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Department of Skills Development (DSD)  
Federal Government Administrative Centre  
62530 PUTRAJAYA, MALAYSIA

NATIONAL OCCUPATIONAL SKILLS STANDARD

**SPORTS MASSAGE**

**LEVEL 3**

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ii. Abbreviation

<b>Description</b>	<b>Definition</b>
ADL	Activity of Daily Living
AED	Automated Electronic Defibrillator
CoCU	Curriculum of Competency
CP	Competency Profile
CPC	Competency Profile Chart
CPR	Cardio Pulmonary Resuscitation
CU	Competency Unit
DKM	Diploma Kemahiran Malaysia
DLKM	Diploma Lanjutan Kemahiran Malaysia
PC	Statement of Achievement/Penyata Pencapaian
RICE	Rest Ice Compression Elevation
ROM	Range of Motion
TOTAPS	Touch, Observe, Talk, Active, Movement, Passive Movement
SKM	Sijil Kemahiran Malaysia
SOP	Standard Operating Procedure
VAS	Visual Analogue Scale

iii. Glossary

Description	Definition
Athelete Stretching Facilitation	Performing of process of placing particular parts of the body into a position that will lengthen, or elongate, the muscles and associated soft tissues.
Body Relaxation Massage	Performing of manipulation of soft body tissues (muscle, connective tissue, tendons, and ligaments) to enhance health and wellbeing.
Athelete Performance Massage	Performing and applying a group of massage techniques specifically designed to aid in athletic performance includes pre even, inter-event and post event massage, and also for athlete with injury.
Sports Remedial Massage	Performing systematic assessment and treatment of the muscles, tendons, ligaments and connective tissues of the body to assist in rehabilitation, pain and injury management
First Aid Administration	Performing of treatment to any specific, sharp pain that is of rapid onset or pain that results from a specific traumatic incident such as an injury to a specific part of the body, or an illness. Acute injury is usually the result of a specific impact or traumatic event that occurs in one specific area of the body, such as a muscle, bone, or joint.
Sports Strapping Application	Performing of application of overlapping strips of adhesive tape or bandages to an extremity or body area to exert pressure and hold a structure in place. It is performed in the treatment of strains, sprains, dislocations, and certain fractures.

# STANDARD PRACTICE

## NATIONAL OCCUPATIONAL SKILLS STANDARD (NOSS) FOR;

### SPORTS MASSAGE

#### LEVEL 3

#### 1. Introduction

Massage therapy is manual manipulation of soft body tissues (muscle, connective tissue, tendons and ligaments) to enhance a person's health and well-being. There are dozens of types of massage therapy methods. People seek massage therapy for a variety of reasons – to reduce stress and anxiety, relax muscles, enhancing healing process, reduce pain, and promote overall health and wellness.

Sports massage is a technique specifically designed, to aid in athletic performance. It is a special form of massage and is typically used before, during, and after athletic events. The purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, to reduce swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. The main purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively.

#### 1.1. Occupation overview

Sports remedial massage is the systematic assessment and treatment of the muscles, tendons, ligaments and connective tissues of the body to assist in rehabilitation, pain and injury management. It's performed to create favourable conditions for the body to return to normal health after injury and is defined by the premise that the treatment can reasonably reverse certain physical effects a patient may be presenting. If a patient has suffered a moderate injury resulting in structural pain and/or loss of function, then remediation is required to reduce or eliminate pain and restore that function. Remedial massage is designed to balance muscle/soft tissue length, tension, tone which will in turn promote the return to normal joint/capsular/bone position; increase the flow of blood and lymph, particularly in the injured areas, thus removing blockages, damaged cells, scar tissue and adhesions resulting from injury. Sports masseur who undergo training based on this standard are competent to performed list of remedial massage including trigger point technique, acupressure technique, myofascial release technique and deep transverse friction technique

Sports Massage is not meant to be a relaxing massage and, indeed, can become quite strong at times. Opposing to its name, sports massage is not only utilized by professional sports people or people that exercise heavily. It is of benefit to anyone that exercises, even if it is only mild exercise such as regular walking. Sports massage can treat a variety of ailments and injuries that may occur as a result of exercise. It also has other benefits that allow you to train or exercise more efficiently. Some benefits that sports massage has include reducing muscle tension, promoting flexibility, injuries that occur as a result of

overexertion or overuse, improving heart rate and blood pressure and also treating injuries such as sprains and strains, corked thighs etc.

A sports masseur must have knowledge of anatomy, physiology and pathophysiology to determine where to treat clients. Their services must be based on best practice principles and before any remedial massage treatment begins, a thorough patient consultation and assessment is to be performed to ascertain the client's current health status. If the patient is suitable for remedial massage and relying on the client's feedback to identify the areas that require attention, the sports masseur can then apply the relevant and appropriate treatment.

A sports masseur is usually part of a wider team of trainers, managers and doctors. Sports masseur often have a portfolio career, involving part-time work in clinics and also with multiple amateur or professional sports clubs. Some masseur affiliates themselves to one or more gyms, which may recommend them to members so that they develop a pool of private patients/clients. Sports masseur often work in a treatment room. However, the job can.

### **1.2. Justification and rational of NOSS development**

Employment of sport masseur for is projected to grow consistently. Demand for sport massage is expected to grow with the increase in the sports person and others, such as anyone does that exercise, professional sports people or people that exercise heavily. Sport masseur can work in treatment room and however, the job can involve spending time outside in all weathers during matches and training.

### **1.3. Regulatory / statutory body requirements for employment**

There is no specific authority that regulates this industry. However, the government is playing part via related agencies such as National Sports Institute, Ministry of Youth and Sports together with Malaysian Physiotherapy Association (MPA) to promote the skills and training.

### **1.4. Occupational pre-requisite**

Based on the workshop findings, the minimum requirements set forth by the industry for any interested individual to undertake the job or career in this area for this level are as follows:

- Not have visual impairment

## 2. Occupational Structure (OS)

<b>Sector</b>	<b>SECTION Q: Human Health and Social Work Activities</b>
<b>Sub-Sector</b>	<b>(86) Human Health Activities</b>
<b>Area</b>	<b>Health and Wellness Services/ Alternative Therapy</b>
Level 5	Health and Wellness Services /Alternative Therapy Centre Manager
Level 4	Health and Wellness Services /Alternative Therapy Centre Assistant Manager
Level 3	<b>Sports Masseur</b>
Level 2	No Level
Level 1	No Level

Figure 2.1: Occupational Structure for Health and Wellness Services/ Alternative Therapy

## 3. Occupational Area Structure (OAS)

<b>Sector</b>	<b>SECTION Q: Human Health and Social Work Activities</b>
<b>Sub-Sector</b>	<b>(86) Human Health Activities</b>
<b>Area</b>	<b>Health and Wellness Services/ Alternative Therapy</b>
Level 5	Health and Wellness Services /Alternative Therapy Centre Management
Level 4	Health and Wellness Services /Alternative Therapy Centre Administration
Level 3	<b>Sports Massage</b>
Level 2	No Level
Level 1	No Level

Figure 3.1: Occupational Area Structure for Health and Wellness Services/ Alternative Therapy

#### 4. Definition of Competency Levels

The NOSS is developed for various occupational areas. Candidates for certification must be assessed and trained at certain levels to substantiate competencies. Below is a guideline of each NOSS Level as defined by the Department of Skills Development, Ministry of Human Resources, Malaysia.

- Level 1: Competent in performing a range of varied work activities, most of which are routine and predictable.
- Level 2: Competent in performing a significant range of varied work activities, performed in a variety of contexts. Some of the activities are non-routine and required individual responsibility and autonomy.
- Level 3: Competent in performing a broad range of varied work activities, performed in a variety of contexts, most of which are complex and non-routine. There is considerable responsibility and autonomy and control or guidance of others is often required.
- Level 4: Competent in performing a broad range of complex technical or professional work activities performed in a wide variety of contexts and with a substantial degree of personal responsibility and autonomy. Responsibility for the work of others and allocation of resources is often present.
- Level 5: Competent in applying a significant range of fundamental principles and complex techniques across a wide and often unpredictable variety of contexts. Very substantial personal autonomy and often significant responsibility for the work of others and for the allocation of substantial resources features strongly, as do personal accountabilities for analysis, diagnosis, planning, execution and evaluation.



## **5. Award of Certificate**

The Director General shall award, to any person upon completing successfully the NOSS program following skills level qualifications as stipulated under the National Skills Development Act, 652:

- Malaysia Skills Certificate / Sijil Kemahiran Malaysia (SKM) Level 1, 2 or 3
- Malaysia Skills Diploma / Diploma Kemahiran Malaysia (DKM) Level 4
- Malaysia Skills Advanced Diploma / Diploma Lanjutan Kemahiran Malaysia (DLKM) Level 5
- Statement of Achievement / Penyata Pencapaian (PC)

## **6. Job Competencies**

The Sports Massage Level 3 personnel is competent in performing the following core competencies: -

- a. Athlete Stretching Facilitation
- b. Body Relaxation Massage
- c. Athlete Performance Massage
- d. Sports Remedial Massage

The Sports Massage Level 3 personnel is competent in performing the following elective competencies: -

- a. First Aid Administration
- b. Sports Strapping Application

## **7. Work Conditions**

As sports massage professional, they will have lots of choices of working either in domestic or international. He or She might work in a medical clinic, rehabilitation centre, massage centre or just go into private practice. He or She also might work for an athlete or for a team at the professional or college level. Reputation seems key, as massage careers rest on clientele and referrals. How much earning regularly based on skills and the ability to market that skill to the public.

## **8. Employment Prospects**

There is excellent prospect in Sports Massage industries due to high demand and opportunities in sports and recreation industry in Malaysia. This area has a potential job market for skilled personnel in Malaysia.

Sports Masseur can be hired by any organization that related to rehabilitation centre. These employers typically include:

- Health and Wellness Services Centre
- Alternative Therapy Centre
- Spa Therapy Centre
- Physical Rehabilitation Centre
- Gym and Fitness Centre
- Professional sports organisation

Other related occupation with respect to employment opportunities are:

- Spa Therapist

Other related industries with respect to employment opportunities are:

- Education

## **9. Career Advancement**

The career path in sports massage depends on the type and size of a particular organization. In general, there will be more career development opportunities with larger employer. There is no professional or specialization training advancement in this Sports Massage L3 but they can further their study to L4 (Diploma Kemahiran Malaysia) and L5 (Diploma Lanjutan Kemahiran Malaysia).

## 10. Sources of Additional Information

The following organisations can be referred as sources of additional information which can assist in defining the document's contents.

- a. Majlis Sukan Negara Malaysia  
Kompleks Sukan Negara, Bukit Jalil,  
57000 Sri Petaling,  
Kuala Lumpur  
Tel : 03-89929600  
Faks : 03-89967400  
Laman Web : <http://www.nsc.gov.my>  
E-mel : [webinfo@nsc.gov.my](mailto:webinfo@nsc.gov.my)
- b. Institut Sukan Negara  
Kompleks Sukan Negara,  
Bukit Jalil, 57000 Kuala Lumpur  
Tel : +60389914400  
Faks : +60389968748  
Laman Web: <http://isn.gov.my/>  
Email: [info@isn.gov.my](mailto:info@isn.gov.my)
- c. Football Association Of Malaysia  
Wisma FAM, Jalan SS5A/9  
Kelana Jaya,  
47301, Petaling Jaya  
Selangor Darul Ehsan.  
Tel : 03-78733100  
Fax : 03-78757984  
Laman Web: <http://www.fam.org.my/>  
Email : [mediacom@fam.org.my](mailto:mediacom@fam.org.my) / [mediafam@gmail.com](mailto:mediafam@gmail.com)
- d. Malaysian Physiotherapy Association (MPA)  
Department Physiotherapy,  
Hospital Kuala Lumpur,  
50586 Kuala Lumpur  
Laman Web: <http://www.mpa.net.my>
- e. Institut Kemahiran Belia Negara (IKBN) Kuala Langat  
Jalan Sultan Abdul Samad ,  
42700 Banting,  
Selangor Darul Ehsan.  
Tel. : 03-31803813  
Faks : 03-31801677  
Email : [portalikbnkl@gmail.com](mailto:portalikbnkl@gmail.com)  
Laman Web: <http://www.ikbnkl.gov.my/>

## 11. Acknowledgement

The Director General of DSD would like to extend his gratitude to the organisation and individuals who have been involved in developing this standard; especially the members of Standard Technical Evaluation Committee (STEC) for validation of this document.

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2.	Dr. Zakiy Bin Jamalul-Lail	Ketua Pusat Pencegahan Kecelakaan Sukan Institut Sukan Negara
3.	Pn. Faedah Bte Md Jais	Ketua Unit Komplementari Institut Sukan Negara
4.	Pn. Ida Shahiza Bte Saharom	Ketua Jabatan Personal IKBN Kuala Langat

## 12. NOSS Development Committee Members

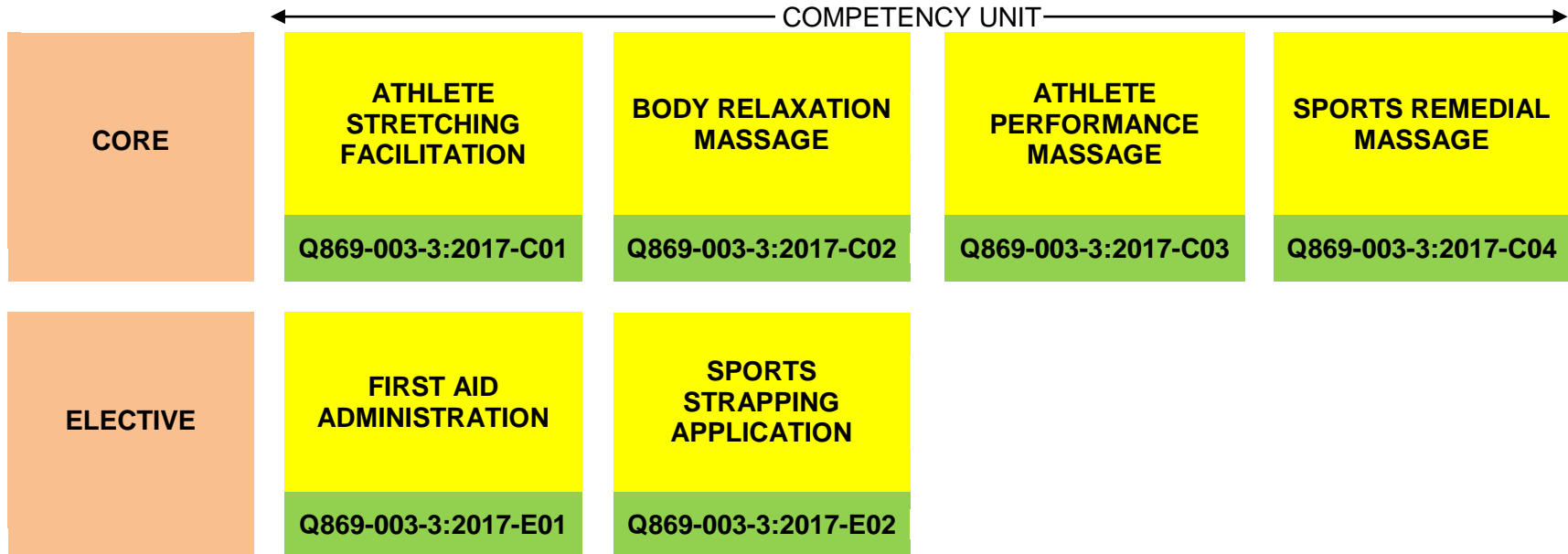
### SPORTS MASSAGE LEVEL 3

STANDARD DEVELOPMENT COMMITTEE (SDC)		
1.	Dr. Aparajitha A/P Krishnan	Sports Treatment Specialist Hospital Sungai Buloh
2.	Tn. Hj. Mohd Zainuddin Bin Zakariar, PPT	Sports Physiotherapist Negeri Sembilan Football Association
3.	En. Muhd Noorfaizalazrul Bin Muhammad Azalai	Physiotherapist (Head of Unit Rehabilitation) National Sports Institute of Malaysia
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5.	En. Shahril Bin Mohamad	Strength & Conditioning Specialist National Sports Institute of Malaysia
6.	En. Muhammad Amirul Fitri Bin Marzuki	Sports Therapist/Fitness Consultant FIT Excel Enterprise
7.	En. Luqman Matnur Bin Abd Razak	Sports Massage Practitioner Department of Health, Klang Municipal Council
8.	En. Kamarul Azam Bin Sampol	Instructional Officer (Sports Therapy) Institut Kemahiran Belia Negara Kuala Langat
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**STANDARD CONTENT**  
**NATIONAL OCCUPATIONAL SKILLS STANDARD (NOSS) FOR;**  
**SPORTS MASSAGE**  
**LEVEL 3**

### 13. Competency Profile Chart (CPC)

SECTOR	<b>SECTION Q : HUMAN HEALTH AND SOCIAL WORK ACTIVITIES</b>		
SUB SECTOR	<b>(86) HUMAN HEALTH ACTIVITIES</b>		
JOB AREA	<b>HEALTH AND WELLNESS SERVICES/ ALTERNATIVE THERAPY</b>		
NOSS TITLE	<b>SPORTS MASSAGE</b>		
JOB LEVEL	<b>3</b>	NOSS CODE	



