

Sports Massage & Remedial Bodywork Diploma Course

This Raworth's course in Sports Massage & Remedial Bodywork is currently being re-validated by the Sports Massage Association (SMA), and, once completed, when you graduate you will be able to apply for membership of the SMA without further examination: this represents the "gold standard"™ for sports massage therapists. Indeed, Raworth International in Dorking has a long and respected history in this field which made us pivotal in the inception and establishment of the SMA.

Syllabus

Core Modules

[Anatomy & Physiology](#)

[Swedish Massage](#)

[Nutrition Workshop](#)

Functional anatomy

Surface anatomy and palpatory skills; osteology, joints & supporting structures; neuro-anatomy and dermatomes; orthopaedic tests

Sports massage

Pre and post event massage; sports specific massage; passive stretching; muscle energy and neuro-muscular facilitation; preventive and restorative massage; adaptation to various venues

Remedial bodywork

Postural analysis, joint mobilisation, assessment of limbs and spine; trigger point therapy; strain, counter-strain; First Aid approach to pain; specific conditions; myofascial techniques; further special tests and treatment planning.

Sports Pathology

Contraindications to exercise and massage; pathophysiology of pain; inflammation, healing and repair of bones, soft tissue and nerves and differential diagnosis.

Pharmacological considerations in sports therapy

Common orthodox and alternative medication used for sports injuries

Sports psychology

Motivation; anxiety and stress in sport; psychological factors predisposing to injury; psychological response to injury

Sports first aid

A three day course giving the FA sports first aid qualification. (Optional but not included in the costs. A sports first aid qualification is necessary for SMA accreditation)

Ethics and professionalism

Work Experience

100 hours of logged and documented work experience, including case studies.

Study Days

Studied two days a week (Tuesdays and Wednesdays) for three terms.

Qualifications

Raworth Diplomas in Sports Massage and Remedial Bodywork and Anatomy, Physiology & Massage

ITEC Diploma in Holistic Massage

FEES:

Diploma in Sports Massage & Remedial Bodywork - Modules in A&P, Swedish massage, practice management, sports massage, applied & exercise physiology, remedial massage, nutrition workshop, sports psychology and clinical practice.

For all of the above, £3,035.00 excluding VAT

Please note that these fees quoted are **INCLUSIVE OF USUAL EXAM FEES & RELEVANT KITS**

Prices subject to increase from September 1st 2009

[Save as pdf](#)