

A photograph of a gym environment with large windows. Two young men in red t-shirts are in the foreground; one is sitting on a blue exercise machine and the other is standing next to him. In the background, other students are using various gym equipment.

Sports Massage Diploma - K132

The Active IQ level 3 Diploma in Sports Massage will provide you with the requisite knowledge, understanding and skills to work in an unsupervised capacity as a sports massage practitioner, with non-pathological (non injured) tissue. This will allow you to provide deep tissue massage in gyms, at events or in sports clubs.

COURSE DETAILS

You will develop your knowledge and understanding of the theory underpinning the practice of sports massage, including functional anatomy and physiology, nutrition, classification of sports injuries and the stages of healing. The course will also provide you with the skills and techniques for planning, preparing and applying sports massage methods to uninjured clients. You will also develop skills to evaluate massage strategies and methods to inform future treatments. You will attend college for 3 hours a week and undertake 2-3 hours per week independent study.

TIMETABLE INFO

Tuesday, 17:00 - 21:00

ENTRY GUIDELINES

To study a Level 3 qualification, you will need:

A minimum of 5 GCSEs at Grades 4-9 including English and/or Maths (or L2 Functional Skills in English and/or Maths)

OR

A relevant Level 2 qualification and English or Maths at Grade 4 or above (or L2 Functional Skills in English and/or Maths)

Satisfactory interview and assessment.

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

ADDITIONAL INFORMATION

An ability to communicate one to one e.g. tutor or client and in a group as part of discussions.

Reading & writing - Technical language will be taught on this course. You need to produce written assignments and sit written exams.

This profession and course requires you to be able to carry out physical work for long periods of time. Reasonable adjustments will be made to accommodate disabilities. suitable attire will be discussed during induction

WHERE CAN I PROGRESS TO?

On successful completion of this course you will be equipped to work in an unsupervised capacity throughout the sport and active leisure industry. You may also be able to progress to other Active IQ qualifications such as Sports Strapping, Sports First Aid, Sports Therapy (QCF) and Level 4 Sports Massage (QCF).

Explore potential careers via [Career Match](#) — it provides current local data on wages and employment prospects.

WHEN DOES THIS COURSE RUN?

CAMPUS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	Part Time	K132Q001	
<p>If you are aged 19 or over:</p> <p>Fee : £2100.00</p> <p><i>The fee quoted is for the academic year 24/25.</i></p>			

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 01st July, 2025 and may be subject to change.