## 14. Competency Profile (CP)

SECTOR	<b>SECTION Q : HUMAN HEALTH AND SOCIAL WORK ACTIVITIES</b>		
SUB SECTOR	<b>(86) HUMAN HEALTH ACTIVITIES</b>		
JOB AREA	<b>HEALTH AND WELLNESS SERVICES/ ALTERNATIVE THERAPY</b>		
NOSS TITLE	<b>SPORTS MASSAGE</b>		
JOB LEVEL	<b>3</b>	NOSS CODE	

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
1. Athlete Stretching Facilitation	Q869-003-3:2017-C01	<p>Athlete Stretching Facilitation describes the competency in carry out process of placing particular parts of the body into a position that will lengthen, or elongate, the muscles and associated soft tissues.</p> <p>A competent person in this CU shall be able to assess client condition, prepare stretching session requirement, conduct stretching session, carry out passive and assisted stretching, carry out contract relax stretching technique, carry out hold &amp; contract stretching technique and consult client's follow up plan. The outcome of this</p>	1. Assess client condition	<p>1.1 Client's name, types of sports involved, gender and age confirmed according to personal record and client's information</p> <p>1.2 Client's injuries including soft tissue injuries, joints injuries, fractures and duration of the injuries determined based on client's medical information references and client's information</p> <p>1.3 Client's joint Range of Motion (ROM) measured and confirmed with standard range of motion scale</p> <p>1.4 Causes of restriction for movement/movement confirmed with client's information and medical history records</p> <p>1.5 Clients current issues on body condition recorded on case sheet according to organisation documentation procedure</p> <p>1.6 Types of stretching technique selected based on nature of sports.</p>



CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
		competency is to ensure muscle's felt elasticity improved and to achieve comfortable muscle tone in accordance with athlete sports event requirements.		1.7 Consent from client for selected stretching procedure obtained according to organisation procedure
			2. Prepare stretching session requirement	2.1 Procedure and duration of stretching explained and demonstrated to clients according to procedure of stretching technique 2.2 Proper attire for stretching provided according to requirement 2.3 Confidentiality of clients requirement 2.4 Massage couch adjusted according to suitable height 2.5 Chaperon for client determined according to organisation procedure
			3. Conduct stretching session	3.1 Client's position, posture, body parts movement, correct technique of stretching and duration observed and confirmed based on selected stretching procedure 3.2 Client initial ROM confirmed based on client's movement 3.3 Identified issues on client's movement recorded as per documentation procedure 3.4 Client's body parts ROM confirmed with clients as per standard ROM

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
			4. Carry out passive and assisted stretching	4.1 Passive and assisted stretching procedure and its duration explained and demonstrated to clients 4.2 Client's body positioned according to stretching requirements 4.3 Client's body part including upper limb, lower limb, trunk, head and neck stretched within tolerable ROM with determined time frame 4.4 Client's optimum body parts ROM confirmed as per standard ROM
			5. Carry out contract relax stretching technique	5.1 Contract relax stretching technique and its duration explained and demonstrated to clients 5.2 Client's body positioned according to contract relax stretching technique requirements 5.3 Client's body part including upper limb, lower limb, trunk, head and neck stretched within tolerable ROM with determined time frame 5.4 Client's optimum body parts ROM confirmed as per standard ROM

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
			6. Carry out hold & contract stretching technique	<p>6.1 Hold &amp; contract stretching technique and its duration explained and demonstrated to clients</p> <p>6.2 Client's body positioned according to hold &amp; contract stretching technique requirements</p> <p>6.3 Client's body part including upper limb, lower limb, trunk, head and neck stretched within tolerable ROM with determined time frame</p> <p>6.4 Client's optimum body parts ROM confirmed according to standard ROM</p>
			7. Consult client's follow up plan	<p>7.1 Status of tightness and stiffness on stretched area explained to client's</p> <p>7.2 Follow up plan for determined issues suggested to client</p> <p>7.3 Suitable home stretching program prescribed to client based on client's issues</p> <p>7.4 Improvement on client issues checked as per determined schedule</p> <p>7.5 Suitable referral to medical personnel suggested to client based on client issues and organisation documentation procedure</p> <p>7.6 Client reports produced according to standard format</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				and submitted according to organisation documentation procedures
2. Body Relaxation Massage	Q869-003-3:2017-C02	<p>Body relaxation massage describes the competency in manipulation of soft body tissues (muscle, connective tissue, tendons, and ligaments) to enhance health and wellbeing.</p> <p>A competent person in this CU shall be able to prepare body relaxation massage session, assess client full body massage requirement, carry out effleurage massage, carry out kneading massage, carry out cross-fibre friction massage, carry out draining massage, carry out percussion message, assess clients condition and consult client's further treatment requirements.</p> <p>The outcome of this competency is to reduce stress, promote overall</p>	1. Prepare body relaxation massage session	<p>1.1 Client's name, gender and age confirmed according to personal record and client's information</p> <p>1.2 Suitable lighting, sufficient space, surrounding decoration, suitable therapeutic aromatherapy, client's belonging storage area and proper air ventilation in work area determined according to massage requirement</p> <p>1.3 Types of massage medium selected based on client needs and massage requirement</p> <p>1.4 Hand sanitizer, towel, pillow, hand wash and massage medium selected and arranged on work area within accessible range according to massage requirement</p> <p>1.5 Massage couch height and position adjusted based on masseur comfort</p> <p>1.6 Client belongings and attire kept in secured storage area</p> <p>1.7 Proper attire for massage prepared and hand over to client according to requirement</p> <p>1.8 Client's details filled up on standard form and filed according to documentation</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
		wellness, relax muscles, diminish pain, and move body fluids (such as blood) to nourish cells and help remove waste products in accordance with standard body relaxation massage practice.	2. Assess client full body massage requirement	<p>procedure</p> <p>1.9 Consent from client for body relaxation massage procedure obtained according to organisation procedure</p> <p>2.1 Client's present health status confirmed according to client's information and medical information references</p> <p>2.2 Indication and contraindication of massage therapy suitable for client determined according to medical information references and physical observation</p> <p>2.3 Client's position in prone or supine communicated to client according to massage area and client comfort</p> <p>2.4 Client's body part including upper limb, lower limb, trunk, head and neck required for massage determined</p> <p>2.5 Client's muscle stiffness physically checked and recorded on body chart according to organisation documentation procedure</p> <p>2.6 Combination of massage technique for client's selected and explained to client's based on body part client's relaxation needs</p> <p>2.7 Types and usage of full body massage medium and tools</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>selected</p> <p>2.8 Chaperon for client determined according to organisation procedure</p>
			3. Carry out effleurage massage	<p>3.1 Selected massage medium applied evenly on palm and temperature changes on palm confirmed according to massage procedure</p> <p>3.2 Adequate pressure, hand position, massage pattern, body posture confirmed according to procedure of effleurage technique</p> <p>3.3 Massage duration and numbers of stroke repetition determined according to procedure of effleurage technique</p> <p>3.4 Changes in body temperature on massage area confirmed based on physical check and client's information</p> <p>3.5 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined according to physical check and client's information</p>
			4. Carry out kneading massage	<p>4.1 Selected massage medium applied evenly on palm and temperature changes on palm</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>confirmed according to massage procedure</p> <p>4.2 Adequate pressure, hand position, massage pattern, body posture confirmed according to procedure of kneading technique</p> <p>4.3 Massage duration and numbers of stroke repetition determined according to procedure of kneading technique</p> <p>4.4 Changes in body temperature according to physical check and client's information</p> <p>4.5 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined according to physical check and client's information</p>
			<p>5. Carry out cross-fibre friction massage</p>	<p>5.1 Selected massage medium applied evenly on palm and temperature changes on palm confirmed according to massage procedure</p> <p>5.2 Adequate pressure, hand position, massage pattern, body posture confirmed according to procedure of cross-fibre friction massage</p> <p>5.3 Massage duration and numbers of stroke repetition determined</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>according to procedure of cross-fibre friction massage</p> <p>5.4 Changes in body temperature according to physical check and client's information</p> <p>5.5 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined according to physical check and client's information</p>
			<p>6. Carry out draining massage</p>	<p>6.1 Client's body part including upper limb, lower limb, trunk, head and neck required for massage determined based on pre assesment result</p> <p>6.2 Client's position in prone or supine communicated to client according to massage area and client comfort</p> <p>6.3 Selected massage medium applied evenly on palm and temperature changes on palm confirmed according to massage procedure</p> <p>6.4 Adequate pressure, hand position, massage pattern, body posture confirmed according to procedure of draining massage</p> <p>6.5 Massage duration and numbers of stroke repetition determined</p>



CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>according to procedure of draining technique</p> <p>6.6 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined according to physical check and client's information</p>
			7. Carry out percussion message	<p>7.1 Adequate poundage, hand position, massage pattern and rhythm, body posture confirmed according to procedure of cupping massage technique</p> <p>7.2 Massage duration and numbers of percussion repetition determined according to procedure of kneading technique</p>
			8. Assess clients improvement	<p>8.1 Client comfort level confirmed according to client feedback</p> <p>8.2 Muscle tone improvement physically checked and compared to pre-assessment result</p>
			9. Consult client's further treatment requirements	<p>9.1 Home exercise program and Activity of Daily Living (ADL) advised to client's according to post assessment result</p> <p>9.2 Required further medical</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>investigation and management referred to medical personnel according to organisation procedure</p> <p>9.3 Follow up scheduled session according to organisation procedure</p> <p>9.4 Client's pre-assessment and post-assessment record compiled according to organisation documentation procedure</p> <p>9.5 Client's session report produced and submitted to superior according to organisation documentation procedure</p>
3. Athlete Performance Massage	Q869-003-3:2017-C03	<p>Athlete performance massage describes the competency in applying a group of massage techniques specifically designed to aid in athletic performance includes pre even, inter-event and post event massage, and also for athlete with injury.</p> <p>A competent person in this CU shall be able to carry out athlete screening, prepare massage area, carry out pre and inter event</p>	1. Carry out athlete screening	<p>1.1 Athlete's name, gender and age confirmed according to personal record and feedback</p> <p>1.2 Types of sports and recreation activity participated by athlete confirmed according to personal record and client's information</p> <p>1.3 Types of current injuries faced by athlete determined based on personal records and athlete feedback</p> <p>1.4 Current athlete's performance level determined based on athlete feedback</p> <p>1.5 Athlete event schedule confirmed with athlete</p> <p>1.6 Athlete's details filled up on standard form and filed</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
		<p>sports massage, carry out post event sports massage and prepare massage reports.</p> <p>The outcome of this competency is to enhance athlete performance, or promote post injury healing process in accordance with standard sports massage practice.</p> <p>The personnel who aspires to be competent in this competency must in prior have the following competencies: -</p> <ul style="list-style-type: none"> <li>i. Athlete Stretching Facilitation</li> <li>ii. Body Relaxation Massage</li> </ul>	<p>2. Prepare massage area</p>	<p>according to documentation procedure</p> <p>1.7 Consent from client athlete performance massage procedure obtained according to organisation procedure</p> <hr/> <p>2.1 Suitable lighting, sufficient space, surrounding decoration, suitable therapeutic aromatherapy, athlete's belonging storage area and proper air ventilation in work area determined according to massage requirement</p> <p>2.2 Types of massage medium selected according to athlete needs and massage requirement</p> <p>2.3 Hand sanitizer, towel, pillow, hand wash and massage medium selected and arranged on work area within accessible range according to massage requirement</p> <p>2.4 Massage couch height and position adjusted according to masseur comfort</p> <p>2.5 Athlete belongings and attire kept in secured storage area according to organisation procedure</p> <p>2.6 Proper attire for massage prepared and hand over to athlete according to</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>organisation procedure</p> <p>2.7 Chaperon for client determined according to organisation procedure</p>
			<p>3. Carry out pre and inter event sports massage</p>	<p>3.1 Combination of massage technique selected according to natures of sports and event phase</p> <p>3.2 Duration of massage applied determined according to client body mass, nature of sports, client muscle condition</p> <p>3.3 Pace of massage applied determined according to nature of sports and event phase</p> <p>3.4 Suitable level of massage intensity applied to client's according to client's nature of sports, body mass, types of sports, client muscle condition</p> <p>3.5 Reduction on muscle fatigue, improvement muscles on flexibility and reduction in muscle rigidity confirmed according to physical check, ROM procedures and client's information</p> <p>3.6 Clients feedback on comfort and satisfaction level confirmed according to customer satisfaction respond scale</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
			<p>4. Carry out post event sports massage</p>	<p>4.1 Combination of massage stroke for post event selected according to natures of sports            4.2 Suitable intensity, duration and pace for massage determined according to client's nature of sports, body mass, types of sports, client muscle condition            4.3 Correct post event massage technique applied to client confirmed according to massage technique procedure            4.4 Reduction on muscle fatigue, improvement muscles on flexibility and reduction in muscle rigidity confirmed according to physical check, ROM procedures and client's information            4.5 Clients feedback on comfort and satisfaction level confirmed according to customer satisfaction respond scale</p>
			<p>5. Prepare massage reports</p>	<p>5.1 Athlete referral report and athlete performance massage report updated according to organisation procedure            5.2 Athlete performance massage report submitted to superior according to documentation procedure</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
4. Sports Remedial Massage	Q869-003-3:2017-C04	<p>Sports remedial massage describes the competency in performing systematic assessment and treatment of the muscles, tendons, ligaments and connective tissues of the body to assist in rehabilitation, pain and injury management</p> <p>A competent person in this CU shall be able to prepare sports remedial massage session, assess client sports remedial massage requirement, carry out trigger point technique, carry out acupressure technique, carry out myofascial release technique, carry out deep transverse friction technique and assess client improvement.</p> <p>The outcome of this competency is to balanced client's muscle/soft tissue length, tension, tone which will in turn promote the return</p>	1. Prepare sports remedial massage session	<p>1.1 Client's name, gender and age confirmed according to personal record and client's information</p> <p>1.2 Suitable lighting, sufficient space, surrounding decoration, suitable therapeutic aromatherapy, client's belonging storage area and proper air ventilation in work area determined according to massage requirement</p> <p>1.3 Types of massage medium selected according to client's injuries and remedial massage requirement</p> <p>1.4 Hand sanitizer, towel, pillow, hand wash and massage medium selected and arranged on work area within accessible range according to massage requirement</p> <p>1.5 Consent from client for sports remedial massage procedure obtained according to organisation procedure</p> <p>1.6 Height and position of massage couch and massage chair adjusted according to massage requirement</p> <p>1.7 Client belongings and attire kept in secured storage area according to organisation procedure</p> <p>1.8 Proper attire for massage</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
		<p>to normal joint / capsular / bone position; increase the flow of blood and lymph, particularly in the injured areas, thus removing blockages, damaged cells, scar tissue and adhesions resulting from injury in accordance with sports remedial practice and medical personal instruction.</p> <p>The personnel who aspires to be competent in this competency must in prior have the following competencies: - i. Body relaxation massage</p>	<p>2. Assess client sports remedial massage requirement</p>	<p>prepared and hand over to client according to organisation procedure</p> <p>1.9 Client's details filled up on standard form and filed according to organisation documentation procedure</p> <p>1.10 Client's position on massage couch or massage chair communicated and assisted according to massage requirement</p> <p>2.1 Client's medical management record which include medical investigation (x-ray, blood test) and drugs given reviewed based on client's medical information references</p> <p>2.2 Client's injuries including soft tissue injuries, joints injuries, fractures and duration of the injuries determined based on client's medical information references and TOTAPS Procedure (Touch, Observe, Talk, Active, Movement, Passive Movement)</p> <p>2.3 Muscle parts, origin, belly and insertion of injured area determined according to body anatomy</p> <p>2.4 Indication and contraindication</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>of massage therapy suitable for client determined according to medical information references and TOTAPS Procedure</p> <p>2.5 Combination of massage technique for remedial massage selected and explained to client's according to client's injuries massage requirement</p> <p>2.6 Clients current issues on body condition recorded on case sheet according to organisation procedure</p> <p>2.7 Chaperon for client determined according to organisation procedure</p>
			<p>3. Carry out trigger point technique</p>	<p>3.1 Client's injured area including upper limb, lower limb, trunk, head and neck required for massage determined based on pre assessment result</p> <p>3.2 Selected or combination of trigger point massage technique determined according to injuries requirement</p> <p>3.3 Adequate pressure, thumb, knuckle and elbow position, massage pattern, body posture confirmed according to procedure of direct compression and pincher palpation massage</p>



CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>technique</p> <p>3.4 Massage duration and numbers of direct compression repetition determined according to procedure of direct compression and pincher palpation massage technique</p> <p>3.5 Improvement of muscle softness and flexibility confirmed with client and compared with pre-assessment result</p> <p>3.6 Client's pain level confirmed with client based on pain scale</p> <p>3.7 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined based on physical check and client's information</p>
			<p>4. Carry out acupressure technique</p>	<p>4.1 Suitable acupressure massage tools selected according to types injuries and acupressure massage requirement</p> <p>4.2 Client's position on massage couch or massage chair communicated and assisted according to massage</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>requirement</p> <p>4.3 Adequate pressure, correct tools positioning on massage area, massage pattern and body posture confirmed according to procedure of direct compression massage technique</p> <p>4.4 Massage duration and numbers of direct compression repetition determined according to procedure of direct compression massage technique</p> <p>4.5 Improvement of muscle softness and flexibility confirmed with pre-assessment result</p> <p>4.6 Client's pain level determined based on pain scale</p> <p>4.7 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined based on physical check and client's information</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
			5. Carry out myofascial release technique	5.1 Types of myofascial tools selected according to types of injuries and massage requirement 5.2 Adequate pressure, hand position, massage pattern, body posture confirmed according to procedure of myofascial release technique 5.3 Massage duration and numbers of stroke repetition determined according to procedure of myofascial release technique 5.4 Correct technique of using myofascial release tools explained and demonstrated to client's 5.5 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined based on physical check and client's information
			6. Carry out deep transverse friction technique	6.1 Selected massage medium applied evenly on palm according to massage procedure

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>6.2 Adequate pressure, hand position, massage pattern, body posture confirmed according to procedure of deep transverse friction technique</p> <p>6.3 Massage duration and numbers of stroke repetition determined according to procedure of deep transverse friction technique</p> <p>6.4 Improvement of muscle softness and flexibility confirmed with pre-assessment result</p> <p>6.5 Pain level confirmed with client's according to pain scale</p> <p>6.6 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined based on physical check and client's information</p>
			7. Assess client's improvement	<p>7.1 Client comfort level confirmed according to client feedback</p> <p>7.2 Muscle tone improvement physically checked according to pre-assessment result</p> <p>7.3 Home exercise program and Activity of Daily Living (ADL)</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>advised to client's according to post assessment result</p> <p>7.4 Required further medical investigation and management determined and referred to medical personnel according to organisation documentation procedure</p> <p>7.5 Follow up session scheduled according to organisation procedure</p> <p>7.6 Client's pre-assessment and post-assessment record compiled according to documentation procedure</p> <p>7.7 Client's session report produced and submitted to superior according to documentation procedure</p>
5. First Aid Administration	Q869-003-3:2017-E01	Acute sports injuries administration describes the competency in carrying out treatment to any specific, sharp pain that is of rapid onset or pain that results from a specific traumatic incident such as an injury to a specific part of the body, or an illness. Acute	1. Carry out injuries assessment	<p>1.1 Client's name, gender and age confirmed according to personal record and client's information</p> <p>1.2 Types and level of injuries determined according to physical check and client's information</p> <p>1.3 Cause of injuries and duration of injuries confirmed with client</p> <p>1.4 Suitable treatment for client's</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
		<p>injury is usually the result of a specific impact or traumatic event that occurs in one specific area of the body, such as a muscle, bone, or joint.</p> <p>A competent person in this CU shall be able to carry out injuries assessment, carry out Cardio Pulmonary Resuscitation (CPR) procedure, carry out immobilisation of injured area, carry out Rest Ice Compression Elevation (RICE) procedure, administer open wound (abrasion and laceration) treatment and carry out injuries referral.</p> <p>The outcome of this competency is to provide in-situ support or immediate support to injuries to ensure the clients condition is not worsening and can lead to fatal circumstances in accordance with standard medical procedure.</p>	<p>2. Carry out Cardio Pulmonary Resuscitation (CPR) procedure</p>	<p>injuries determined according to types of injuries and level of injuries</p> <p>1.5 Clients allergies confirmed according to client's information</p> <p>1.6 Tools, equipment, materials and medication for clients selected according to first aid procedure</p> <p>1.7 Consent from client for first aid administration procedure obtained according to organisation procedure</p> <p>1.8 Chaperon for client determined according to organisation procedure</p> <p>2.1 Client's breathing and response confirmed according to physical check procedure</p> <p>2.2 Medical assistance referred and details of client's condition reported to medical personnel</p> <p>2.3 Clients breathing airway open/cleared by tilting the head back and lifting the chin</p> <p>2.4 Clients normal breathing confirmed based on physical observation</p> <p>2.5 Chest compressions and breaths performed on clients</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
		<p>To perform the CU, the competency owner is required to attend certified CPR course from any accredited training provider.</p>		<p>according to CPR procedure            2.6 Automated Electronic Defibrillator (AED) applied and operated according to manual and CPR procedure</p>
			<p>3. Carry out immobilisation of injured area</p>	<p>3.1 Clients positioned correctly according to client's comfort            3.2 Correct technique of putting on sling and splinting to immobilise client's injured area            3.3 Reduce on pain, swelling and muscle spasm confirmed according to client's information and physical check</p>
			<p>4. Carry out Rest Ice Compression Elevation (RICE) treatment</p>	<p>4.1 Clients resting time determined and communicated to clients based on seriousness of injuries and according to RICE treatment            4.2 Time duration and frequency of ice or cold pack applied on clients injured area determined according to RICE treatment            4.3 Correct tightness of wrapping on injured area or sore area determined according to RICE treatment            4.4 Injured area or sore area</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				elevated to determined degree according to RICE treatment
			5. Administer open wound treatment	5.1 Open wound cause and duration determined according client's information and physical assessment 5.2 Surrounding of injured part cleaned to remove blood, dirt and debris 5.3 Injured part required for bandaging determined and wrapped according to open wound management procedure
			6. Carry out injuries referral	6.1 Clients condition assessed to determined severity of injury 6.2 Clients injury recorded on report according to organisation documentation procedure 6.3 Clients referred to medical personnel according to organisation documentation procedure



CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
6. Sports Strapping Application	Q869-003-3:2017-E02	<p>Sports Strapping Application describes the competency in the application of overlapping strips of adhesive tape or bandages to an extremity or body area to exert pressure and hold a structure in place. It is performed in the treatment of strains, sprains, dislocations, and certain fractures.</p> <p>A competent person in this CU shall be able to identify clients strapping requirement, assess client condition, carry out strapping application and check strapping effectiveness.</p> <p>The outcome of this competency is to provide support and prevention to joint or area and allow the client to return to sports or recreation activities.</p>	1. Identify clients strapping requirement	<p>1.1 Client's name, gender and age confirmed according to personal record and client's information</p> <p>1.2 Client's injuries including soft tissue injuries, joints injuries, fractures and duration of the injuries determined based on client's medical information references</p> <p>1.3 Clients current issues on body condition recorded on case sheet according to documentation procedure</p> <p>1.4 Consent from client for selected strapping application procedure obtained according to organisation procedure</p>
			2. Assess client's condition	<p>2.1 Client's joint Range of Motion (ROM) on injured area measured and confirmed with standard range of motion scale</p> <p>2.2 Swelling, oedema, haematoma, bruises, wound and scar on injured area confirmed by palpating and visual check</p> <p>2.3 Decrease of sensation on injured area confirmed according to client's information</p> <p>2.4 Types of allergic and its reaction</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
				<p>recorded according to client's information</p> <p>2.5 Injured area required for strapping and suitable strapping method determined according to nature of sports</p> <p>2.6 Chapron for client determined according to organisation procedure</p>
			<p>3. Carry out strapping application</p>	<p>3.1 Size of strapping tape selected according to injuries area</p> <p>3.2 Client positioned according to strapping procedure requirements</p> <p>3.3 Strapping area shaved, dried and cleaned according to strapping application procedure</p> <p>3.4 Size and thickness of strapping tape selected according to application area requirements</p> <p>3.5 Strapping tape attached evenly on correct body position and posture according to strapping procedure</p> <p>3.6 Wrinkles, unattached strapping tape on area, dislodge, not fixed of strapping tape checked and confirmed by visual checked</p>

CU TITLE	CU CODE	CU DESCRIPTOR	WORK ACTIVITIES	PERFORMANCE CRITERIA
			4. Assess strapping effectiveness	<p>4.1 Unfix strapping tape application and wrinkles on taping tape checked and confirmed by visual check</p> <p>4.2 Redness, rashes and itchiness on taped area and its surrounding visually checked and confirmed with clients</p> <p>4.3 Reduction of extreme movement on taped area confirmed according to client's information physical check</p> <p>4.4 Client's pre-assessment and post-assessment record compiled according to organisation documentation procedure</p> <p>4.5 Client's session report produced and submitted to superior according to organisation documentation procedure</p>

**CURRICULUM**  
**NATIONAL OCCUPATIONAL SKILLS STANDARD (NOSS) FOR;**  
**SPORTS MASSAGE**  
**LEVEL 3**

## 15. Curriculum of Competency Unit (CoCU)

SECTOR	SECTION Q : HUMAN HEALTH AND SOCIAL WORK ACTIVITIES						
SUB SECTOR	(86) HUMAN HEALTH ACTIVITIES						
JOB AREA	HEALTH AND WELLNESS SERVICES/ ALTERNATIVE THERAPY						
NOSS TITLE	SPORTS MASSAGE						
COMPETENCY UNIT TITLE	ATHLETE STRETCHING FACILITATION						
LEARNING OUTCOME	<p>The person who is competent in this CU shall be able to ensure muscle's felt elasticity improved and to achieve comfortable muscle tone in accordance with athlete sports event requirements. Upon completion of this competency units, trainees will be able to: -</p> <ol style="list-style-type: none"> <li>1. Assess client condition</li> <li>2. Prepare stretching session requirement</li> <li>3. Conduct stretching session</li> <li>4. Carry out passive and assisted stretching</li> <li>5. Carry out contract relax stretching technique</li> <li>6. Carry out hold &amp; contract stretching technique</li> <li>7. Consult client's follow up plan</li> </ol>						
PRE-REQUISITE (If Applicable)	N/A						
COMPETENCY UNIT ID	Q869-003-3:2017-C01	LEVEL	3	TRAINING DURATION	200 Hours	SKILL CREDIT	20

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
1. Assess client condition	1.1 Human anatomy <ul style="list-style-type: none"> <li>• Integumentary system</li> <li>• Musculoskeletal system</li> <li>• Nervous system</li> </ul> 1.2 Body ergonomics 1.3 Code of ethics in conducting massage	1.1 Obtain clients personal record 1.2 Obtain medical information references 1.3 Interpret client's medical information references 1.4 Determine client's injuries	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Meticulous in interpreting client personal record</li> <li>• Ensure client's belonging stored in safe area</li> <li>• Gentle while positioning</li> </ul>	<u>Related Knowledge</u> 8	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	1.1 Details on clients personal record listed out 1.2 Types of injuries listed and explained injuries based on client's medical information references 1.3 Procedure to measure client's

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	1.4 Hygiene practices 1.5 Procedure to obtain client personal record 1.6 Types of injuries <ul style="list-style-type: none"> <li>• Soft tissue injuries</li> <li>• Joints injuries</li> <li>• Fractures</li> </ul> 1.7 Procedure to measure client's initial Range of Motion 1.8 Muscle testing procedure <ul style="list-style-type: none"> <li>• Goniometer</li> <li>• Manual</li> </ul> 1.9 Principal of stretching 1.10 Types of stretching technique <ul style="list-style-type: none"> <li>• Static</li> <li>• Ballistic</li> <li>• Dynamic</li> <li>• Active</li> <li>• Passive</li> <li>• Isometric</li> <li>• Proprioceptive Neuromuscular Facilitation</li> </ul>	1.5 Measure client's initial Range of Motion 1.6 Determine causes of movement restriction 1.7 Obtain current issue's faced by client. 1.8 Determine stretching technique 1.9 Obtain client's consent	client on stretching <ul style="list-style-type: none"> <li>• Punctual in attending client</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>• Ensure stretching area is clean and clear from work hazard</li> <li>• Apply body ergonomics practice</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<u>Related Skill</u> 10	<u>Related Skill</u> Demonstration Project-Based Learning	joint Range of Motion (ROM) explained and demonstrated 1.4 Causes of restriction for movement determined according to client's feedback and medical history records 1.5 Procedure to record clients current issues on case sheet demonstrated 1.6 Types of stretching technique listed and explained

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	(PNF) 1.11 Procedure to prepare consent form					
2. Prepare stretching session requirement	2.1 Types of attire for stretching and massage <ul style="list-style-type: none"> <li>Gown</li> <li>Disposable short</li> <li>Disposable garments</li> </ul> 2.2 Types of stretching tools and equipment <ul style="list-style-type: none"> <li>Elastic band</li> <li>Goniometer</li> <li>Ballast Ball</li> <li>Massage couch</li> <li>Yoga Mat</li> <li>Foam Roller</li> <li>Stretch strap</li> <li>Etc.</li> </ul>	2.1 Determine stretching technique 2.2 Determine stretching technique duration 2.3 Hand over stretching attire 2.4 Adjust massage couch height	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>Maintain positive attitude.</li> <li>Do not rush while preparing stretching session.</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>Check massage couch or massage chair stability status.</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>Ensure sufficient air ventilation</li> </ul>	<u>Related Knowledge</u> 8  <u>Related Skill</u> 10	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	2.1 Procedure and duration of stretching explained and demonstrated according to procedure of stretching technique 2.2 Types of attire for stretching listed 2.3 Procedure on adjusting massage couch to suitable height explained and demonstrated
3. Conduct stretching session	3.1 Procedure of demonstrating stretching technique <ul style="list-style-type: none"> <li>Duration</li> <li>Repetition</li> </ul>	3.1 Determine stretching technique 3.2 Demonstrate stretching technique 3.3 Determine client's	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>Gentle while positioning client on stretching</li> <li>Always check on client's</li> </ul>	<u>Related Knowledge</u> 9	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	3.1 List of criteria to observe clients stretching session listed out including client's position, posture, body parts movement and

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>Target muscle</li> <li>Intensity</li> </ul>	body positioning 3.4 Check client correct posture 3.5 Check body parts direction of movement 3.6 Determine client's ROM improvement 3.7 Record client's issues	comfort while stretching. <ul style="list-style-type: none"> <li>Maintain positive attitude.</li> <li>Do not rush while conducting stretching session.</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>Ensure correct technique is implemented</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<p><u>Related Skill</u></p> 28	<p><u>Related Skill</u></p> Demonstration Project-Based Learning	correct technique based on stretching procedure 3.2 Procedure to determine initial ROM explained 3.3 Identified issues on movement recorded as per documentation procedure 3.4 Body parts ROM confirmed with clients as per standard ROM
4. Carry out passive and assisted stretching	4.1 Procedure of passive and assisted stretching technique <ul style="list-style-type: none"> <li>Duration</li> <li>Repetition</li> <li>Target muscle</li> <li>Intensity</li> </ul> 4.2 Procedure of demonstrate passive and assisted stretching on body parts:	4.1 Determine passive and assisted stretching technique 4.2 Demonstrate passive and assisted stretching technique 4.3 Determine client's body positioning 4.4 Execute passive stretching technique	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>Gentle while positioning client on stretching</li> <li>Always check on client's comfort while stretching.</li> <li>Maintain positive attitude.</li> <li>Do not rush while conducting stretching</li> </ul>	<p><u>Related Knowledge</u></p> 9  <p><u>Related Skill</u></p> 28	<p><u>Related Knowledge</u></p> Lecture Discussion Problem-Based Learning  <p><u>Related Skill</u></p> Demonstration Project-Based Learning	4.1 Passive and assisted stretching procedure and its duration explained and demonstrated to clients 4.2 Body positioning according to stretching requirements demonstrated 4.3 Stretching for body part including upper limb, lower limb, trunk, head and



WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>Upper body (Triceps, Trapezius, Shoulder, Neck, Quadratus lumborum, etc.)</li> <li>Lower body (Calf, Quadriceps, Hamstring, Hip flexor, Gluteus, Piriformis, etc.)</li> </ul> <p>4.3 Types of body positioning</p> <ul style="list-style-type: none"> <li>Supine</li> <li>Prone</li> <li>Sitting</li> </ul>	<p>4.5 Execute assisted stretching technique</p> <p>4.6 Check body parts ROM improvement</p> <p>4.7 Record client's issues</p>	<p>session</p> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>			<p>neck demonstrated within tolerable ROM with determined time frame</p> <p>4.4 Optimum body parts ROM determined as per standard ROM</p>
5. Carry out contract relax stretching technique	<p>5.1 Procedure of contract relax stretching technique</p> <ul style="list-style-type: none"> <li>Duration</li> <li>Repetition</li> <li>Target muscle</li> <li>Intensity</li> </ul> <p>5.2 Procedure to demonstrate contract relax</p>	<p>5.1 Determine contract relax stretching technique</p> <p>5.2 Demonstrate contract relax stretching technique</p> <p>5.3 Determine client's body positioning</p> <p>5.4 Execute contract</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>Gentle while positioning client on stretching</li> <li>Always check on client's comfort while stretching.</li> <li>Maintain positive attitude.</li> </ul>	<p><u>Related Knowledge</u></p> <p>9</p>	<p><u>Related Knowledge</u></p> <p>Lecture</p> <p>Discussion</p> <p>Problem-Based Learning</p>	<p>5.1 Contract relax stretching technique and its duration explained and demonstrated</p> <p>5.2 Positioning of client's body demonstrated according to contract relax stretching technique</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	stretching on body parts: <ul style="list-style-type: none"> <li>Upper body (Triceps, Trapezius, Shoulder, Neck, Quadratus lumborum, etc.)</li> <li>Lower body (Calf, Quadriceps, Hamstring, Hip flexor, Gluteus, Piriformis, etc.)</li> <li>Core muscles</li> </ul>	relax stretching technique 5.5 Check body parts ROM improvement 5.6 Update client's issues	<ul style="list-style-type: none"> <li>Do not rush while conducting stretching session</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>N/A</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<u>Related Skill</u> 28	<u>Related Skill</u> Demonstration Project-Based Learning	requirements 5.3 Stretching of body part including upper limb, lower limb, trunk, head and neck demonstrated within tolerable ROM with determined time frame 5.4 Optimum body parts ROM determined as per standard ROM
6. Carry out hold & contract stretching technique	6.1 Procedure of hold & contract relax stretching technique <ul style="list-style-type: none"> <li>Duration</li> <li>Repetition</li> <li>Target muscle</li> <li>Intensity</li> </ul> 6.2 Procedure of demonstrate hold & contract relax stretching on body parts:	6.1 Determine hold & contract relax stretching technique 6.2 Demonstrate hold & contract relax stretching technique 6.3 Determine client's body positioning 6.4 Execute hold & contract relax stretching	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>Gentle while positioning client on stretching</li> <li>Always check on client's comfort while stretching.</li> <li>Maintain positive attitude.</li> <li>Do not rush while</li> </ul>	<u>Related Knowledge</u> 9	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	6.1 Hold & contract stretching technique and its duration explained and demonstrated 6.2 Positioning of body parts explained and demonstrated according to hold & contract stretching technique requirements 6.3 Stretching of body

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>Upper body (Triceps, Trapezius, Shoulder, Neck, Quadratus lumborum, etc.)</li> <li>Lower body (Calf, Quadriceps, Hamstring, Hip flexor, Gluteus, Piriformis, etc.)</li> <li>Core muscles</li> </ul>	<p>technique</p> <p>6.5 Check body parts ROM improvement</p> <p>6.6 Update client's issues</p>	<p>conducting stretching session</p> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<p><u>Related Skill</u></p> <p>28</p>	<p><u>Related Skill</u></p> <p>Demonstration</p> <p>Project-Based Learning</p>	<p>part including upper limb, lower limb, trunk, head and neck demonstrated within tolerable ROM with determined time frame</p> <p>6.4 Optimum body parts ROM determined according to standard ROM</p>
7. Consult client's follow up	<p>7.1 Procedure to check muscle tightness and stiffness</p> <ul style="list-style-type: none"> <li>Client feedback (using Visual analogue scale (VAS))</li> <li>Direct palpation</li> <li>ROM</li> </ul> <p>7.2 Client home stretching practices</p>	<p>7.1 Determine client's overall improvement</p> <p>7.2 Determine client issues</p> <p>7.3 Determine client follow up plan</p> <p>7.4 Recommend home stretching program</p> <p>7.5 Advise client's ADL routine</p> <p>7.6 Advise client's further medical reference</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>Speak clearly during explaining to client</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<p><u>Related Knowledge</u></p> <p>8</p> <p><u>Related Skill</u></p> <p>8</p>	<p><u>Related Knowledge</u></p> <p>Lecture</p> <p>Discussion</p> <p>Problem-Based Learning</p> <p><u>Related Skill</u></p> <p>Demonstration</p> <p>Project-Based Learning</p>	<p>7.1 Level of tightness and stiffness on stretched area explained</p> <p>7.2 Procedure to prepare follow up plan for explained</p> <p>7.3 Format and procedure on preparing home stretching program prescribed to client based on client's issues explained and demonstrated</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	7.3 Activity of Daily Living (ADL) practices 7.4 Procedure to prepare referral form 7.5 Report writing skills	requirements 7.7 Prepare client session report				7.4 Procedure to check improvement on client explained 7.5 Suitable referral to medical personnel determined to client based on client issues and organisation procedure 7.6 Reports produced according to standard format

## Employability Skills

CORE ABILITIES	SOCIAL SKILLS
<p>01.01 Identify and gather information.</p> <p>01.02 Document information procedures or processes.</p> <p>02.01 Interpret and follow manuals, instructions and SOP's.</p> <p>02.03 Communicate clearly.</p> <p>02.04 Prepare brief reports and checklist using standard forms.</p> <p>02.05 Read/Interpret flowcharts and pictorial information.</p> <p>03.02 Demonstrate integrity and apply practical practices.</p> <p>03.03 Accept responsibility for own work and work area.</p> <p>03.04 Seek and act constructively upon feedback about work performance.</p> <p>03.06 Respond appropriately to people and situations.</p> <p>01.04 Analyse information.</p> <p>04.03 Organize and maintain own workplace.</p> <p>04.04 Apply problem solving strategies.</p> <p>04.05 Demonstrate initiative and flexibility.</p> <p>01.11 Apply thinking skills and creativity.</p> <p>02.10 Prepare reports and instructions.</p> <p>02.11 Convey information and ideas to people.</p> <p>03.16 Identify and assess client/customer needs.</p> <p>05.01 Implement project/work plans.</p> <p>06.03 Identify and highlight problems.</p> <p>06.04 Adapt competencies to new situations/systems.</p>	<ol style="list-style-type: none"> <li>1. Communication skills</li> <li>2. Conceptual skills</li> <li>3. Interpersonal skills</li> <li>4. Learning skills</li> <li>5. Leadership skills</li> <li>6. Multitasking and prioritizing</li> <li>7. Self-discipline</li> <li>8. Teamwork</li> </ol>

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1 Stretching chart	1:1
2 Sample of case sheet	1:1
3 Sample of treatment report	1:1
4 Anatomy model (full body and body parts)	1:25
5 Full body mannequin	1:25
6 Human Skeleton	1:25
7 Anatomy chart	1:25
8 ADL chart	1:25
9 Measuring tape	1:1
10 Towel	1:1
11 Hand sanitizer	1:1
12 Pillow	1:1
13 Massage attire	
• Gown	1:1
• Disposable short	As required
• Disposable garments	As required
14 Stretching tools and equipment	
• Elastic band	1:1
• Goniometer	1:1
• Ballast Ball	1:5
• Massage couch	1:5
• Yoga Mat	1:1
• Foam roller	1:5
• Stretch strap	1:1

## References for Learning Material Development

- 1 Kluwer, W. (2009). *ACSM's Guidelines for Exercise Testing and Prescription* . America : America College of Sports Medicine, ISBN : 9780781769020.
- 2 E.Prentice, W. (fifth edition, 2011). *Rehabilitation Techniques for Sports Medicine and Athletic Training*. New York: The McGraw-Hill Companies.
- 3 Worthingham, D. a. (third edition ). *Muscle Testing, Techniques of Manual Examination*, W.B Saunders Company

SECTOR	<b>SECTION Q: HUMAN HEALTH AND SOCIAL WORK ACTIVITIES</b>						
SUB SECTOR	<b>(86) HUMAN HEALTH ACTIVITIES</b>						
JOB AREA	<b>HEALTH AND WELLNESS SERVICES/ ALTERNATIVE THERAPY</b>						
NOSS TITLE	<b>SPORTS MASSAGE</b>						
COMPETENCY UNIT TITLE	<b>BODY RELAXATION MASSAGE</b>						
LEARNING OUTCOME	<p>The person who is competent in this CU shall be able to reduce stress, promote overall wellness, relax muscles, diminish pain, and move body fluids (such as blood) to nourish cells and help remove waste products in accordance with standard body relaxation massage practice. Upon completion of this competency units, trainees will be able to: -</p> <ol style="list-style-type: none"> <li>1. Prepare body relaxation massage session</li> <li>2. Assess client full body massage requirement</li> <li>3. Carry out effleurage massage</li> <li>4. Carry out kneading massage</li> <li>5. Carry out cross-fibre friction massage</li> <li>6. Carry out draining massage</li> <li>7. Carry out percussion massage</li> <li>8. Assess client's improvement</li> <li>9. Consult client's further treatment requirements</li> </ol>						
PRE-REQUISITE (If Applicable)	N/A						
COMPETENCY UNIT ID	Q869-003-3:2017-C02	LEVEL	3	TRAINING DURATION	500 Hours	SKILL CREDIT	50

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
1. Prepare body relaxation massage session	1.1 Procedure to obtain clients personal record 1.2 Massage area setup <ul style="list-style-type: none"> <li>• Suitable lighting</li> <li>• Sufficient space</li> <li>• Surrounding decoration</li> </ul>	1.1 Obtain clients personal record 1.2 Determine massage area requirements 1.3 Prepare massage area 1.4 Select massage medium 1.5 Obtain client consent for body	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Meticulous in interpreting client personal</li> <li>• Ensure client's belonging stored in safe area</li> <li>• Gentle while positioning client on</li> </ul>	<u>Related Knowledge</u> 15	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	1.1 Details on client's personal record and information listed 1.2 List of massage requirements including suitable lighting, sufficient space, surrounding decoration, suitable therapeutic aromatherapy,



WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>• Suitable therapeutic aromatherapy</li> <li>• Client's belonging storage area</li> <li>• Proper air ventilation</li> </ul> <p>1.3 Types of massage medium</p> <ul style="list-style-type: none"> <li>• Wet medium (oil based, water based, cream)</li> <li>• Dry medium (powder)</li> </ul> <p>1.4 Procedure to prepare massage session necessity</p> <ul style="list-style-type: none"> <li>• Hand sanitizer</li> <li>• Towel</li> <li>• Pillow</li> <li>• Hand wash</li> <li>• Massage attire (gown, towel)</li> </ul> <p>1.5 Procedure to obtain client consent for treatment</p> <p>1.6 Procedure of setting up</p>	<p>relaxation massage procedure</p> <p>1.6 Setup massage equipment</p> <p>1.7 Store client's belonging</p> <p>1.8 Prepare client massage attire</p> <p>1.9 Fill up client case sheet</p> <p>1.10 Determine client positioning</p>	<p>massage chair or massage couch</p> <ul style="list-style-type: none"> <li>• Punctual in attending client</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• Ensure massage couch and massage chair adjusted according to appropriate height, stable and comfort</li> <li>• Apply body ergonomics practice</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p><u>Related Skill</u> 20</p>	<p><u>Related Skill</u> Demonstration Project-Based Learning</p>	<p>client's belonging storage area and proper air ventilation in work area determined</p> <p>1.3 Types of massage medium determined</p> <p>1.4 List of massage requirement listed including hand sanitizer, towel, pillow, hand wash and massage medium</p> <p>1.5 Arrangement of massage requirements on work area within accessible range demonstrated</p> <p>1.6 Adjustment on massage couch height and position based on masseur comfort demonstrated</p> <p>1.7 Client belongings and attire kept in secured storage area as per requirement</p> <p>1.8 Types of attire for massage listed and</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	massage equipment and client's positioning on; <ul style="list-style-type: none"> <li>• Massage couch</li> <li>• Massage chair</li> </ul>					determined according to client requirement 1.9 Procedure to fill up client's details on standard form demonstrated
2. Assess client full body massage requirement	2.1 Human anatomy <ul style="list-style-type: none"> <li>• Integumentary system</li> <li>• Musculoskeletal system</li> <li>• Nervous system</li> </ul> 2.2 Body ergonomics 2.3 Code of ethics in conducting massage 2.4 Hygiene practices 2.5 Procedure to check Range of Motion (ROM) <ul style="list-style-type: none"> <li>• Active movement</li> <li>• Passive movement</li> </ul> 2.6 Types of client's massage position <ul style="list-style-type: none"> <li>• Supine</li> <li>• Prone</li> <li>• Side lying</li> </ul> 2.7 Procedure to	2.1 Obtain clients medical information references 2.2 Interpret client medical information references 2.3 Determine client massage therapy indication 2.4 Determine client massage therapy contraindication 2.5 Determine client positioning 2.6 Determine client's body part 2.7 Determine client's physical condition 2.8 Determine massage technique for the client 2.9 Determine	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Meticulous in interpreting client medical information references</li> <li>• Gentle and thoroughly in assessing client injuries</li> <li>• Communicate effectively in obtaining client information</li> <li>• Ensure client accompanied by chaperon while conducting assessing for different gender</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<u>Related Knowledge</u> 20  <u>Related Skill</u> 30	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	2.1 Procedure to determine client's present health status explained 2.2 Indication and contraindication of massage therapy suitable for client determined according to medical information references and physical observation 2.3 Procedure for positioning client's in prone or supine demonstrated according to massage area and client comfort 2.4 Client's body part including upper limb, lower limb, trunk, head and

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	carry out client assessment 2.8 Types of skin allergic <ul style="list-style-type: none"> <li>• Redness</li> <li>• Itchiness</li> <li>• Rashes</li> <li>• Peeling</li> <li>• Scaling</li> </ul> 2.9 Types of client's condition indication <ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Stress</li> <li>• Tense</li> <li>• Malaise</li> <li>• Etc.</li> </ul> 2.10 Types of client's condition contraindication <ul style="list-style-type: none"> <li>• Fracture area</li> <li>• Fever</li> <li>• Cancer</li> <li>• Eczema</li> <li>• High blood pressure</li> <li>• Burn area</li> <li>• Skin allergies</li> <li>• Wound area</li> <li>• Menstrual</li> <li>• Varicose veins</li> </ul>	massage medium 2.10 Explain body relaxation massage procedure to client 2.11 Determine client chaperon	<u>ENVIRONMENT</u> • N/A			neck required for massage determined 2.5 Procedure to carry out physical check on client's muscle stiffness demonstrated 2.6 Combination of massage technique for client's determined based on body part and relaxation needs 2.7 Types and usage of full body massage medium and tools selected listed and explained 2.8 Requirements for chaperon explained

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>Bursitis area</li> <li>Haematoma area</li> <li>Local sprains and strains area</li> <li>Dislocation area</li> </ul> 2.11 Massage body relaxation technique 2.12 Documentation procedure for massage					
3. Carry out effleurage massage	3.1 Procedure of effleurage technique <ul style="list-style-type: none"> <li>Pressure</li> <li>Hand position</li> <li>Massage pattern</li> <li>Body posture</li> <li>Massage duration</li> <li>Numbers of stroke repetition</li> </ul> 3.2 Types of abnormalities and irregularities on massage area <ul style="list-style-type: none"> <li>Lump</li> </ul>	3.1 Position clients 3.2 Apply massage medium 3.3 Execute effleurage massage 3.4 Determine suitable pressure 3.5 Determine massage duration 3.6 Determine numbers of stroke repetition 3.7 Check temperature changes on massage area 3.8 Determine	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>Ensure client are informed effects of massage</li> <li>Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>N/A</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<u>Related Knowledge</u> 17  <u>Related Skill</u> 50	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	3.1 Technique on applying massage medium explained and demonstrated 3.2 Adequate pressure, hand position, massage pattern, body posture confirmed for effleurage technique demonstrated 3.3 Massage duration and numbers of stroke repetition determined according to procedure of

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>• Scar tissue</li> <li>• Muscle tightness</li> <li>• Nodules</li> <li>• Varicose vein</li> <li>• Inflammation</li> <li>• Swelling</li> <li>• Hyper sensitive skin</li> </ul>	abnormalities and irregularities on massage area				<p>effleurage technique</p> <p>3.4 Procedure to check changes in body temperature on massage area explained based on physical check and client's feedback</p> <p>3.5 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined according to physical check and client's feedback</p>
4. Carry out kneading massage	<p>4.1 Procedure of kneading technique</p> <ul style="list-style-type: none"> <li>• Pressure</li> <li>• Hand position</li> <li>• Massage pattern</li> <li>• Body posture</li> <li>• Massage</li> </ul>	<p>4.1 Position clients</p> <p>4.2 Apply massage medium</p> <p>4.3 Execute kneading massage</p> <p>4.4 Determine suitable pressure</p> <p>4.5 Determine</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>• Ensure client are informed effects of massage</li> <li>• Alert on client's respond on hypersensitivity, pain and</li> </ul>	<p><u>Related Knowledge</u></p> <p>17</p>	<p><u>Related Knowledge</u></p> <p>Lecture</p> <p>Discussion</p> <p>Problem-Based Learning</p>	<p>4.1 Technique on applying massage medium explained and demonstrated</p> <p>4.2 Adequate pressure, hand position, massage pattern, body posture confirmed for</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<p>duration</p> <ul style="list-style-type: none"> <li>Numbers of stroke repetition</li> </ul>	<p>massage duration</p> <p>4.6 Determine numbers of stroke repetition</p> <p>4.7 Check temperature changes on massage area</p> <p>4.8 Determine abnormalities and irregularities on massage area</p>	<p>discomfort</p> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<p><u>Related Skill</u></p> <p>50</p>	<p><u>Related Skill</u></p> <p>Demonstration</p> <p>Project-Based Learning</p>	<p>kneading technique demonstrated</p> <p>4.3 Massage duration and numbers of stroke repetition determined according to procedure of kneading technique</p> <p>4.4 Procedure to check changes in body temperature on massage area explained based on physical check and client's feedback</p> <p>4.5 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined according to physical check and client's feedback</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
5. Carry out cross-fibre friction massage	5.1 Procedure of cross-fibre friction technique <ul style="list-style-type: none"> <li>• Pressure</li> <li>• Hand position</li> <li>• Massage pattern</li> <li>• Body posture</li> <li>• Massage duration</li> <li>• Numbers of stroke repetition</li> </ul>	5.1 Position clients 5.2 Apply massage medium 5.3 Execute cross-fibre friction massage 5.4 Execute broadening strokes massage 5.5 Determine suitable pressure 5.6 Determine massage duration 5.7 Determine numbers of stroke repetition 5.8 Check temperature changes on massage area 5.9 Determine abnormalities and irregularities on massage area	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Ensure client are informed effects of massage</li> <li>• Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<u>Related Knowledge</u> 17  <u>Related Skill</u> 50	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	5.1 Selected massage medium applied evenly on palm and temperature changes on palm confirmed according to massage procedure 5.2 Adequate pressure, hand position, massage pattern, body posture confirmed according to procedure of cross-fibre friction massage 5.3 Massage duration and numbers of stroke repetition determined according to procedure of cross-fibre friction massage 5.4 Changes in body temperature according to physical check and client's feedback 5.5 Abnormalities and irregularities on massage area

