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|  | **Professional practice in sports massage (D/506/7224)** |  |

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| **Worksheet** |

Learner’s name:

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| 1. Describe each of the following: | |
| Duty of Care |  |
| Data Protection Act |  |
| Health and Safety at Work Act |  |
| 2. Explain the importance of the following: | |
| Having a chaperone present when working with children and vulnerable adults |  |
| Obtaining and working within boundaries of informed consent |  |
| Complying with legislation and professional standards |  |

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| 3. Outline 2 pieces of information which the client needs before they can provide their informed consent. | | | | | |
| a) | | | b) | | |
| 4. Describe 3 **localised** cautions/contraindications to sports massage. | | | | | |
| Localised cautions/contra-indications (conditions) | Action to be taken by therapist upon presentation | | | Possible consequences of incorrect action | |
| a) |  | | |  | |
| b) |  | | |  | |
| c) |  | | |  | |
| 5. Describe 3 **systemic** cautions/contraindications to sports massage | | | | | |
| Systemic cautions/contra-indications (conditions) | | Action to be taken by therapist upon presentation | | | Possible consequences of incorrect action |
| a) | |  | | |  |
| b) | |  | | |  |
| c) | |  | | |  |

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| 6. Outline a typical referral procedure when working with other professionals. | |
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| 7. Describe 2 ways by which the therapist can ensure they communicate with others in a professional manner. | |
| a) | b) |

**Assessor feedback sheet**

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| Learner’s name: |  | Assessor’s name: |  |

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| **Criteria number** | **Assessor feedback** |
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**Final result**: Pass Refer

I can confirm that the information within this worksheet is entirely my own work.

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| Learner’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* | | | |
| Assessor’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* | | | |
| IAQ’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* | | | |