



brightdirectiontraining

LEVEL 3 DIPLOMA IN SPORTS MASSAGE THERAPY

The VTCT Skills Level 3 Diploma in Sports Massage Therapy is a nationally recognised qualification designed for individuals looking to build a career in the health, fitness, and therapy industry. This course equips you with the practical skills and knowledge needed to assess, treat, and support clients with muscular tension, injury prevention, and recovery.

As an Ofqual-regulated qualification, it is recognised and respected by employers across the UK, giving you the confidence to begin working with clients.

Whether you're starting from scratch or adding to your existing fitness qualifications, this course provides a strong foundation to begin working as a sports massage therapist.

» Who is the course for?

This course is ideal for anyone looking to start a career in sports massage, expand their existing fitness qualifications, or develop practical skills in injury prevention, recovery, and client care. Whether you're starting from scratch or already working within the fitness industry, this qualification provides a strong foundation for working with clients in a hands-on, rewarding role.

» Programme structure

- **Duration:** 10 sessions
- **Delivery:** Classroom-based learning with practical sessions
- **Study Format:** Full in-person attendance

You'll learn in a supportive group environment with experienced tutors, ensuring learning is practical, current, and relevant.

START YOUR NEW CAREER TODAY!



COURSE OVERVIEW

Throughout the course, you will develop both hands-on skills and essential underpinning knowledge, including:

» Modules

- Principles of soft tissue dysfunction
- Anatomy and physiology for sports massage
- Client consultation and assessment techniques
- Sports massage techniques (pre-event, post-event, maintenance)
- Treatment planning and aftercare advice
- Injury prevention and recovery strategies
- Professional practice and clinic setup

By the end of the course, you'll have the knowledge, practical skills, and confidence to safely assess, treat, and support clients as a qualified Sports Massage Therapist.

» Progression

Upon successful completion, you will achieve a Level 3 Diploma in Sports Massage Therapy, enabling you to:

- Work as a self-employed sports massage therapist
- Gain employment in gyms, clinics, or sports environments
- Progress onto higher-level therapy or rehabilitation courses

The demand for sports massage therapists continues to grow as more people focus on injury prevention, recovery, and overall wellbeing. From gym-goers and office workers to athletes and sports teams, there is increasing demand for qualified professionals who can help clients move and feel better, creating a wide range of flexible and rewarding career opportunities.

COST & PAYMENT OPTIONS

Course Cost: £1499

Payment Options:

We offer flexible payment options to make this course accessible:

1. Pay in full and receive a **10% discount**
2. **Flexible payment plan:** secure your place with a deposit, then spread the remaining balance across two instalments before the course starts



Why Our Courses Are 100% In Person

Realistically, sports massage is not a skill you can master online. It requires hands-on practice, real feedback, and experience working with people.

Benefits of in-person learning include:

- Hands-on practice of massage techniques in a real treatment setting
- Immediate feedback on your technique, pressure, and client care
- Greater confidence working with real people, not just theory
- Strong peer support and motivation
- Better preparation for real-world clinic, gym, or mobile environments

Sports massage is a hands-on profession - it's not something you can truly learn behind a screen. Developing the right technique, pressure, and client care skills requires real, in-person practice. Learning face-to-face ensures you leave fully prepared, confident, and ready to treat clients safely and effectively.



WHY USE BDT FOR YOUR COURSE?

Practical Training Designed for Real-World Application

Our approach focuses on developing skills you'll actually use as a therapist, combining theory with guided, hands-on practice to prepare you for real client scenarios. You'll be supported by highly skilled tutors who are experienced in delivering practical training and helping learners build confidence quickly and effectively.

Support Throughout Your Learning Journey

You'll receive ongoing guidance and encouragement from start to finish - not just at assessment time. Our tutors are there to support your development, answer questions, and help you overcome challenges, ensuring you feel confident and supported every step of the way.

Strong Focus on Client Confidence and Real-World Skills

We don't just help you gain a qualification - we help you become a confident, capable therapist. From hands-on technique development to client consultation and communication, everything is designed to prepare you for working in clinics, gyms, or self-employment.

Ofqual-Regulated Qualification Aligned to Industry Standards

Our qualifications are regulated by Ofqual and aligned to industry professional standards, giving you a certification that is respected, trusted, and widely recognised by employers across the UK.

Scan the QR code to view upcoming course dates, learn more, and secure your place



**HELP PEOPLE MOVE BETTER,
RECOVER FASTER, AND FEEL STRONGER**