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
						including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined according to physical check and client's feedback
6. Carry out draining massage	6.1 Procedure of draining technique <ul style="list-style-type: none"> <li>• Pressure</li> <li>• Hand position</li> <li>• Massage pattern</li> <li>• Body posture</li> <li>• Massage duration</li> <li>• Numbers of stroke repetition</li> </ul>	6.1 Position clients 6.2 Apply massage medium 6.3 Execute draining massage 6.4 Determine suitable pressure 6.5 Determine massage duration 6.6 Determine numbers of stroke repetition 6.7 Determine abnormalities and irregularities on massage area	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Ensure client are informed effects of massage</li> <li>• Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<u>Related Knowledge</u> 17  <u>Related Skill</u> 50	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	6.1 Selected massage medium applied evenly on palm and temperature changes on palm confirmed according to massage procedure 6.2 Adequate pressure, hand position, massage pattern, body posture confirmed according to procedure of draining massage 6.3 Massage duration and numbers of stroke repetition



WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
						determined according to procedure of draining massage 6.4 Abnormalities and irregularities on massage area including lump, scar tissue, muscle tightness, nodules, varicose vein, inflammation, swelling and hyper sensitive determined according to physical check and client's feedback
7. Carry out percussion massage	7.1 Types of percussion technique <ul style="list-style-type: none"> <li>• Cupping</li> <li>• Hacking</li> <li>• Pounding</li> </ul> 7.2 Procedure of percussion technique <ul style="list-style-type: none"> <li>• Pressure</li> <li>• Hand position</li> <li>• Massage pattern</li> <li>• Body posture</li> </ul>	7.1 Position clients 7.2 Execute cupping massage technique 7.3 Execute hacking massage technique 7.4 Execute pounding massage technique 7.5 Determine suitable poundage	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Ensure client are informed effects of massage</li> <li>• Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<u>Related Knowledge</u> 17  <u>Related Skill</u> 50	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based	7.1 Adequate poundage, hand position, massage pattern and rhythm, body posture determined and demonstrated according to procedure of cupping massage technique 7.2 Massage duration and numbers of percussion

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>• Massage duration</li> <li>• Numbers of stroke repetition</li> </ul>	7.6 Determine massage duration 7.7 Determine numbers of percussion repetition	<u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>		Learning	repetition determined according to procedure of percussion technique
8. Assess client's improvement	8.1 Therapeutic effect for massage technique <ul style="list-style-type: none"> <li>• Soothing effect</li> <li>• Muscle less tense</li> <li>• Release pain</li> <li>• Increase ROM</li> <li>• Increase blood circulation</li> <li>• Increase body temperature</li> </ul> 8.2 Procedure to check muscle rigidity improvement 8.3 Pain scale <ul style="list-style-type: none"> <li>• Visual analogue scale (VAS)</li> <li>• Verbal</li> </ul>	8.1 Determine client's comfortless level 8.2 Check client's active ROM 8.3 Check muscle rigidity improvement 8.4 Prepare client treatment report	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Thorough in assessing client's improvement</li> <li>• Meticulous in preparing reports</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<u>Related Knowledge</u> 15  <u>Related Skill</u> 30	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	8.1 Procedure to check client's comfort level explained 8.2 Procedure to check muscle tone improvement demonstrated

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	8.4 Report writing skills					
9. Consult client's further treatment requirements	9.1 Client home stretching practices 9.2 Activity of Daily Living (ADL) practices 9.3 Procedure to prepare further referral requirements	9.1 Compile client assessment record 9.2 Determine further treatment requirements 9.3 Recommend client home stretching program 9.4 Advise client's ADL routine 9.5 Advise client's further medical reference requirements 9.6 Prepare client session report 9.7 File client's personal record	<u>ATTITUDE</u> • Clear in explaining home stretching program and ADL to client  <u>SAFETY</u> • N/A  <u>ENVIRONMENT</u> •	<u>Related Knowledge</u> 15  <u>Related Skill</u> 20	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	9.1 Types of home stretching program and Activity of Daily Living (ADL) explained and determined according to post assessment result 9.2 Procedure to prepare required further medical investigation and management referral for clients demonstrated 9.3 Formatting of follow up schedule session determined 9.4 Client's session report prepared and submitted

## Employability Skills

CORE ABILITIES	SOCIAL SKILLS
<p>01.01 Identify and gather information.</p> <p>01.02 Document information procedures or processes.</p> <p>02.01 Interpret and follow manuals, instructions and SOP's.</p> <p>02.03 Communicate clearly.</p> <p>02.04 Prepare brief reports and checklist using standard forms.</p> <p>02.05 Read/Interpret flowcharts and pictorial information.</p> <p>03.02 Demonstrate integrity and apply practical practices.</p> <p>03.03 Accept responsibility for own work and work area.</p> <p>03.04 Seek and act constructively upon feedback about work performance.</p> <p>03.06 Respond appropriately to people and situations.</p> <p>06.03 Identify and highlight problems.</p> <p>06.04 Adapt competencies to new situations/systems.</p> <p>01.04 Analyse information.</p> <p>04.03 Organize and maintain own workplace.</p> <p>04.04 Apply problem solving strategies.</p> <p>04.05 Demonstrate initiative and flexibility.</p> <p>01.11 Apply thinking skills and creativity.</p> <p>02.10 Prepare reports and instructions.</p> <p>02.11 Convey information and ideas to people.</p> <p>03.16 Identify and assess client/customer needs.</p> <p>05.01 Implement project/work plans.</p>	<ol style="list-style-type: none"> <li>1. Communication skills</li> <li>2. Conceptual skills</li> <li>3. Interpersonal skills</li> <li>4. Learning skills</li> <li>5. Leadership skills</li> <li>6. Multitasking and prioritizing</li> <li>7. Self-discipline</li> <li>8. Teamwork</li> </ol>

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1 Massage medium	As required
2 Sample of case sheet	1:1
3 Sample of treatment report	1:1
4 Massage couch	1:5
5 Massage chair	1:5
6 Anatomy model (full body and body parts)	1:25
7 Full body mannequin	1:25
8 Human Skeleton	1:25
9 Anatomy chart	1:25
10 Goniometer	1:25
11 Measuring tape	1:1
12 Towel	1:1
13 Hand sanitizer	1:1
14 Pillow	1:1
15 Massage attire	
• Gown	1:1
• Disposable short	As required
• Disposable garments	As required

## References for Learning Material Development

- 1 Clare Harris, *The Easy Massage Work Book*, 2006, ISBN – 978-84483-882-0
- 2 Traditional and Complementary Medicine, *Practice Guidelines on Malay Massage*, 2007, ISBN – 983-44754-4-4
- 3 Steward Mitchell, *The Complete Illustrated Guide to Massage*, 1997, ISBN – 1- 85230-990-3
- 4 Lorraine Nordmann, *Professional Beauty Therapy Level 3*, 2007, ISBN – 978-1-84480-696-6
- 5 Lorraine Nordmann, *Beauty Basics Level 1*, 2007, ISBN – 978-1-84480-694-2
- 6 Tim Paine, *Sport Massage*, 2000, ISBN – 0-71365007-9
- 7 Devin starlanly and Mary Ellen Copeland, *Fibromyalgia & Chronic, Myofascial Pain*, 2001, ISBN – 1- 57224-238-8
- 8 Amran Kasimin Dan Abdullah Seman, *Berurut Untuk Pemulihan Urat Saraf*, 1995, ISBN – 983-9601-95-4
- 9 Tradisional dan Komplementeri, Kementerian Kesehatan, Malaysia, *Good Practice Guideline on full body massage*, 2011, ISBN – 978-98344754-9-9
- 10 Carola Beresford Cooke, Lucinda Lidell, *The book of massage: the complete step-by-step guide to eastern and western technique. Paperback-january 2*, 2001.
- 11 George Downing, *The massage Book: 25<sup>th</sup> Anniversary Edition paperback – deluxe edition*, December 1, 1998.

SECTOR	<b>SECTION Q : HUMAN HEALTH AND SOCIAL WORK ACTIVITIES</b>						
SUB SECTOR	<b>(86) HUMAN HEALTH ACTIVITIES</b>						
JOB AREA	<b>HEALTH AND WELLNESS SERVICES/ ALTERNATIVE THERAPY</b>						
NOSS TITLE	<b>SPORTS MASSAGE</b>						
COMPETENCY UNIT TITLE	<b>ATHELETE PERFORMANCE MASSAGE</b>						
LEARNING OUTCOME	The person who is competent in this CU shall be able to enhance athlete performance, or promote post injury healing process in accordance with standard sports massage practice. Upon completion of this competency units, trainees will be able to: - 1. Carry out athlete screening 2. Prepare massage area 3. Carry out pre and inter event sports massage 4. Carry out post event sports massage 5. Prepare massage reports						
PRE-REQUISITE (If Applicable)	The personnel who aspires to be competent in this competency must in prior have the following competencies: - i. Athlete Stretching Facilitation ii. Body Relaxation Massage						
COMPETENCY UNIT ID	Q869-003-3:2017-C03	LEVEL	3	TRAINING DURATION	300 Hours	SKILL CREDIT	30

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
1. Carry out athlete screening	1.1 Human anatomy <ul style="list-style-type: none"> <li>Integumentary system</li> <li>Musculoskeletal system</li> <li>Nervous system</li> </ul> 1.2 Body ergonomics 1.3 Code of ethics in conducting massage 1.4 Hygiene practices	1.1 Obtain clients medical information references 1.2 Determine athlete types of sports and recreation activities 1.3 Determine types of injuries 1.4 Determine athlete's	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>Meticulous in obtaining client personal</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>Apply body ergonomics practice</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<u>Related Knowledge</u> 20	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	1.1 Details of athlete's including athlete's name, gender and age determined according to personal record and feedback 1.2 Types of sports and recreation activity participated by athlete determined according to personal record and

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	1.5 Procedure to obtain clients personal record 1.6 Types of sports and recreation activities. <ul style="list-style-type: none"> <li>• Sports for performance</li> <li>• Sports for health</li> </ul> 1.7 Types of injuries <ul style="list-style-type: none"> <li>• Soft tissue injuries (Ligament Sprain, Muscle Strain, Muscle tear, muscle spasm, contusion, etc.)</li> <li>• Hard tissue injuries (fractures, dislocation, subluxation, etc.)</li> </ul> 1.8 Level of athlete <ul style="list-style-type: none"> <li>• Beginner</li> <li>• Moderate</li> <li>• Advanced</li> <li>• Elite</li> </ul>	performance level 1.5 Determine athlete training phase 1.6 Determine athlete event schedule 1.7 Update athlete profile		<u>Related Skill</u> 30	<u>Related Skill</u> Demonstration Project-Based Learning	feedback 1.3 Types of athlete injuries listed and explained 1.4 Procedure to check athlete's performance level explained 1.5 Procedure to fill in athlete's profile demonstrated



WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<p>1.9 Criteria to check level of athlete</p> <ul style="list-style-type: none"> <li>• Hours involvement</li> <li>• Participated event</li> <li>• Achievement</li> </ul> <p>1.10 Phase of training</p> <ul style="list-style-type: none"> <li>• Preparation Phase</li> <li>• Competition Phase</li> <li>• Transition Phase</li> </ul>					
2. Prepare massage area	<p>2.1 Massage area setup</p> <ul style="list-style-type: none"> <li>• Suitable lighting</li> <li>• Sufficient space</li> <li>• Surrounding decoration</li> <li>• Suitable therapeutic aromatherapy</li> <li>• Client's belonging storage area</li> <li>• Proper air ventilation</li> </ul> <p>2.2 Types of massage medium</p>	<p>2.1 Determine massage area requirements</p> <p>2.2 Setup massage area.</p> <p>2.3 Select massage medium</p> <p>2.4 Setup massage equipment</p> <p>2.5 Setup massage equipment and athlete's positioning on massage couch</p> <p>2.6 Store athlete's belonging</p> <p>2.7 Prepare athlete massage attire</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>• Ensure client's belonging stored in safe area</li> <li>• Gentle while positioning client on massage chair or massage couch</li> <li>• Punctual in attending client</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• Ensure massage couch and massage</li> </ul>	<p><u>Related Knowledge</u> 20</p> <p><u>Related Skill</u> 25</p>	<p><u>Related Knowledge</u> Lecture Discussion Problem-Based Learning</p> <p><u>Related Skill</u> Demonstration Project-Based Learning</p>	<p>2.1 Procedure to determine athlete's present health status explained</p> <p>2.2 Indication and contraindication of massage therapy suitable for client determined based on medical information references and physical observation</p> <p>2.3 Procedure for positioning athlete's in prone or supine demonstrated</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>• Wet medium (oil based, water based, cream)</li> <li>• Dry medium (powder)</li> </ul> <p>2.3 Procedure to prepare massage session necessity</p> <ul style="list-style-type: none"> <li>• Hand sanitizer</li> <li>• Towel</li> <li>• Pillow</li> <li>• Hand wash</li> <li>• Massage attire (gown, towel)</li> </ul> <p>2.4 Procedure of setting up massage equipment and client's positioning on;</p> <ul style="list-style-type: none"> <li>• Massage couch</li> <li>• Massage chair</li> </ul> <p>2.5 Procedure of store athlete belongings</p> <p>2.6 Procedure of proper attire for massage</p>	<p>2.8 Fill up athlete case sheet</p> <p>2.9 Determine athlete positioning</p>	<p>chair adjusted according to appropriate height, stable and comfort</p> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>			<p>according to massage area and client comfort</p> <p>2.4 Athlete's body part including upper limb, lower limb, trunk, head and neck required for massage determined</p> <p>2.5 Procedure to carry out physical check on athlete's muscle stiffness explained and demonstrated</p> <p>2.6 Combination of massage technique for athlete's determined based on body part and relaxation needs</p> <p>2.7 Types and usage of full body massage medium and tools listed and explained</p> <p>2.8 Requirements for chaperon explained</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
3. Carry out pre and inter event sports massage	<p>3.1 Musculoskeletal system related to pre and inter event sport massage.</p> <ul style="list-style-type: none"> <li>• Upper extremities</li> <li>• Lower extremities</li> <li>• Torso</li> </ul> <p>3.2 Types of massage technique for pre and inter event</p> <ul style="list-style-type: none"> <li>• Effleurage</li> <li>• Friction</li> <li>• Compression</li> <li>• Shaking or rocking</li> <li>• Tapotement</li> <li>• Draining</li> </ul> <p>3.3 Procedure to determine combination of massage technique for pre and inter event</p> <ul style="list-style-type: none"> <li>• Application duration</li> <li>• Application repetition</li> <li>• Application pace.</li> <li>• Massage</li> </ul>	<p>3.1 Determine combination of pre event massage technique</p> <p>3.2 Determine combination of inter event massage technique</p> <p>3.3 Determine massage application duration</p> <p>3.4 Determine massage application repetition</p> <p>3.5 Determine massage pace</p> <p>3.6 Determine massage intensity</p> <p>3.7 Execute pre and inter event massage</p> <p>3.8 Check athlete's ROM improvement</p> <p>3.9 Check muscle rigidity improvement</p> <p>3.10 Update athlete</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>• Ensure client are informed effects of massage</li> <li>• Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p><u>Related Knowledge</u> 20</p> <p><u>Related Skill</u> 60</p>	<p><u>Related Knowledge</u> Lecture Discussion Problem-Based Learning</p> <p><u>Related Skill</u> Demonstration Project-Based Learning</p>	<p>3.1 Procedure to determined combination of massage technique explained according to natures of sports and event phase</p> <p>3.2 Procedure to check duration, pace and level of massage intensity explained and demonstrated</p> <p>3.3 Proper posture, motion, and ergonomics of masseur in conducting massage explained and demonstrated</p> <p>3.4 Reduction on muscle fatigue, muscles improvement on flexibility and reduction in muscle rigidity determined based on physical check, ROM procedures and client's feedback</p> <p>3.5 Procedure to check client's comfort and satisfaction level</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	intensity <ul style="list-style-type: none"> <li>Sequence of massage technique</li> </ul> 3.4 Body posture and deportment 3.5 Procedure to assess athlete's range of motion (ROM). 3.6 Massage positions: <ul style="list-style-type: none"> <li>Prone position</li> <li>Supine position</li> <li>Side-lying position</li> </ul>	profile				based on satisfaction respond scale explained and demonstrated.
4. Carry out post event sports massage	4.1 Types of massage technique for post event: <ul style="list-style-type: none"> <li>Effleurage</li> <li>Petrissage (kneading)</li> <li>Friction (broad cross fibre, thumb friction, finger friction)</li> <li>Draining</li> <li>Tapotement (hacking,</li> </ul>	4.1 Determine combination of post event massage technique 4.2 Determine massage application duration 4.3 Determine massage application repetition 4.4 Determine	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>Ensure client are informed effects of massage</li> <li>Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<u>Related Knowledge</u> 20  <u>Related Skill</u> 60	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based	4.1 Combination of massage stroke for post event determined and explained according to natures of sports 4.2 Intensity, duration and pace for massage determined according to client's nature of sports, body mass, types of sports, client

