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# Marking Criteria

## **iUSP161 – Provide complex massage techniques for sports massage**

Once all aspects of the mandatory units have been completed, learners will be expected to complete a practical examination.

Practical examination sequence for Unit iUSP161 – Approximately 45 minutes:

- Main details of the consultation to be carried out prior to the exam
- Assessment of injury
- Complex sports massage techniques
- Aftercare/home care advice
- Complete consultation form and hand to the examiner at the end of the treatment
- Oral questions may be asked at any time during the examination
- Consultation forms must be filled in by each learners and made available for the external examiner/verifier to check. These should be reviewed and completed at the end of each treatment and will be taken away by the external examiner/verifier
- Learners will be expected to demonstrate excellent hygiene and client care throughout as well as competence in their relevant skills
- The external examiner may reduce the treatment timings, as the examination is a demonstration of the Learner's professionalism and their accomplished technique
- Approximate time allocated for changeover of practical examination groups – 15 minutes

Learners must be able to demonstrate the following:

### **Appearance – 5 marks (1 mark each)**

1. Clean, ironed professional wear, flat shoes/trainers, no visible underwear
2. Clean hair, neat and tied back/up if long and off the collar and face
3. Short, clean, well-manicured nails with no varnish and clean hands
4. No jewellery – with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped)
5. No chewing gum or sucking sweets, body or breath odour

### **Client care – 5 marks (1 mark each)**

1. Greeted and introduced self to client
2. Assisted the client on and off the couch
3. Explained the treatment procedure to the client
4. Ensured the client's comfort/modesty throughout
5. Maintained a positive and professional approach to client/colleague throughout

**Hygiene and sterilisation – 5 marks (1 mark each)**

1. Wiped over equipment with appropriate sanitiser before and after use
2. Sanitised hands before, during and after treatment as appropriate
3. Replaced lids on products and used spatulas to remove cream
4. Disposed of cotton wool, tissues, paper roll and general waste hygienically and appropriately
5. Used salon/clinic sterilising equipment/cabinets appropriately and sanitised, used and stored small equipment appropriately

**Assessment of injury – 30 marks (6 marks each)**

1. Performed objective assessment relative to the client's specific condition and needs
2. Performed complex assessments to include all the joints of the body
3. Made comparison with opposite side and surrounding tissue
4. Recorded complex assessment results
5. Asked questions specific to the injury

**Complex sports massage techniques – 35 marks (7 marks each)**

1. Explained the rationale and indications for treatment
2. Discussed suitable strategies for dysfunctional tissue
3. Demonstrated suitable movements to warm the area initially
4. Correctly demonstrated suitable complex massage techniques for the client's needs
5. Ensured client comfort and pain tolerance was referred to throughout

**After/home care advice – 10 marks (2 marks each)**

1. Advised on mobility relevant to the condition
2. Advised on early proprioception exercises
3. Advised on isometric strengthening
4. Advised the client of the importance of rest and relaxation
5. Discussed the importance of an injury prevention plan

**Sample oral questions – 10 marks**

1. When would you use McMurrays test?
2. What conclusions have you drawn on support for the use of sports massage
3. Explain the potential benefits of massage for fibromyalgia
4. Explain Chronic Fatigue Syndrome
5. Explain when to use Proprioceptive Neuromuscular Facilitation (PNF)
6. What research have you carried out for pre-existing conditions?
7. When would you use active isolated stretching?
8. When should you refer the client to a sports rehabilitator?
9. What area would you be testing with the Slump test?
10. Evaluate research undertaken on the use of sports massage
11. Explain positional release
12. Why would you perform peripheral joint manipulations?
13. Explain the concept and importance of evidence based practice
14. What are the potential benefits of isometric strengthening?
15. Why is it important to advise on mobility relevant to the condition?

## Document History

Version	Issue Date	Changes	Role
1	10/10/2020	First Published	Assessment Lead - Sport
2	24/03/2020	Amended section under Assessment of Injury	Assessment Lead - Sport