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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* | | | |