

Model Curriculum

Sports Masseur

SECTOR : SPORTS

SUBSECTOR : SPORTS, FITNESS AND LEISURE

OCCUPATION : SPORTS MASSEUR

REF. ID : SPF/Q1103, v1.0

NSQF LEVEL : 4



Certificate

**COMPLIANCE TO
QUALIFICATION PACK – NATIONAL OCCUPATIONAL
STANDARDS**

is hereby issued by the
SPORTS, PHYSICAL EDUCATION, FITNESS AND LEISURE SECTOR SKILLS COUNCIL

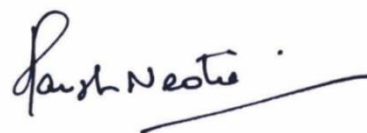
for

Model Curriculum

Complying to National Occupational Standards of
Job Role/ Qualification Pack: **'Sports Masseur'** QP No. **'SPF/Q1104 NSQF Level 4'**

Date of Issuance: July 14th, 2016
Valid up to*: July 13th, 2016

*Valid up to the next review date of the Qualification Pack or the
'Valid up to' date mentioned above (whichever is earlier)



Authorised Signatory
(Sports, Physical Education, Fitness
and Leisure Skills Development Council)

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Sports Masseur

Curriculum/Syllabus

This program is aimed at training candidates for the job of a “Sports Masseur”, in the “Sports, Physical Education, Fitness and Leisure” Sector/Industry and aims at building the following key competencies:

Program Name	Sports Masseur		
Qualification Pack Name & Reference ID.	SPF/Q1103, v1.0		
Version No.	1.0	Version Update Date	21/01/2017
Pre-requisites to Training	Class XII preferably with Biology/ Graduate in Physical Education/Massage Techniques		
Training Outcomes	After completing this program, participants will be able to:		
	1. Perform inspection of the equipment and the massage area		
	2. Describe the basic (male and female) human anatomy and physiology		
	3. Perform physical examination of the athlete (male and female specifications)		
	4. Capture and study the past medical and fitness history of the athlete		
	5. Select the appropriate massage technique for the athlete		
	6. Discuss the aims of the session and benefits with the athlete		
	7. Design the massage plan and technique		
	8. Understanding of the effect of various massage techniques		
	9. Business, Professional and Ethical code of conduct		
	10. Occupational Health and Safety guidelines for performing massage therapy		
	11. Read and understand the recommendations of the physiotherapist/medical practitioner		
	12. Determine best therapy to provide based on symptoms		
	13. Maintain a record of massages sessions carried out		

This course encompasses 3 out of 3 National Occupational Standards (NOS) of **“Sports Masseur”** Qualification Pack issued by **“Sports, Physical Education, Fitness and Leisure Sector Skill Council of India”**:

S. No	Module	Key Learning Outcomes	Equipment Required
1	<p>Introduction</p> <p>Theory Duration 08:00 Hours</p> <p>Practical Duration 00:00 Hours</p> <p>Corresponding NOS Code: SPF/N1108</p>	<ol style="list-style-type: none"> 1. General discipline in the class room 2. Overview of Sports Medicine Sector 3. Role of a Sports Masseur (Difference between male and female athlete) 4. Roles and responsibilities of Sports Medicine Professionals 5. Professional and Ethical Knowledge 6. Maintenance and upkeep of equipment in Sports Massage Laboratory 7. Benefits of Sports Massage 8. Cautions and Contraindications of Sports Massage 9. Ensuring health and safety of athlete 10. Maintaining privacy of athlete 11. Perform inspection of the equipment and the massage area 	<p>Audio-visual Aids, White Board, Marker, Massage room, Massage table, Oils, Creams, Lubricants, Consent forms for Massage, Bedsheets, Towels, foam rollers, swiss balls, hydrotherapy tubs and baths</p>
2	<p>Introduction to Human Anatomy</p> <p>Theory Duration 10:00 Hours</p> <p>Practical Duration 20:00 Hours</p> <p>Corresponding NOS Code: SPF/N1108, SPF/N1109</p>	<ol style="list-style-type: none"> 1. General Anatomy: Introduction to Anatomy, terms and terminology. Regions of Body, Cavities and systems (Differentiation in male and female anatomy) 2. Upper extremity: Bony architecture Joints. Muscles. Radiographic identification of bone and joints. 3. Lower Extremity: Bony architecture Joints. Muscles. Radiographic identification of bone and joints. 4. Spine and thorax Back muscles: Bony architecture Joints. Muscles. Radiographic identification of bone and joints. 5. Head and neck: Bony architecture Joints. Muscles. Radiographic identification of bone and joints. 6. Abdomen: Muscles of abdominal wall, Abdominal cavity – divisions 7. Anatomy Practical: Identification and description of all anatomical structures. Demonstration of skeleton- articulated and disarticulated. Surface Anatomy: surface land mark-bony, muscular and ligamentous, 	<p>Audio-Visual Aids, White Board, Marker, Anatomy Charts, Artificial Human Skeleton and bone set.</p>

