

YMCA Level 4 Certificate in Sports Massage (Soft Tissue Dysfunction)

Course Code: CO5C4SM2

Level: 4

Type: Part Time

20/01/2026 - 19/05/2026 (TUE)

17:00 - 21:00

Cambridge Campus

15 Weeks

£ 700

Need to speak to us about a course?

01223 226315

enquiry@camre.ac.uk

Apply Here:

https://www.camre.ac.uk/course/pdf/CO5C4SM2/

About the course

This Level 4 Certificate in Sports Massage (Soft Tissue Dysfunction) course has been updated by the awarding body so that it aligns with current education and the practical skills required in industry. These are the first qualifications specifically designed to map to the latest national occupational standards (NOS). Developed in association with The Association for Soft Tissue Therapists (SMA) and fully endorsed by General Council for Massage Therapy (GCMT). Also aligns with health practitioner membership requirements of Complementary and Natural Healthcare Council (CNHC). This qualification will also support learners to gaining full membership of sports massage therapy professional associations. A level 4 sports massage practitioner's role includes planning, providing and evaluating sport massage treatments to seek to correct common patterns of dysfunction, and/or pre-diagnosed injuries, using a range of basic and advanced massage techniques. This accredited training

course that will give you the skills to become a Level 4 Sports Massage Therapist. Regulated by Ofqual, CCEA (Council for Curriculum, Examinations and Assessment) and QW (Qualifications Wales) and awarded by YMCA Awards.

Entry requirements

YMCA Level 3 Diploma in Performance Massage or equivalent.

Assessment

The course will be delivered in a variety of ways, with face-to-face contact and distance learning from home. Therefore, you will be required to be motivated and organised to ensure you complete your studies timely as there are four mandatory units on the course to cover and complete. The tutors on the course will be able to guide you and answer all queries whilst you are on the course. You will attend specific dates to carry out your practical studies. All units are assessed via a range of methods such as written tasks, worksheets and observations.

Units studied:

- Anatomy and Aetiology of Soft Tissue Dysfunction.
- Clinical Assessment methods and Strategic Planning.
- The use of Non-Electrical Therapeutic Modalities in the Treatment of Soft Tissue Dysfunction.
- Providing Post Treatment Care

Knowledge and understanding:

- Anatomy and physiology of the major joints of the body
- The pathophysiology of common injuries/soft tissue patterns of dysfunction
- The principles and practice of objective assessment techniques and the influences and effects which such information has upon treatment planning
- How heat and ice may be used to safely support the soft tissue repair process
- The purpose and use of a range of soft tissue mobilisation and neuromuscular techniques used within sports massage therapy

Skills:

- Conducting subjective and objective assessments
- Devising sports massage treatment plans to help correct identified areas of soft tissue dysfunction and /or support the soft tissue repair process of previously diagnosed injuries
- Application of a range of soft tissue mobilisation and neuromuscular techniques
- Evaluation of sports massage treatments”

Disclaimer

Whilst every effort is made to ensure the information is correct, some details may be subject to change. Cambridge Regional College reserves the right to make amendments to the courses, dates, fees or other details, and to make cancellations or changes if numbers are insufficient.