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	pounding, cupping) 4.2 Procedure to determine combination of massage technique for post event <ul style="list-style-type: none"> <li>• Application duration</li> <li>• Application repetition</li> <li>• Application pace</li> <li>• Massage intensity</li> <li>• Sequence of massage technique</li> </ul>	massage pace 4.5 Determine massage intensity 4.6 Execute post event massage 4.7 Check athlete's ROM improvement 4.8 Check muscle rigidity improvement 4.9 Update athlete profile	<u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>		Learning	muscle condition 4.3 Application of post event massage technique applied to client demonstrated according to massage technique procedure 4.4 Proper posture, motion, and ergonomics explained 4.5 Reduction on muscle fatigue, improvement muscles on flexibility and reduction in muscle rigidity explained according to physical check, ROM procedures and client's feedback 4.6 Procedure to check clients feedback on comfort and satisfaction level explained according to customer satisfaction respond scale

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
5. Prepare massage reports	5.1 Procedure to update athlete profile 5.2 Procedure to follow up schedule 5.3 Report writing skills	5.1 Compile athlete treatment record 5.2 Determine client further medical reference requirements 5.3 Prepare follow up session schedule 5.4 Update athlete profile	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>Apply confidentiality in recording.</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>N/A</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<u>Related Knowledge</u> 20  <u>Related Skill</u> 25	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	5.1 Details on athlete referral report and athlete performance message report updated and submitted

## Employability Skills

CORE ABILITIES	SOCIAL SKILLS
<p>01.01 Identify and gather information.</p> <p>01.02 Document information procedures or processes.</p> <p>02.01 Interpret and follow manuals, instructions and SOP's.</p> <p>02.03 Communicate clearly.</p> <p>02.04 Prepare brief reports and checklist using standard forms.</p> <p>02.05 Read/Interpret flowcharts and pictorial information.</p> <p>03.02 Demonstrate integrity and apply practical practices.</p> <p>03.03 Accept responsibility for own work and work area.</p> <p>03.04 Seek and act constructively upon feedback about work performance.</p> <p>03.06 Respond appropriately to people and situations.</p> <p>06.03 Identify and highlight problems.</p> <p>06.04 Adapt competencies to new situations/systems.</p> <p>01.04 Analyse information.</p> <p>04.03 Organize and maintain own workplace.</p> <p>04.04 Apply problem solving strategies.</p> <p>04.05 Demonstrate initiative and flexibility.</p> <p>01.11 Apply thinking skills and creativity.</p> <p>02.10 Prepare reports and instructions.</p> <p>02.11 Convey information and ideas to people.</p> <p>03.16 Identify and assess client/customer needs.</p> <p>05.01 Implement project/work plans.</p>	<ol style="list-style-type: none"> <li>1. Communication skills</li> <li>2. Conceptual skills</li> <li>3. Interpersonal skills</li> <li>4. Learning skills</li> <li>5. Leadership skills</li> <li>6. Multitasking and prioritizing</li> <li>7. Self-discipline</li> <li>8. Teamwork</li> </ol>

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1 Massage medium	As required
2 Sample of case sheet	1:5
3 Sample of treatment report	1:5
4 Massage couch	1:5
5 Massage chair	1:1
6 Anatomy model (full body and body parts)	1:25
7 Full body mannequin	1:25
8 Human Skeleton	1:25
9 Anatomy chart of torso	1:25
10 Anatomy chart of lower extremities	1:25
11 Anatomy chart of upper extremities	1:25
12 Goniometer	1:25
13 Measuring tape	1:25
14 Towel	1:1
15 Hand sanitizer	As required
16 Pillow	1:1
17 Massage attire	
• Gown	1:1
• Disposable short	As required
• Disposable garments	As required



## References for Learning Material Development

- 1 Susan Findlay, BSc. 2010. *Sports Massage Hands-On Guides for Therapist*. London: Human Kinetics. ISBN-13:978-0-7360-8260-0. [www.humankinetics.com](http://www.humankinetics.com)
- 2 Robert K. King. 1992. *Performance Massage*. USA: Human Kinetics. ISBN: 0-7322-395-0. [www.humankinetics.com](http://www.humankinetics.com)
- 3 Kluwer, W. (2009). *ACSM's Guidelines for Exercise Testing and Prescription*. America : America College of Sports Medicine, ISBN : 9780781769020.
- 4 E.Prentice, W. (fifth edition, 2011). *Rehabilitation Techniques for Sports Medicine and Athletic Training*. New York: The McGraw-Hill Companies.
- 5 Worthingham, D. a. (third edition ). *Muscle Testing, Techniques of Manual Examination*, W.B Saunders Company

SECTOR	<b>SECTION Q: HUMAN HEALTH AND SOCIAL WORK ACTIVITIES</b>						
SUB SECTOR	<b>(86) HUMAN HEALTH ACTIVITIES</b>						
JOB AREA	<b>HEALTH AND WELLNESS SERVICES/ ALTERNATIVE THERAPY</b>						
NOSS TITLE	<b>SPORTS MASSAGE</b>						
COMPETENCY UNIT TITLE	<b>SPORTS REMEDIAL MASSAGE</b>						
LEARNING OUTCOME	<p>The person who is competent in this CU shall be able to balanced client's muscle/soft tissue length, tension, tone which will in turn promote the return to normal joint / capsular / bone position; increase the flow of blood and lymph, particularly in the injured areas, thus removing blockages, damaged cells, scar tissue and adhesions resulting from injury in accordance with sports remedial practice and medical personal instruction. Upon completion of this competency units, trainees will be able to: -</p> <ol style="list-style-type: none"> <li>1. Prepare sports remedial massage session</li> <li>2. Assess client sports remedial massage requirement</li> <li>3. Carry out trigger point technique</li> <li>4. Carry out acupressure technique</li> <li>5. Carry out myofascial release technique</li> <li>6. Carry out deep transverse friction technique</li> <li>7. Assess client's improvement</li> </ol>						
PRE-REQUISITE (If Applicable)	<p>The personnel who aspires to be competent in this competency must in prior have the following competencies: -</p> <ol style="list-style-type: none"> <li>i. Body Relaxation Massage</li> </ol>						
COMPETENCY UNIT ID	Q869-003-3:2017-C04	LEVEL	3	TRAINING DURATION	600 Hours	SKILL CREDIT	60

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
1. Prepare sports remedial massage session	1.1 Human anatomy <ul style="list-style-type: none"> <li>• Integumentary system</li> <li>• Musculoskeletal system</li> <li>• Nervous system</li> </ul> 1.2 Body ergonomics 1.3 Code of ethics in conducting	1.1 Obtain clients personal record 1.2 Determine massage area requirements 1.3 Setup massage area 1.4 Select massage medium 1.5 Obtain client	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Meticulous in interpreting client personal</li> <li>• Ensure client's belonging stored in safe area</li> <li>• Gentle while positioning</li> </ul>	<u>Related Knowledge</u> 15	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	1.1 Details on client's personal record and client's information determined 1.2 Requirement of massage area setup explained including suitable lighting, sufficient

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<p>massage</p> <p>1.4 Hygiene practices</p> <p>1.5 Procedure to obtain clients personal record</p> <p>1.6 Massage area setup</p> <ul style="list-style-type: none"> <li>• Suitable lighting</li> <li>• Sufficient space</li> <li>• Surrounding decoration</li> <li>• Suitable therapeutic aromatherapy</li> <li>• Client's belonging storage area</li> <li>• Proper air ventilation</li> </ul> <p>1.7 Types of massage medium</p> <ul style="list-style-type: none"> <li>• Wet medium (oil based, water based, cream)</li> <li>• Dry medium (powder)</li> </ul> <p>1.8 Procedure to prepare massage</p>	<p>consent for remedial massage procedure</p> <p>1.6 Setup massage equipment</p> <p>1.7 Store client's belonging</p> <p>1.8 Prepare client massage attire</p> <p>1.9 Fill up client case sheet</p> <p>1.10 Determine client positioning</p>	<p>client on massage chair or massage couch</p> <ul style="list-style-type: none"> <li>• Punctual in attending client</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• Ensure massage couch and massage chair adjusted according to appropriate height, stable and comfort</li> <li>• Apply body ergonomics practice</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p><u>Related Skill</u></p> <p>30</p>	<p><u>Related Skill</u></p> <p>Demonstration</p> <p>Project-Based Learning</p>	<p>space, surrounding decoration, suitable therapeutic aromatherapy, client's belonging storage area and proper air ventilation in work area</p> <p>1.3 Types of massage medium listed out according to client's injuries and remedial massage requirement</p> <p>1.4 Types of massage session necessity listed out including hand sanitizer, towel, pillow, hand wash and massage medium</p> <p>1.5 Procedure to obtain consent from client for sports remedial massage procedure explained</p> <p>1.6 Adjustment of height and position of massage couch and massage chair demonstrated</p> <p>1.7 Procedure for safe</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	session necessity <ul style="list-style-type: none"> <li>• Hand sanitizer</li> <li>• Towel</li> <li>• Pillow</li> <li>• Hand wash</li> <li>• Massage attire (gown, towel)</li> </ul> 1.9 Procedure to obtain client consent for treatment 1.10 Procedure of setting up massage equipment and client's positioning on; <ul style="list-style-type: none"> <li>• Massage couch</li> <li>• Massage chair</li> </ul>					keeping client belongings and attire explained 1.8 Types of attire for massage listed 1.9 Client's details filled up on standard form and filed according to organisation procedure 1.10 Positioning for client's on massage couch or massage chair explained
2. Assess client sports remedial massage requirement	2.1 Procedure to obtain clients medical information references 2.2 Procedure to interpret client medical information references 2.3 Procedure to carry out client	2.1 Obtain clients medical information references 2.2 Interpret client medical information references 2.3 Determine client types of injuries 2.4 Determine injuries severity	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Meticulous in interpreting client medical information references</li> <li>• Gentle and thoroughly in assessing client injuries</li> <li>• Communicate effectively in</li> </ul>	<u>Related Knowledge</u> 25	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	2.1 Details of client's medical management record explained 2.2 Client's injuries including soft tissue injuries, joints injuries, fractures and duration of the injuries determined based on client's medical information

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<p>assessment</p> <p>2.4 Types of skin allergic</p> <ul style="list-style-type: none"> <li>• Redness</li> <li>• Itchiness</li> <li>• Rashes</li> <li>• Peeling</li> <li>• Scaling</li> </ul> <p>2.5 Types of injuries</p> <ul style="list-style-type: none"> <li>• Soft tissue injuries (Ligament Sprain, Muscle Strain, Muscle tear, muscle spasm, contusion, etc.)</li> <li>• Hard tissue injuries (fractures, dislocation, subluxation, etc.)</li> </ul> <p>2.6 Types of massage therapy indication and contraindication</p> <p>2.7 Procedure to carry out injuries assessment</p> <p>2.8 Procedure to</p>	<p>2.5 Execute muscle testing</p> <p>2.6 Determine injured area's muscle parts, origin, belly and insertion</p> <p>2.7 Determine client massage therapy indication</p> <p>2.8 Determine client massage therapy contraindication</p> <p>2.9 Determine remedial massage technique combination</p> <p>2.10 Determine client chaperon</p> <p>2.11 Update client case sheet</p>	<p>obtaining client information</p> <ul style="list-style-type: none"> <li>• Ensure client accompanied by chaperon while conducting assessing for different gender</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p><u>Related Skill</u></p> <p>35</p>	<p><u>Related Skill</u></p> <p>Demonstration</p> <p>Project-Based Learning</p>	<p>references and TOTAPS Procedure (Touch, Observe, Talk, Active, Movement, Passive Movement)</p> <p>2.3 Muscle parts, origin, belly and insertion of injured area explained according to body anatomy</p> <p>2.4 Indication and contraindication of massage therapy suitable for client explained according to medical information references and TOTAPS Procedure</p> <p>2.5 Combination of massage technique for remedial massage demonstrated</p> <p>2.6 Procedure to filled up case sheet demonstrated</p> <p>2.7 Importance of chaperon for client explained</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	carry out muscle testing 2.9 Documentation procedure for massage					
3. Carry out trigger point technique	<p>3.1 Procedure of trigger point technique</p> <ul style="list-style-type: none"> <li>• Trigger point location</li> <li>• Pressure</li> <li>• Application repetition</li> </ul> <p>3.2 Technique of direct compression</p> <p>3.3 Technique of pincher palpation</p> <p>3.4 Procedure to check muscle rigidity improvement</p> <p>3.5 Pain scale</p> <ul style="list-style-type: none"> <li>• Visual analogue scale (VAS)</li> <li>• Verbal</li> </ul> <p>3.6 Types of abnormalities and irregularities on treated area</p>	<p>3.1 Determine treatment area</p> <p>3.2 Assist client's treatment positioning</p> <p>3.3 Determine client's trigger point location</p> <p>3.4 Determine trigger point pressure</p> <p>3.5 Determine trigger point application duration</p> <p>3.6 Determine trigger point application repetition</p> <p>3.7 Execute direct compression technique</p> <p>3.8 Execute pincher palpation technique</p> <p>3.9 Check muscle rigidity improvement</p> <p>3.10 Check client pain</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>• Ensure client are informed effects of massage</li> <li>• Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p><u>Related Knowledge</u> 30</p> <p><u>Related Skill</u> 80</p>	<p><u>Related Knowledge</u> Lecture Discussion Problem-Based Learning</p> <p><u>Related Skill</u> Demonstration Project-Based Learning</p>	<p>3.1 Procedures to determined client's injured area including upper limb, lower limb, trunk, head and neck required for massage based on pre assessment result explained and demonstrated</p> <p>3.2 Procedure to select or combine trigger point massage technique explained according to injuries requirement</p> <p>3.3 Adequate pressure, thumb, knuckle and elbow position, massage pattern and body posture demonstrated</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>• Lump</li> <li>• Scar tissue</li> <li>• Muscle tightness</li> <li>• Nodules</li> <li>• Varicose vein</li> <li>• Inflammation</li> <li>• Swelling</li> <li>• Hyper sensitive skin</li> </ul>	<p>sensitivity tolerance</p> <p>3.11 Determine treated area abnormalities and irregularities</p>				<p>according to procedure of direct compression and pincher palpation massage technique</p> <p>3.4 Massage duration and numbers of direct compression repetition determined according to procedure of direct compression and pincher palpation massage technique</p> <p>3.5 Procedure to check improvement of muscle softness and flexibility demonstrated</p> <p>3.6 Types of pain scale listed out</p> <p>3.7 Types of abnormalities and irregularities on massage area listed and explained</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
4. Carry out acupressure technique	<p>4.1 Procedure of acupressure technique</p> <ul style="list-style-type: none"> <li>• Acupressure location</li> <li>• Pressure</li> <li>• Application repetition</li> <li>• Application duration</li> <li>• Application technique</li> </ul> <p>4.2 Acupressure massage and stimulating tools</p> <ul style="list-style-type: none"> <li>• Wooden stick</li> <li>• Acupressure bowl</li> <li>• Hand roller</li> <li>• Wooden noble massager</li> <li>• Acupressure instrument</li> <li>• Etc.</li> </ul>	<p>4.1 Determine treatment area</p> <p>4.2 Assist client's treatment positioning</p> <p>4.3 Determine client's acupressure location</p> <p>4.4 Determine acupressure pressure</p> <p>4.5 Determine acupressure application duration</p> <p>4.6 Determine acupressure application repetition</p> <p>4.7 Execute acupressure technique</p> <p>4.8 Check muscle rigidity improvement</p> <p>4.9 Check client pain sensitivity tolerance</p> <p>4.10 Determine treated area abnormalities and irregularities</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>• Ensure client are informed effects of massage</li> <li>• Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• Ensure acupressure tools are in good condition</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p><u>Related Knowledge</u> 30</p> <p><u>Related Skill</u> 80</p>	<p><u>Related Knowledge</u> Lecture Discussion Problem-Based Learning</p> <p><u>Related Skill</u> Demonstration Project-Based Learning</p>	<p>4.1 Types of acupressure massage tools listed according to types injuries and acupressure massage requirement</p> <p>4.2 Positioning of client's on massage couch or massage chair demonstrated</p> <p>4.3 Adequate pressure, correct tools positioning on massage area, massage pattern and body posture demonstrated according to procedure of direct compression massage technique</p> <p>4.4 Massage duration and numbers of direct compression repetition determined according to</p>



WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
						<p>procedure of direct compression massage technique</p> <p>4.5 Procedure to check improvement of muscle softness and flexibility demonstrated</p> <p>4.6 Types of abnormalities and irregularities on massage area listed and explained</p>
5. Carry out myofascial release technique	<p>5.1 Procedure of myofascial release technique</p> <ul style="list-style-type: none"> <li>• myofascial release location</li> <li>• Pressure</li> <li>• Application repetition</li> <li>• Application duration</li> <li>• Application technique</li> </ul> <p>5.2 Myofascial release massage and stimulating tools</p>	<p>5.1 Determine treatment area</p> <p>5.2 Assist client's treatment positioning</p> <p>5.3 Determine client's myofascial area location</p> <p>5.4 Determine myofascial release point pressure</p> <p>5.5 Execute myofascial release technique</p> <p>5.6 Assist client's myofascial</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>• Ensure client are informed effects of massage</li> <li>• Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• Ensure myofascial release tools are in good</li> </ul>	<p><u>Related Knowledge</u> 30</p> <p><u>Related Skill</u> 80</p>	<p><u>Related Knowledge</u> Lecture Discussion Problem-Based Learning</p> <p><u>Related Skill</u> Demonstration Project-Based Learning</p>	<p>5.1 Types of myofascial tools listed and its function explained according to types of injuries and massage requirement</p> <p>5.2 Adequate pressure, hand position, massage pattern, body posture demonstrated according to procedure of myofascial release</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	5.3 Procedure of self-myofascial release	<p>release technique application</p> <p>5.7 Determine myofascial area application repetition duration</p> <p>5.8 Execute myofascial technique</p> <p>5.9 Check muscle rigidity improvement</p> <p>5.10 Check client pain sensitivity tolerance</p> <p>5.11 Determine treated area abnormalities and irregularities</p>	<p>condition</p> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>			<p>technique</p> <p>5.3 Massage duration and numbers of stroke repetition determined according to procedure of myofascial release technique</p> <p>5.4 Correct technique of using myofascial release tools explained and demonstrated to client's</p> <p>5.5 Types of abnormalities and irregularities on massage area listed and explained</p>
6. Carry out deep transverse friction technique	<p>6.1 Procedure of deep transverse friction technique</p> <ul style="list-style-type: none"> <li>• Deep transverse friction area</li> <li>• Pressure</li> <li>• Application repetition</li> </ul>	<p>6.1 Determine treatment area</p> <p>6.2 Assist client's treatment positioning</p> <p>6.3 Determine client's deep transverse friction area location</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>• Ensure client are informed effects of massage</li> <li>• Alert on client's respond on hypersensitivity, pain and</li> </ul>	<p><u>Related Knowledge</u></p> <p>30</p>	<p><u>Related Knowledge</u></p> <p>Lecture Discussion Problem-Based Learning</p>	<p>6.1 Selected massage medium applied evenly on palm according to massage procedure</p> <p>6.2 Adequate pressure, hand position, massage pattern,</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>Application duration</li> <li>Application technique</li> </ul>	<p>6.4 Determine deep transverse friction pressure</p> <p>6.5 Execute deep transverse friction technique</p> <p>6.6 Determine deep transverse friction area application repetition duration</p> <p>6.7 Execute deep transverse friction technique</p> <p>6.8 Check muscle rigidity improvement</p> <p>6.9 Check client pain sensitivity tolerance</p> <p>6.10 Determine treated area abnormalities and irregularities</p>	<p>discomfort</p> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<p><u>Related Skill</u></p> <p>80</p>	<p><u>Related Skill</u></p> <p>Demonstration</p> <p>Project-Based Learning</p>	<p>body posture demonstrated according to procedure of deep transverse friction technique</p> <p>6.3 Massage duration and numbers of stroke repetition determined according to procedure of deep transverse friction technique</p> <p>6.4 Procedure to check improvement of muscle softness and flexibility demonstrated</p> <p>6.5 Types of abnormalities and irregularities on massage area listed and explained</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
7. Assess client's improvement	7.1 Procedure to check muscle tone improvement 7.2 Home stretching program 7.3 Activity of Daily Living (ADL) 7.4 Procedure to carry out medical investigation and management reference 7.5 Report writing skills	7.1 Obtain pre-assessment result 7.2 Determine client comfort level 7.3 Check muscle tone improvement 7.4 Determine client home stretching program 7.5 Consult Activity of Daily Living (ADL) routine 7.6 Determine client further medical reference requirements 7.7 Prepare follow up session schedule 7.8 Compile pre-assessment and post-assessment record 7.9 Prepare client treatment report	<u>ATTITUDE</u> • Thorough in assessing clients improvement • Clear in explaining home stretching program and ADL to client • Meticulous in preparing reports  <u>SAFETY</u> • N/A  <u>ENVIRONMENT</u> • N/A	<u>Related Knowledge</u> 20  <u>Related Skill</u> 35	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	7.1 Procedure to check client comfort level explained 7.2 Procedure to carry out muscle tone improvement demonstrated 7.3 Types of home stretching program and ADL explained 7.4 Procedure to refer client for further medical investigation and management explained 7.5 Follow up session schedule prepared according to determined format 7.6 Client's pre-assessment and post-assessment record compiled and report produced according to determined format

## Employability Skills

CORE ABILITIES	SOCIAL SKILLS
<p>01.01 Identify and gather information.</p> <p>01.02 Document information procedures or processes.</p> <p>02.01 Interpret and follow manuals, instructions and SOP's.</p> <p>02.03 Communicate clearly.</p> <p>02.04 Prepare brief reports and checklist using standard forms.</p> <p>02.05 Read/Interpret flowcharts and pictorial information.</p> <p>03.02 Demonstrate integrity and apply practical practices.</p> <p>03.03 Accept responsibility for own work and work area.</p> <p>03.04 Seek and act constructively upon feedback about work performance.</p> <p>03.06 Respond appropriately to people and situations.</p> <p>06.03 Identify and highlight problems.</p> <p>06.04 Adapt competencies to new situations/systems.</p> <p>01.04 Analyse information.</p> <p>04.03 Organize and maintain own workplace.</p> <p>04.04 Apply problem solving strategies.</p> <p>04.05 Demonstrate initiative and flexibility.</p> <p>01.11 Apply thinking skills and creativity.</p> <p>02.10 Prepare reports and instructions.</p> <p>02.11 Convey information and ideas to people.</p> <p>03.16 Identify and assess client/customer needs.</p> <p>05.01 Implement project/work plans.</p>	<ol style="list-style-type: none"> <li>1. Communication skills</li> <li>2. Conceptual skills</li> <li>3. Interpersonal skills</li> <li>4. Learning skills</li> <li>5. Leadership skills</li> <li>6. Multitasking and prioritizing</li> <li>7. Self-discipline</li> <li>8. Teamwork</li> </ol>

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1 Massage medium	As required
2 Sample of case sheet	1:1
3 Sample of treatment report	1:1
4 Acupressure tools	
• Wooden stick	1:1
• Acupressure bowl	1:1
• Hand roller	1:1
• Wooden noble massager	1:1
• Acupressure instrument	1:1
5 Roller foam for self myofascial release	1:5
6 Massage couch	1:5
7 Massage chair	1:5
8 Anatomy model (full body and body parts)	1:25
9 Full body mannequin	1:25
10 Human Skeleton	1:25
11 Anatomy chart	1:25
12 Goniometer	1:25
13 Measuring tape	1:1
14 Towel	2:1
15 Hand sanitizer	As required
16 Pillow	1:1
17 Massage attire	
• Gown	1:1
• Disposable short	As required
• Disposable garments	As required

## References for Learning Material Development

- 1 M.Norris, C. 3<sup>rd</sup> Edition, 2004. Sports Injuries: Diagnosis and Management. ISBN 0-7506-5223-3
- 2 M. Norris, C. 4<sup>th</sup> edition 2011. *Managing Sports Injuries: a guide for students and clinicians, 4e*. ISBN 978-0-7020-3473-2
- 3 Ajimsha. M.S, M. (. (2008). *Myofascial Release, State of the Art Soft Tissue Mobilization*. India : [www.scebapt.blogspot.com](http://www.scebapt.blogspot.com).
- 4 Clare Harris, *The Easy Massage Work Book*, 2006, ISBN – 978-84483-882-0
- 5 Devin starlanly and Mary Ellen Copeland, *Fibromyalgia & Chronic, Myofascial Pain*, 2001, ISBN – 1- 57224-238-8
- 6 Amran Kasimin Dan Abdullah Seman, *Berurut Untuk Pemulihan Urat Saraf*, 1995, ISBN – 983-9601-95-4
- 7 Carola Beresford Cooke, Lucinda Lidell, *The book of massage: the complete step-by-step guide to eastern and western technique. Paperback-january 2, 2001*.

SECTOR	<b>SECTION Q : HUMAN HEALTH AND SOCIAL WORK ACTIVITIES</b>						
SUB SECTOR	<b>(86) HUMAN HEALTH ACTIVITIES</b>						
JOB AREA	<b>HEALTH AND WELLNESS SERVICES/ ALTERNATIVE THERAPY</b>						
NOSS TITLE	<b>SPORTS MASSAGE</b>						
COMPETENCY UNIT TITLE	<b>FIRST AID ADMINISTRATION</b>						
LEARNING OUTCOME	<p>The person who is competent in this CU shall be able provide in-situ support or immediate support to injuries to ensure the clients condition is not worsening and can lead to fatal circumstances in accordance with standard medical procedure. Upon completion of this competency units, trainees will be able to:-</p> <ol style="list-style-type: none"> <li>1. Carry out injuries assessment</li> <li>2. Carry out Cardio Pulmonary Resuscitation (CPR) procedure</li> <li>3. Carry out immobilisation of injured area</li> <li>4. Carry out Rest Ice Compression Elevation (RICE) procedure</li> <li>5. Administer open wound treatment</li> <li>6. Carry out injuries referral</li> </ol>						
PRE-REQUISITE (If Applicable)	To perform the CU, the competency owner is required to attend certified CPR course from any accredited training provider.						
COMPETENCY UNIT ID	Q869-003-3:2017-E01	LEVEL	3	TRAINING DURATION	120 Hours	SKILL CREDIT	12

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
1. Carry out injuries assessment	1.1 Human anatomy <ul style="list-style-type: none"> <li>• Integumentary system</li> <li>• Musculoskeletal</li> <li>• Nervous system</li> </ul> 1.2 Body ergonomics 1.3 Code of ethics in conducting first aid 1.4 Hygiene practices for medical	1.1 Obtain client's profile 1.2 Obtain client's medical information references 1.3 Determine client's medical information references 1.4 Determine types of injuries 1.5 Determine cause	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Meticulous in interpreting client's medical information references</li> <li>• Gentle and thorough in assessing client's injuries</li> <li>• Ensure first aid kits replenish after used</li> </ul>	<u>Related Knowledge</u> 6	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	1.1 Client's name, gender and age specified according to personal record and client's information 1.2 Types and level of injuries determined according to physical check and client's feedback 1.3 Cause of injuries and duration of



WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	treatment 1.5 General Medicolegal <ul style="list-style-type: none"> <li>• Medical act 1971 (Act 50)</li> </ul> 1.6 Procedure to obtain client's profile 1.7 Procedure to obtain client's medical information references 1.8 Procedure to carry out injuries assessment 1.9 Types of skin allergic <ul style="list-style-type: none"> <li>• Redness</li> <li>• Itchiness</li> <li>• Rashes</li> <li>• Peeling</li> <li>• Scaling</li> </ul> 1.10 Types of injuries <ul style="list-style-type: none"> <li>• Soft tissue injuries (Ligament Sprain, Muscle Strain, Muscle tear, muscle spasm, contusion,</li> </ul>	and duration of injuries 1.6 Determine injury treatment 1.7 Determine client's allergies 1.8 Determine first aid requirements 1.9 Identify client's medication history 1.10 Obtain client consent 1.11 Determine client chaperon	<ul style="list-style-type: none"> <li>• Ensure client accompanied by chaperon while conducting assessing for different gender</li> <li>• Adhere to personal hygiene practices</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• Ensure all first aid material not expired</li> <li>• Apply body ergonomics practice</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• Ensure medical item disposed according to health and safety requirements</li> </ul>	<u>Related Skill</u> 9	<u>Related Skill</u> Demonstration Project-Based Learning	injuries specified with client 1.4 Suitable treatment for client's injuries specified according to types of injuries and level of injuries 1.5 Clients allergies specified according to client's feedback 1.6 Tools, equipment, materials and medication for clients listed according to first aid procedure 1.7 Procedure to obtain consent from client for first aid administration procedure explained and demonstrated according to organisation procedure 1.8 Importance of chaperon for client explained

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	etc.) <ul style="list-style-type: none"> <li>• Hard tissue injuries (fractures, dislocation, subluxation, etc.)</li> </ul> 1.11 Content of first aid kit <ul style="list-style-type: none"> <li>• Antiseptic material</li> <li>• Dressing tools</li> <li>• Dressing material</li> <li>• Cold spray</li> </ul> 1.12 Procedure to obtain client consent           1.13 Procedure to determine client chaperon					
2. Carry out Cardio Pulmonary Resuscitation (CPR) procedure	2.1 Procedure to carry out CPR procedure 2.2 Procedure to obtain client medical assistance 2.3 Procedure to prepare client injuries report	2.1 Check client's consciousness level 2.2 Execute manual CPR procedure 2.3 Execute AED application procedure 2.4 Acquire medical assistance 2.5 Report client	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Ensure person condition communicated clearly to medical personnel</li> <li>• Calm when conducting CPR procedure</li> <li>• Adhere to</li> </ul>	<u>Related Knowledge</u> 6	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	2.1 Procedure to check client's breathing and response explained and demonstrated according to physical check procedure 2.2 Procedure to refer and report medical

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
		injuries	personal hygiene practices  <u>SAFETY</u> <ul style="list-style-type: none"> <li>• Ensure surroundings is safe for executing CPR procedure</li> <li>• Apply body ergonomics practice</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<u>Related Skill</u> 20	<u>Related Skill</u> Demonstration Project-Based Learning	assistance and details of client's condition to medical personnel explained and demonstrated 2.3 Procedure to open/cleared clients breathing airway explained and demonstrated by tilting the head back and lifting the chin 2.4 Procedure to check clients normal breathing based on physical observation explained and demonstrated 2.5 Procedure to perform chest compressions and breaths explained and demonstrated on clients according to CPR procedure 2.6 Procedure to apply and operate Automated

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
						Electronic Defibrillator (AED) explained and demonstrated according to manual and CPR procedure
3. Carry out immobilisation of injured area	<p>3.1 Types of open wound</p> <ul style="list-style-type: none"> <li>• Abrasion</li> <li>• Laceration</li> <li>• Open Fracture</li> <li>• Incision</li> <li>• Puncture</li> <li>• Avulsion</li> </ul> <p>3.2 Procedure to check open wound</p> <p>3.3 Types of immobilising tools and equipment</p> <ul style="list-style-type: none"> <li>• Collar</li> <li>• Splint</li> <li>• Brace</li> <li>• Stabiliser</li> <li>• Etc.</li> </ul> <p>3.4 Client's positioning procedure</p>	<p>3.1 Determine client consciousness</p> <p>3.2 Determine client's injured area</p> <p>3.3 Determine cause and duration of injured area</p> <p>3.4 Select immobilisation tools and equipment</p> <p>3.5 Determine client's positioning</p> <p>3.6 Execute client's positioning procedure</p> <p>3.7 Apply sling on injured part</p> <p>3.8 Apply splinting on injured part</p> <p>3.9 Apply hard collar on injured head and neck</p> <p>3.10 Acquire medical</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>• Gentle in handling client's injured area</li> <li>• Continuously communicate to comfort client's</li> <li>• Adhere to personal hygiene practices</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• Ensure immobilisation tools and equipment in good working condition</li> <li>• Apply body ergonomics practice</li> </ul>	<p><u>Related Knowledge</u> 6</p> <p><u>Related Skill</u> 15</p>	<p><u>Related Knowledge</u> Lecture Discussion Problem-Based Learning</p> <p><u>Related Skill</u> Demonstration Project-Based Learning</p>	<p>3.1 Positioning of clients demonstrated according to client's comfort</p> <p>3.2 technique of putting on sling and splinting to immobilise client's injured area demonstrated</p> <p>3.3 Reduce on pain, swelling and muscle spasm specified according to client's feedback and physical check</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	3.5 Procedure of applying immobilising tools and equipment	assistance 3.11 Report client's injuries	<u>ENVIRONMENT</u> • N/A			
4. Carry out Rest Ice Compression Elevation (RICE) treatment	4.1 Rest Ice Compression Elevation (RICE) treatment 4.2 Indication for RICE treatment • Swelling • Bruising • Contusion • Pain 4.3 List of indication, contraindication and precaution	4.1 Determine client's injured area 4.2 Determine cause and duration of injured area 4.3 Check client's contraindication on injured part 4.4 Execute RICE treatment 4.5 Report client's injuries	<u>ATTITUDE</u> • Gentle in handling client's injured area • Continuously communicate to comfort client's  <u>SAFETY</u> • N/A  <u>ENVIRONMENT</u> • N/A	<u>Related Knowledge</u> 6  <u>Related Skill</u> 12	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	4.1 Clients resting time specified based on seriousness of injuries and according to RICE treatment 4.2 Time duration and frequency of ice or cold pack applied on clients injured area specified according to RICE treatment 4.3 Procedure to determine correct tightness of wrapping on injured area or sore area demonstrated according to RICE treatment 4.4 Injured area or sore area elevated to determined degree according to RICE treatment