<p style="text-align: center;">3</p>	<p>Introduction to Human Muscle Physiology</p> <p>Theory Duration 10:00 Hours</p> <p>Practical Duration 25:00 Hours</p> <p>Corresponding NOS Code: SPF/N1108, SPF/N1109</p>	<ol style="list-style-type: none"> 1. Muscle Anatomy: Muscle Tissue Types, Shapes of Muscles, Muscle Lever System and Muscle Contractions and difference in male and female muscle anatomy. 2. Abdominal Wall Muscles: Location, Anatomy and Actions. 3. Muscles of Pelvic Outlet: Location, Anatomy and Actions. 4. Muscles of Lower Limbs: Location, Anatomy and Actions. 5. Muscles of Upper Limbs: Location, Anatomy and Actions. 6. Muscles of Neck: Location, Anatomy and Actions. 7. Muscles of Face: Location, Anatomy and Actions. 8. Muscles of Foot: Location, Anatomy and Actions. 9. Muscles of Hand: Location, Anatomy and Actions. 10. Muscles of Back: Location, Anatomy and Actions 11. Muscles of Chest: Location, Anatomy and Actions. 12. Muscle Physiology: Physiology of the Muscular System, Muscle Structure, Sarcomere, The Sliding Filament Model of Muscle Contraction, Muscle Twitch, Types of Muscle Fibers, 	<p>Audio-Visual Aids, White Board, Marker, Physiology Charts, Artificial Human Skeleton and bone set, Dummy Joint Structures with Muscles, Dummy Muscles with attachments on bones.</p>
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<p style="text-align: center;">4</p>	<p style="text-align: center;">Application of Massage Therapy</p> <p style="text-align: center;">Theory Duration 15:00 Hours</p> <p style="text-align: center;">Practical Duration 70:00 Hours</p> <p style="text-align: center;">Corresponding NOS Code: SPF/N1108, SPF/N1109</p>	<ol style="list-style-type: none"> 1. Ethics and Standards 2. Introduction to massage therapy: Describe various massage therapy tools and products and their benefits 3. Effects and Benefits of Massage Therapy: Physiological effects of massage on each system of Human body. 4. Effect of massage in following conditions: Tension, Fatigue – mental & physical and Pain in specific areas. 5. Massage therapy techniques: Massage movements, Movements as per body part and detailed Classification of massage techniques. 6. Massage Therapy Practical: Massage therapy techniques to various body parts (Face, Head, Upper extremity: focus on individual muscle, Lower extremity: focus on individual muscle, Foot: focus on individual muscle) and Trigger Point Releases 7. Application of Exercise Therapy and Hydrotherapy practices 8. Individual focus on female aspect in terms of benefits, cautions and contraindications and factors which differentiate female athlete from male athlete. 	<p>Audio-visual Aids, White Board, Marker, Massage room, Massage table, Oils, Creams, Lubricants, Consent forms for Massage, Bedsheets, Towels, and foam rollers.</p>
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<p>5</p>	<p>Application of Post Massage Activities</p> <p>Theory Duration 07:00 Hours</p> <p>Practical Duration 35:00 Hours</p> <p>Corresponding NOS Code: SPF/N1110</p>	<ol style="list-style-type: none"> 1. Monitor the condition of the Athlete 2. Update the massage plan as required 3. Introduction to Exercise Therapy: Prime focus on stretching, Hydrotherapy and Relaxation techniques 4. Relaxation: Definition, Types of Relaxation, Relaxation Techniques Stretching: Flexibility, Types of Flexibility, Factors Limiting Flexibility, Types of Stretching, Benefits of Stretching. 5. Hydrotherapy: Introduction, Properties of Water, Transfer of Heat, Local Effects of Heat, Local Effects of Cold, Benefits of Hydrotherapy, Hydrotherapy Contraindications, Application of Hydrotherapy, Indications and Contraindications of Cryotherapy and Thermotherapy. 6. Individual focus on female aspect in terms of benefits, cautions and contraindications and factors which differentiate female athlete from male athlete. 	<p>Audio-visual Aids, White Board, Marker, Exercise room, Exercise table, Yoga mats, floor mats, Thera bands, Bosu- ball, Bedsheets, Towels, foam rollers, Swiss balls, hydrotherapy tubs and baths.</p>
<p>6</p>	<p>Total Duration: 260 Hours</p> <p>Classroom and Practical Training: 200 Hours</p> <p>Theory: 50 Hours Practical: 150 Hours</p> <p>OJT (Compulsory): 60 Hours</p>	<p>Equipment Requirement: Training center with classroom, audio-visual aids, white boards, bio-metrics, massage tables, towels, bedsheet, pillows, oils, creams, lubricants, foam-rollers, Swiss balls, Bosu balls, anatomy charts, physiology charts, Dummy Joint Structures with Muscles, Dummy Muscles with attachments on bones., exercise therapy charts, hydrotherapy baths, tubs, yoga mats, cushion floor mats</p>	

Trainer's Prerequisites for the Job Role "Sports Masseur" Mapped to Qualification Pack "SPF Q1103, Vol 1.0".

