

# sport massage

LEARN MORE

**SCHOOL OF SPORT AND EXERCISE**

Enter the ever changing world of fitness



# about this programme



Sport massage forms an important part of an athlete's pre-, post- and inter-event training strategies.

This short course will be of great use to sport conditioning coaches, sport coaches and even athletes themselves. Learn the anatomy, techniques and skills to help athletes perform at their best.

On successful completion, you will understand the principles and theory of sport massage and be able to implement a range of sport massage techniques.



18 CPD points  
(Fitness Professionals only)



3 months



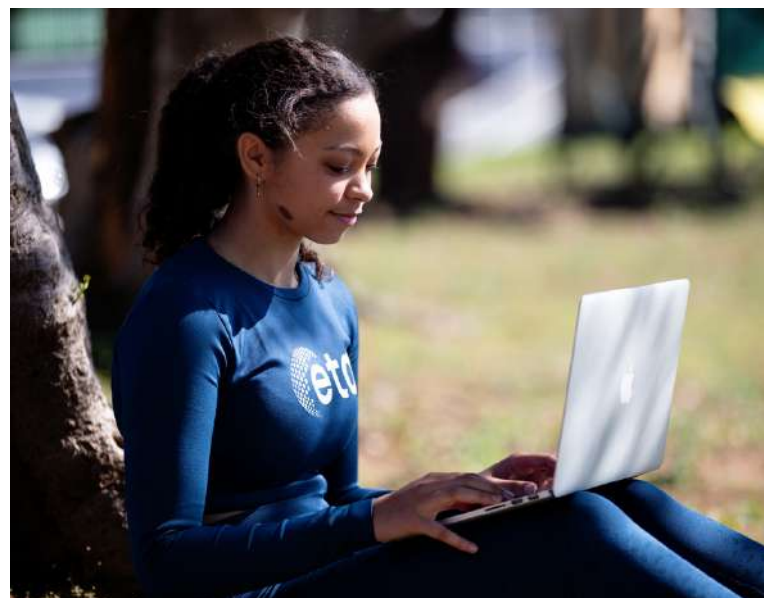
R8 000



Assessment is both theory and practical



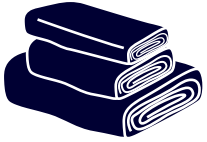
There are no admission criteria to the programme.



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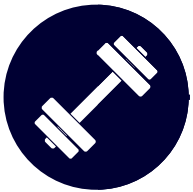
# how will this qualification help differentiate yourself?



You are interested in a short course that covers the basics of general massage techniques and delves into the science behind sports massage



You want to offer pre-, post- and inter-event sport massage to athletes of all levels.



You are passionate about fitness and want to work in the fitness industry. You love learning about health and fitness and want to help others.

## **AFTER COMPLETING THIS PROGRAMME YOU'LL BE CONFIDENT IN YOUR ABILITY TO:**

- Understand the history of massage.
- Understand the principles and benefits of sport massage.
- Demonstrate knowledge of injuries and injury management.
- Plan and prepare for sport massage.
- Implement safe and effective sport massage, using appropriate methods and technique.



# what will you learn on this programme?

See the Courses included in this programme:

**COURSE 1: ANATOMY AND PHYSIOLOGY FOR EXERCISE INSTRUCTORS**  
**COURSE 2: SPORT MASSAGE**



# what career can i go into once i am qualified

The short course allows you entry to work in the health and fitness industry.

Sport Massage



READ MORE ON REPSSA



## WHO WILL HIRE ME?

- Fitness facilities – large gyms and fitness facilities
- Sport Clubs
- Athletic events such as cycling races, rugby games and many more.

**THIS SOUNDS PERFECT  
FOR MY CAREER**

**I'M READY TO REGISTER**





# NOT QUITE WHAT YOU'RE LOOKING FOR?

Other students found the following programmes relevant to their career goals:

GROUP  
EXERCISE  
INSTRUCTOR



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EXERCISE  
INSTRUCTOR:  
PILATES



## CONTACT US:

Complete an online enquiry form

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FITNESS  
INSTRUCTOR

