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|  | **Sports massage treatments (T/506/7228)** |  |

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| **Worksheet** |

Learner’s name:

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| 1. Outline the purpose for each of the following types of sports massage: |
| Pre-event |  |
| Inter/Intra-event |  |
| Post-event |  |
| Maintenance  |  |
| 2. Give 4 environmental requirements when performing sports massage in: |
| A clinic | a) | b) |
| c) | d) |
| The outdoors | d) | e) |
| f) | g) |
| 3. Describe 3 pieces of equipment required to apply sports massage, giving a purpose of each. |
| Equipment | Purpose |
| a) |  |
| b) |  |
| c) |  |
| 4. Give an example of adverse reaction to sports massage and state what actions should be taken should it arise. |
| Adverse reaction | Subsequent action(s) |
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| 5. Describe effleurage and petrissage by completing the following table. |
| Technique  | Purpose | Methods of application | Application variables  | Effects | Safety considerations |
| Effleurage |  |  |  |  |  |
| Petrissage |  |  |  |  |  |
| 6. Describe 2 postural considerations when applying longitudinal massage. |
| a) | b) |
| 7. Give 2 uses for massage props/pillows. |
| a) | b) |
| 8. Give an advantage and a disadvantage of the following mediums: |
| Massage medium | Advantages | Disadvantages |
| a) Oils |  |  |
| b) Lotions |  |  |

**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* |