

## Registration with the CNHC for Sports Massage

In order to be eligible to apply for registration with CNHC practitioners must have

- undertaken a programme of training that meets, as a minimum, the Sports Massage National Occupational Standards and the [Sports Massage Core Curriculum](#). The minimum level of qualification required is equivalent to Level 4 (Regulated Qualifications Framework; England and Wales); Level 6 (Council for the Curriculum, Examinations and Assessment; Northern Ireland); Level 8 (The Scottish Credit and Qualifications Framework; Scotland) on the [UK Qualification Comparison Chart](#).

OR

- have achieved competence to the level of the Sports Massage National Occupational Standards by means of relevant experience of at least three years and been assessed as having met those Standards.

***Please note, courses delivered entirely by distance learning do not meet CNHC requirements.***

The following courses meet the National Occupational Standards and the Sports Massage Core Curriculum:

- [VTCT Level 5 Certificate in Sports Massage Therapy](#)  
**601/5325/8** (prerequisite: Level 4 Diploma in Sports Massage)
- [VTCT \(ITEC\) Level 5 Certificate in Sports Massage Therapy](#)  
**601/5571/1** (prerequisite: Level 4 Diploma in Sports Massage) - Certification End Date: 31 December 2022  
603/4499/4 - Operational Start Date: 1 October 2019
- [YMCA Level 4 Diploma in Sports Massage Therapy \(Soft Tissue Dysfunction\)](#)  
**610/3569/5** Start date 1 March 2024
- [Sports and Remedial Massage Diploma, Level 5](#)  
Bristol College of Massage and Bodywork
- [BTEC level 6 Professional Diploma in Advanced Clinical Massage and Sports Massage](#)  
Jing Advanced Massage and Training
- [NTC National Qualification in Neuromuscular Therapy](#) (known as NTC National Qualification in Neuromuscular Physical Therapy pre 2019)  
National Training Centre – Dublin
- [BTEC \(OCN London from November 2023\) Level 5 Sports Massage and Soft Tissue Therapy](#)  
North London School of Sports Massage (NLSSM)

Level 4 qualifications can be eligible to apply to register with CNHC, but applicants will need to demonstrate further evidence of training in the following areas:

## TECHNIQUES

**MYOFASCIAL TECHNIQUES** (fascial assessment, direct, indirect, deep, superficial) – describe the physiological effects, explain the protocols of application, demonstrate methods of application and explain cautions

**POSITIONAL RELEASE TECHNIQUES** - describe the physiological effects, explain the protocol for application, demonstrate method of application and explain cautions

**LIGAMENTS** Anatomy and pathology of ligaments - Assessment of ligament injuries (range of movement – active and passive (end feel), orthopaedic tests). Advise client on care of ligament injuries

**NEUROLOGY** Recognition and the organisation of dermatomes and myotomes  
Characteristics of common peripheral neuropathy patterns

Treatment of **oedema** with relation to client positioning and treatment sequence

## CASE STUDIES

- There are to be a minimum of 5 case studies with at least 5 treatments per case study over a range of different demographics. Total 25 hours.
- As far as possible, a range of clients should be treated e.g. male, female, adolescent, adult, older adult, person with disabilities etc. The environment could be clinical, non-clinical or at an event. The treatment could be in any of the following contexts: pre-event, post event, inter/intra-event or maintenance.
- The purpose of the case studies is to demonstrate competency and as such should reflect the range of techniques, assessment and treatment skills learned.
- It is anticipated that clients will have an injury or a pathological condition in order to demonstrate knowledge and practical skills.

See [Apply to Register](#) for further information on applying to register with CNHC.

*NOTE: Any organisation (that is not a CNHC Verifying Organisation) that wishes a course to be added to those listed above is invited to submit to CNHC detailed documentation that demonstrates how the course delivers all the outcomes of the National Occupational Standards (NOS) and the requirements of the Core Curriculum. The documentation will be copied to the Sports Massage Profession Specific Board (PSB) so that the PSB can advise the CNHC whether the list should be updated.*