

ELIGIBILITY TO JOIN THE CNHC SPORTS MASSAGE REGISTER

All therapists whose qualification meets the National Occupational Standards (CNH27) and the Core Curriculum for Sports Massage are eligible to apply to register with CNHC. Some qualifications have already been mapped to these requirements and meet the requirements on the basis of this qualification alone. Other qualifications not mentioned below will require further analysis for which there may be a small charge from the Verifying Organisation (see CNHC web site).

- VTCT Level 5 Certificate in Sports Massage Therapy 601/5325/8 (prerequisite: Level 4 Diploma in Sports Massage)
- VTCT (ITEC) Level 5 Certificate in Sports Massage Therapy 601/5571/1 (prerequisite: Level 4 Diploma in Sports Massage)
- BTEC Level 5 Sports Massage and Soft Tissue Therapy (delivered via North London School of Sports Massage)
- BTEC Level 6 Professional Diploma in Advanced Clinical Massage and Sports Massage (Delivered by Jing Advanced Massage Training)

Other education providers can apply to have their qualifications recognised; we suggest comparison of the core curriculum requirements to the curriculum of the school, (we can provide an action plan if there are short falls). Please contact yvonne@thesma.org for further detail.

The following **level 4 qualifications** require additional training and/or evidence of assessed CPD or experience to meet the requirements of the core standards to become registered:

- Active IQ Level 4 Certificate in Sports Massage 601/4929/2 (prerequisite: Level 3 Diploma in Sports Massage)
- VTCT(ITEC) Level 4 Certificate in Sports Massage 601/5566/8 (prerequisite: Level 3 Diploma in Sports Massage)
- VTCT Level 4 Certificate in Sports Massage 601/4648/5 (prerequisite: Level 3 Diploma in Sports Massage)
- YMCA Level 4 Certificate in Sports Massage 601/5123/7 (prerequisite: Level 3 Diploma in Sports Massage)

From a level 4 qualification, further study to achieve a level 5 qualification as listed above will meet all the requirements, otherwise evidence of further training and **formal assessment** acquired during CPD or other activities is required in the following areas:

TECHNIQUES

- Myofascial techniques (fascial assessment, direct, indirect, deep, superficial) – describe the physiological effects, explain the protocols of application, demonstrate methods of application and explain cautions
- Positional release techniques - describe the physiological effects, explain the protocol for application, demonstrate method of application and explain cautions
- Treatment of oedema with relation to client positioning and treatment sequence

LIGAMENTS

- Anatomy and pathology of ligaments
- Assessment of ligament injuries (range of movement – active and passive (end feel), orthopaedic tests)
- Advise client on care of ligament injuries

NEUROLOGY

- Recognition and the organisation of dermatomes and myotomes
- Characteristics of common peripheral neuropathy patterns

CASE STUDIES REQUIREMENTS:

There are to be a minimum of 5 case studies with at least 5 treatments per case study over a range of different demographics. Total 25 hours.

- As far as possible, a range of clients should be treated e.g. male, female, adolescent, adult, older adult, person with disabilities etc. The environment could be clinical, non-clinical or at an event. The treatment could be in any of the following contexts; pre-event, post event, inter/intra-event or maintenance.
- The purpose of the case studies is to demonstrate competency and as such should reflect the range of techniques, assessment and treatment skills learned.
- It is anticipated that clients will have an injury or a pathological condition in order to demonstrate knowledge and practical skills.

Level 3 qualifications gained since 2010 are based on working with non-pathological tissue and therefore require further training at level 4 and 5 in order to meet the requirements of the core curriculum. There are some level 3 qualifications obtained prior to 2010 which had more detailed content and the SMA can provide individual guidance for therapists with these qualification as to the further training or evidence necessary.

Therapists who cannot currently provide the evidence to be listed on the CNHC Sports Massage Register can still apply to be on the CNHC Massage Therapy register.

SMA Members wishing to register should complete the 'Request to register' form which can be downloaded [here](#). Once completed this form should be emailed to this **specific SMA email address CNHC@theSMA.org** so it can be verified.