</b> Part-time	<b>FEES</b> Tuition Fees: £1417.00

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

