

**Marking Criteria for ITEC Level 3 Diploma in Sports Massage
Unit 27 Sports Massage**

APPEARANCE – 5 MARKS (0.5 marks each)

1. Clean, ironed overall/uniform – appropriate to the location and category.
2. Hair must be clean, neat and tied back/up if long.
3. Nails must be short, clean well manicured and with no varnish.
4. Clean hands.
5. Appropriate clean and comfortable footwear.
6. Females if wearing a skirt, must have tights which are appropriate to the skirt, i.e. pale tights with white skirts.
7. No jewellery – with the exception of a wedding band and 1 pair small stud earrings is acceptable.
8. No body or breath odour.
9. No chewing gum or sweet sucking.
10. Underskirts/underwear should not be visible.

CLIENT CARE – 5 MARKS (1 mark each)

1. Greeting and introduction of self to client.
2. Assisting client on and off couch.
3. Display positive body language at all times.
4. Respect the client's modesty throughout.
5. Check client's comfort throughout.

HYGIENE AND STERILISATION – 10 MARKS (1 mark each)

1. Students must have a clean appearance.
2. Equipment should be wiped over with appropriate disinfectant before use.
3. Equipment should be wiped over with appropriate disinfectant after use.
4. Laundry must be clean and changed for each client.
5. Hands must be washed or wiped with steri-wipes before, after and during treatment as appropriate.
6. Lids replaced on products.
7. Spatulas used to remove creams.
8. Cotton wool, tissues, paper roll and general waste to be disposed of hygienically.
9. Salon/clinic sterilising equipment used as appropriate.
10. Small equipment used, stored and sanitised as appropriate.

ASSESSMENT OF INJURY – 5 MARKS (1 mark each)

1. Therapist ensures the client is comfortable throughout
2. Therapist observes areas and checks it thoroughly
3. Therapist touches/moves/manipulates areas appropriate to establish range of movement pain barrier etc
4. Comparison is made with limb which is not injured
5. The therapist asks relevant questions for the injury, i.e. have they been referred by a medical practitioner?

SPORTS SPECIFIC MASSAGE – 30 MARKS (6 marks each)

1. The therapist demonstrates suitable movements to warm the area initially
2. The therapist demonstrates specialist movements appropriate for the injury
3. The massage is logical/ appropriate and flowing using suitable pressure
4. The un-injured limb is massaged for comparison and to ease any additional tension
5. Client comfort and pain tolerance are referred to throughout

PRE-EVENT MASSAGE- 15 MARKS

The appropriate movements are used to warm the area

POST EVENT MASSAGE – 15 MARKS

Appropriate movements are demonstrated for a cool down treatment

HOME CARE ADVICE – 5 MARKS (1 mark each)

1. Rest and relaxation
2. Application for self help, e.g. thermotherapy and cryotherapy.
3. Implementation of Remedial exercise with medical permission
4. Appropriate stretching
5. Healthy eating recommendations

SAMPLE ORAL QUESTIONS – 10 MARKS

1. Explain the physiological effect of the movement you are performing
2. Which muscles are you working over?
3. What is the origin and insertion of that muscle?
4. What does RICE stand for?
5. How do you decide when to use heat or when ice may be used?
6. Describe the difference between pre and post sports massage
7. Why should medical permission always be sought?
8. How soon after an injury can you treat someone?
9. How does massage help to prevent sporting injuries?
10. What should you look for when testing an injury?