S. No	Area	Detail
1	Description	Sports Masseurs is an integral part of the sports medicine team working on the athlete. Work include manipulating muscle tissues to release tension, reduce pain restore range of movement, ensure timely recovery and promote good body condition usually under the supervision of a Sports Medicine Physician or a Sports Physiotherapist
2	Personal Attributes	The individual must be sensitive to the organization's Code of conduct and possess the necessary etiquette to make the client comfortable. He must possess the confidence and professionalism to perform his role with cultural and situational sensitivity. Must also possess the ability to listen to client and empathize with their health and emotional issues
3	Educational Qualification	Master of Sports Physiotherapy/Bachelor of Physiotherapy with 1-2 years of experience in sports massage and athlete rehabilitation/Sports masseur with 3-4 years of experience
4a	Domain Certification	Minimum accepted score in SSC Assessment is 80% per NOS being taught in QP SPF/Q1103. Additional certification in Sports massage, Soft tissue manipulations, soft skills and communication skills will be an added advantage.
4b	Platform Certification	Recommended that the Trainer is certified for the Job Role: "Sports Masseur" mapped to the Qualification Pack: "SPF/Q1103". Minimum accepted score is 80% per NOS.
5	Experience	Minimum 1-2 years of hands-on experience as Sports Masseur

Annexure: Assessment Criteria

Assessment Criteria	
Job Role	Pool Life Guard
Qualification Pack	SPF/Q1104, v1.0
Sector Skill Council	Sports, Physical Education, Fitness & Leisure Skills Council

Sr. No.	Guidelines for Assessment
1	Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC.
2	The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3	Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training centre (as per assessment criteria below)
4	Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training centre based on this criteria
5	To pass the Qualification Pack, every trainee should score a minimum of 60% in aggregate and 40% in each NOS
6	The marks are allocated PC wise; however, every NOS will carry a weightage in the total marks allocated to the specific QP

Assessable Outcome	Assessment Criteria	Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
1. SPF/N1108 (Prepare for Massage Session)	PC1. Perform physical examination of the athlete	100	15	5	10
	PC2. Capture and study the past medical and fitness history of the athlete.		15	5	10
	PC3. Understand the problems faced by the athlete and identify the root cause for the problems.		15	5	10
	PC4. Perform a visual inspection of the massage equipment and massage area. Check whether they are in appropriate, safe and hygienic condition prior to starting of massage sessions.		20	5	15
	PC5. Report any issues related to massage equipment or massage area to concerned authority/ management.		15	5	10
	PC6. Check and verify that the issues have been resolved and that the massage can be performed.		20	5	15
		Total Marks	100	30	70
2. SPF/N1109 (Carry Out Massage Therapy)	PC1. Based on an understanding of the problems and the root causes, select the appropriate massage technique for the athlete, in consultation with medical practitioner, physiotherapist, coach, etc.	100	15	4	11
	PC2. Familiarize the athlete with the massage equipment, means and methods that would be used in the course of the treatment.		15	4	11
	PC3. Discuss the aims of the session and benefits with the athlete.		10	2	8
	PC4. Explain the controls and regulations of the massage process and modifications to the plan as per the requirement based on intensity, incorrect techniques, and symptoms of over massage and safety.		15	3	12
	PC5. Carry out the selected massage with the right means, methods and resources.		20	5	15

	PC6. Ensure that the athlete is comfortable through the massage.		10	3	7
	PC7. Modify the massage plan and technique if the athlete reports any pain while the massage is underway.		15	4	11
		Total Marks	100	25	75
3. SPF/N1110 (Perform Post Massage Activities)	PC1. Update athlete's fitness and medical record after the massage.	100	10	3	7
	PC2. Ensure that the athlete is in a good condition to participate in the next session.		15	3	12
	PC3. Advise the athlete on self-treatment as prescribed by the physiotherapist.		15	4	11
	PC4. Refer the athlete to a qualified medical doctor if required.		10	3	7
	PC5. Periodically have the athlete visit the center and assess the athlete's body condition.		15	3	12
	PC6. Determine the areas of improvement. And note down the progress.		15	3	12
	PC7. Provide feedback to the athlete.		10	3	7
	PC8. Update the massage plan in consultation with the physiotherapist and medical practitioner if required.		10	3	7
		Total Marks	100	25	75