

## ENTRY CRITERIA

### PERSONAL ASSESSMENT FOR ASSOCIATE MEMBERS AND EXAMINATION APPLICANTS



The SMA Board has used the Sports Massage Association Core Standards to guide the creation and delivery of these entry criteria to ensure that a member being considered for Full SMA membership meets appropriate standards.

The criteria has been split into two separate areas; a paper based application and a practical assessment. This approach will allow the assessors to identify both the skills and working knowledge of the practitioner.

#### Outcomes

A successful outcome to the assessment will indicate that the SMA consider the applicant competent to practice sports massage to the Associations' standard. It does not give a qualification.

The successful applicant will be eligible for full membership of the SMA subject to payment of the annual subscription and agreement to the associated terms and conditions.

#### Content

The assessments will cover the preparation and application of the following soft tissue techniques:

- Soft tissue release (active and passive)
- Connective tissue
- Corrective frictions (transverse)
- Trigger points
- Muscles energy techniques (Reciprocal inhibition, Post isometric relaxation)

It is presumed that the applicant can demonstrate competency in basic level 3 sports massage techniques i.e. effleurage, petrissage, frictions, tapotoment, compressions, vibrations, passive stretching. These may be used as necessary during the assessment but points will not be allocated for these techniques.

#### Assessment

The assessment methods to be used are a written application, a practical assessment of skills, a written exam and assessment of a 100 hour logbook of which 50 hours may be from previously accrued experience (i.e. level 3 evidence). These methods are seen as a formal assessment approach, ensuring that the successful applicant can demonstrate level 4 sports massage equivalency.

The written application form will enable the assessor to gain some knowledge of the applicant prior to their practical assessment. The form includes information on the following:



- Personal details.
- Current work.
- Previous relevant work.
- Qualifications.
- Attendance at CPD/events.
- Evidence of underpinning knowledge of conducting subjective and objective assessments
- Evidence of underpinning knowledge of the provision of sports massage techniques to prevent and manage injury
- Evidence of underpinning knowledge of treatment modalities to support soft tissue repair

The practical massage scenario could be in any of the following situations:

1. Pre-event
2. Inter-event
3. Post-event or injury situation

The following criteria will be assessed:

- Subjective and objective assessment
- The preparation of an appropriate treatment plan
- Execution of the treatment plan, making adaptations to plan as required, demonstration of the techniques mentioned above in a safe and effective manner
- Presentation of relevant home care advice

As part of the practical assessment there will also be a viva style interview to clarify or ask any further questions relating to the practical assessment or any unclear answers given in the written exam.

Attached are the SMA Qualification Standards which give details of the knowledge requirements for the written exam. The questions asked in the exam could relate to anything in the column entitled level 4. It is anticipated that the appropriate anatomy and physiology knowledge mentioned in the Qualification Standards will be exhibited in the practical assessment dependent on the body part being treated.

The final part of the assessment is completion of a 50 hour logbook inclusive of case studies with three clients and a minimum of four treatments per case study client. Full details of the logbook are contained in separate Logbook Guidance notes, the logbook documentation is also provided to Associate Members.