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
5. Administer open wound treatment	5.1 Procedure to check open wound 5.2 Dressing procedure 5.3 Open wound management procedure <ul style="list-style-type: none"> <li>• Direct compression</li> <li>• Indirect compression</li> </ul> 5.4 Types of open wound treatment <ul style="list-style-type: none"> <li>• Stiches</li> <li>• Stapler</li> <li>• Glues</li> <li>• Sterile stripe</li> <li>• Wound congealant spray</li> </ul>	5.1 Determine cause of open wound 5.2 Determine open wound duration 5.3 Determine open wound severity 5.4 Clean injured part surroundings 5.5 Determine open wound bandaging requirements 5.6 Apply sterile stripe on open wound 5.7 Bandage open wound 5.8 Acquire medical assistance 5.9 Report client's injuries	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Gentle in handling client's injured area</li> <li>• Continuously communicate to comfort client's</li> <li>• Adhere to personal hygiene practices</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>• Ensure open wound tools and equipment in good working condition</li> <li>• Ensure all dressing tools and material is sterile and not expired</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>• Ensure medical item disposed according to health and safety requirements</li> </ul>	<u>Related Knowledge</u> 6  <u>Related Skill</u> 20	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	5.1 Cause and duration open wound of determined according client's information and physical assessment procedure 5.2 Cleaning on surrounding of injured part demonstrated to remove blood, dirt and debris 5.3 Injured part required for bandaging determined and wrapping of injured area demonstrated according to open wound management procedure

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
6. Carry out injuries referral	6.1 Procedure to prepare client's injuries report 6.2 Procedure to prepare medical referral report	6.1 Determine client's severity of injuries 6.2 Prepare client's injuries report 6.3 Determine client's further medical reference requirements 6.4 Determine medical referral 6.5 Prepare client's medical referral report 6.6 Liaise with medical personal 6.7 Update client's injuries report	<u>ATTITUDE</u> • Meticulous in preparing injuries report • Urgency in submitting referral report  <u>SAFETY</u> • N/A  <u>ENVIRONMENT</u> • N/A	<u>Related Knowledge</u> 6  <u>Related Skill</u> 8	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning  <u>Related Skill</u> Demonstration Project-Based Learning	6.1 Procedure to assess clients condition to determined severity of injury explained and demonstrated 6.2 Clients injury recorded on report procedure 6.3 Procedure to refer clients to medical personnel explained and demonstrated

## Employability Skills

CORE ABILITIES	SOCIAL SKILLS
<p>01.01 Identify and gather information.</p> <p>01.02 Document information procedures or processes.</p> <p>02.01 Interpret and follow manuals, instructions and SOP's.</p> <p>02.03 Communicate clearly.</p> <p>02.04 Prepare brief reports and checklist using standard forms.</p> <p>02.05 Read/Interpret flowcharts and pictorial information.</p> <p>03.02 Demonstrate integrity and apply practical practices.</p> <p>03.03 Accept responsibility for own work and work area.</p> <p>03.04 Seek and act constructively upon feedback about work performance.</p> <p>03.06 Respond appropriately to people and situations.</p> <p>06.03 Identify and highlight problems.</p> <p>06.04 Adapt competencies to new situations/systems.</p> <p>01.04 Analyse information.</p> <p>04.03 Organize and maintain own workplace.</p> <p>04.04 Apply problem solving strategies.</p> <p>04.05 Demonstrate initiative and flexibility.</p> <p>01.11 Apply thinking skills and creativity.</p> <p>02.10 Prepare reports and instructions.</p> <p>02.11 Convey information and ideas to people.</p> <p>03.16 Identify and assess client/customer needs.</p> <p>05.01 Implement project/work plans.</p>	<ol style="list-style-type: none"> <li>1. Communication skills</li> <li>2. Conceptual skills</li> <li>3. Interpersonal skills</li> <li>4. Learning skills</li> <li>5. Leadership skills</li> <li>6. Multitasking and prioritizing</li> <li>7. Self-discipline</li> <li>8. Teamwork</li> </ol>



## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1 Sample of case sheet	1:1
2 Sample of medical referral report	1:1
3 Sample of treatment report	1:1
4 Mannequin for CPR procedure	1:25
5 Anatomy model (full body and body parts)	1:25
6 Full body mannequin	1:25
7 Human Skeleton	1:25
8 Hand sanitizer	As required
9 First aid kits	1:5
10 Immobilising tools and equipment	
• Cervical Collar	1:25
• Splints	1:25
• Braces	1:25
• Head immobiliser	1:25
11 Automated Electronic Defibrillator (AED)	1:25
12 Stretcher	1:25

## References for Learning Material Development

- 1 Tao,L. Vikas, B. *First Aid for the Usmlc Step 1*, 2016, Paperback, ISBN 978-1259587375
- 2 Ambulance, J. (Feb 2014). *First Aid Manual (Dk First Aid)*. UK: ISBN 9781405362146.
- 3 P.Pfeiffer, R. (13 Mar 2012). *Sports First Aid Injury Prevention*. Paperback Edition (2012). ISBN 978-0-7637
- 4 H.Inkelis, S. D.Golanty, E. *First Aid for Sports Injuries: Immediate response to sports injuries for amateur athletes, coaches, teachers, and parents*. Paperback 2012. ISBN 978-0-9842644-1-4
- 5 J.Flegel, M. *Sports First Aid*. Paperback 2008. ISBN 0-7360-3786-1

SECTOR	<b>SECTION Q: HUMAN HEALTH AND SOCIAL WORK ACTIVITIES</b>						
SUB SECTOR	<b>(86) HUMAN HEALTH ACTIVITIES</b>						
JOB AREA	<b>HEALTH AND WELLNESS SERVICES/ ALTERNATIVE THERAPY</b>						
NOSS TITLE	<b>SPORTS MASSAGE</b>						
COMPETENCY UNIT TITLE	<b>SPORTS STRAPPING APPLICATION</b>						
LEARNING OUTCOME	The person who is competent in this CU shall be able to provide support and prevention to joint or area and allow the client to return to sports or recreation activities. Upon completion of this competency units, trainees will be able to: - 1. Identify clients strapping requirement 2. Assess client condition 3. Carry out strapping application 4. Assess strapping effectiveness						
PRE-REQUISITE (If Applicable)	N/A						
COMPETENCY UNIT ID	Q869-003-3:2017-E02	LEVEL	3	TRAINING DURATION	100 Hours	SKILL CREDIT	10

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
1. Identify clients strapping requirement	1.1 Human anatomy <ul style="list-style-type: none"> <li>Integumentary system</li> <li>Musculoskeletal system</li> <li>Nervous system</li> </ul> 1.2 Body ergonomics 1.3 Code of ethics in conducting massage 1.4 Hygiene practices for medical treatment 1.5 Procedure to obtain clients personal record	1.1 Obtain clients medical information references 1.2 Interpret clients profile 1.3 Determine types of injuries 1.4 Determine clients strapping needs 1.5 Determine client's consent form	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>Meticulous in interpreting client personal</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>N/A</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>N/A</li> </ul>	<u>Related Knowledge</u> 5   <u>Related Skill</u> 10	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning   <u>Related Skill</u> Demonstration Project-Based Learning	1.1 Client's name, gender and age specified according to personal record and feedback 1.2 Client's injuries including soft tissue injuries, joints injuries, fractures and duration of the injuries specified based on client's medical information references 1.3 Clients current issues on body condition recorded

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	1.6 Types of injuries <ul style="list-style-type: none"> <li>• Soft tissue injuries</li> <li>• Joint injuries</li> <li>• Fractures</li> </ul> 1.7 Strapping area <ul style="list-style-type: none"> <li>• Ankle</li> <li>• Foot</li> <li>• Knee</li> <li>• Tight</li> <li>• Calf</li> <li>• Shoulder</li> <li>• Elbow</li> <li>• Wrist</li> <li>• Fingers</li> <li>• Etc.</li> </ul> 1.8 Procedure to update client case sheet 1.9 Procedure to obtain client consent for treatment					on case sheet according to documentation procedure 1.4 Procedure to obtain consent from client for selected strapping application procedure explained and demonstrated according to organisation procedure
2. Assess client's condition	2.1 Procedure to check Range of Motion (ROM) 2.2 Types of deformities <ul style="list-style-type: none"> <li>• Flat foot</li> <li>• High arch</li> <li>• Bunion</li> </ul>	2.1 Check injured area 2.2 Check deformities and irregularities 2.3 Check clients skin sensation 2.4 Check clients skin allergies	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Ensure client accompanied by chaperon while conducting assessing for different gender</li> </ul>	<u>Related Knowledge</u> 7	<u>Related Knowledge</u> Lecture Discussion Problem-Based Learning	2.1 Measurement of client's joint Range of Motion (ROM) on injured area demonstrated and specified with standard range of motion scale 2.2 Swelling, oedema,

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<ul style="list-style-type: none"> <li>• Hammer toe</li> <li>• Etc.</li> </ul> 2.3 Types of irregularities <ul style="list-style-type: none"> <li>• Swelling</li> <li>• Oedema</li> <li>• Haematoma</li> <li>• Bruises</li> <li>• wound and scar</li> </ul> 2.4 Assessment of skin sensation 2.5 Types of skin allergic and reaction <ul style="list-style-type: none"> <li>• Peeling</li> <li>• Redness</li> <li>• Itchiness</li> <li>• Rashes</li> <li>• Scaling</li> </ul> 2.6 Types of strapping method <ul style="list-style-type: none"> <li>• Taping</li> <li>• Bandaging</li> </ul> 2.7 List of indication, contraindication and precaution	2.5 Determine strapping application method 2.6 Explain strapping requirement to client 2.7 Determine client chaperon	<ul style="list-style-type: none"> <li>• Gentle and thoroughly in assessing client injuries</li> </ul> <u>SAFETY</u> <ul style="list-style-type: none"> <li>• Apply body ergonomics practice</li> </ul> <u>ENVIRONMENT</u> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<u>Related Skill</u> 10	<u>Related Skill</u> Demonstration Project-Based Learning	haematoma, bruises, wound and scar on injured area specified by palpating and visual check 2.3 Decrease of sensation on injured area specified according to client's feedback 2.4 Types of allergic and its reaction listed and explained 2.5 Injured area required for strapping and suitable strapping method determined 2.6 Importance of chaperon explained
3. Carry out strapping application	3.1 Types of strapping tool <ul style="list-style-type: none"> <li>• Strapping</li> </ul>	3.1 Determine strapping tools 3.2 Position client's strapping area	<u>ATTITUDE</u> <ul style="list-style-type: none"> <li>• Gentle and firm in strapping</li> </ul>	<u>Related Knowledge</u> 7	<u>Related Knowledge</u> Lecture Discussion	3.1 Size of strapping tape specified according to injuries area

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
	<p>tapes</p> <ul style="list-style-type: none"> <li>• Taping tapes</li> <li>• Bandages</li> <li>• Under wraps</li> <li>• Adhesive sprays</li> <li>• Adhesive removals</li> <li>• Scissor/tape cutter</li> </ul> <p>3.2 Specification of strapping tape</p> <ul style="list-style-type: none"> <li>• Size</li> <li>• Width</li> <li>• Tape material</li> </ul> <p>3.3 Procedure to carry out strapping</p>	<p>3.3 Clean and dry strapping area</p> <p>3.4 Prepare strapping tape</p> <p>3.5 Apply strapping tape</p> <p>3.6 Check strapping attachment</p>	<p>client</p> <ul style="list-style-type: none"> <li>• Alert on client's respond on hypersensitivity, pain and discomfort</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• Apply body ergonomics practice</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p><u>Related Skill</u> 20</p>	<p>Problem-Based Learning</p> <p><u>Related Skill</u> Demonstration Project-Based Learning</p>	<p>3.2 Positioning of client demonstrated according to strapping procedure requirements</p> <p>3.3 Shaving, drying and cleaning procedure on strapping area explained and demonstrated according to strapping application procedure</p> <p>3.4 Size and thickness of strapping tape specified according to application area requirements</p> <p>3.5 Procedure to apply explained and demonstrated strapping procedure</p> <p>3.6 Wrinkles, unattached strapping tape on area, dislodge, not fixed of strapping tape checked and specified by visual checked</p>

WORK ACTIVITIES	RELATED KNOWLEDGE	RELATED SKILL	ATTITUDE/ SAFETY/ ENVIRONMENT	TRAINING HOURS	DELIVERY MODE	ASSESSMENT CRITERIA
4. Assess strapping application	<p>4.1 Procedure to check strapping application</p> <ul style="list-style-type: none"> <li>• Unfix strapping tape</li> <li>• Wrinkles</li> <li>• Blood circulation</li> </ul> <p>4.2 Procedure to check strapping effectiveness</p> <p>4.3 Types of skin irritation</p> <ul style="list-style-type: none"> <li>• Redness</li> <li>• Rashes</li> <li>• Itchiness</li> </ul> <p>4.4 Report writing skills</p>	<p>4.1 Check strapping attachment quality</p> <p>4.2 Check skin irritation</p> <p>4.3 Check blood circulation on strapping area</p> <p>4.4 Obtain client's feedback</p>	<p><u>ATTITUDE</u></p> <ul style="list-style-type: none"> <li>• Alert on client's respond on hypersensitivity, pain and discomfort</li> <li>• Meticulous in preparing report</li> </ul> <p><u>SAFETY</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <p><u>ENVIRONMENT</u></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p><u>Related Knowledge</u> 5</p> <p><u>Related Skill</u> 10</p>	<p><u>Related Knowledge</u> Lecture Discussion Problem-Based Learning</p> <p><u>Related Skill</u> Demonstration Project-Based Learning</p>	<p>4.1 Unfix strapping tape application and wrinkles on taping tape determined by visual check</p> <p>4.2 Procedure to check taped area and its surrounding for redness, rashes and itchiness on visually explained and demonstrated</p> <p>4.3 Reduction of extreme movement on taped area specified according to client's feedback physical check</p> <p>4.4 Client's pre-assessment and post-assessment record compiled according to organisation procedure</p> <p>4.5 Client's session report produced and submitted to superior</p>

## Employability Skills

CORE ABILITIES	SOCIAL SKILLS
<p>01.01 Identify and gather information.</p> <p>01.02 Document information procedures or processes.</p> <p>02.01 Interpret and follow manuals, instructions and SOP's.</p> <p>02.03 Communicate clearly.</p> <p>02.04 Prepare brief reports and checklist using standard forms.</p> <p>02.05 Read/Interpret flowcharts and pictorial information.</p> <p>03.02 Demonstrate integrity and apply practical practices.</p> <p>03.03 Accept responsibility for own work and work area.</p> <p>03.04 Seek and act constructively upon feedback about work performance.</p> <p>03.06 Respond appropriately to people and situations.</p> <p>06.03 Identify and highlight problems.</p> <p>06.04 Adapt competencies to new situations/systems.</p> <p>01.04 Analyse information.</p> <p>04.03 Organize and maintain own workplace.</p> <p>04.04 Apply problem solving strategies.</p> <p>04.05 Demonstrate initiative and flexibility.</p> <p>01.11 Apply thinking skills and creativity.</p> <p>02.10 Prepare reports and instructions.</p> <p>02.11 Convey information and ideas to people.</p> <p>03.16 Identify and assess client/customer needs.</p> <p>05.01 Implement project/work plans.</p>	<ol style="list-style-type: none"> <li>1. Communication skills</li> <li>2. Conceptual skills</li> <li>3. Interpersonal skills</li> <li>4. Learning skills</li> <li>5. Leadership skills</li> <li>6. Multitasking and prioritizing</li> <li>7. Self-discipline</li> <li>8. Teamwork</li> </ol>

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1 Strapping tape	As required
2 Taping tape	As required
3 Adhesive spray	As required
4 Adhesive removal	As required
5 Scissor/tape cutter	1:1
6 Under wrap	As required

## References for Learning Material Development

- 1 Keil, A. Paperback 2011. *Strap Taping for Sports and Rehabilitation*. ISBN 978-0-7360-9527-3
- 2 M.Norris, C. 3<sup>rd</sup> Edition, 2004. *Sports Injuries: Diagnosis and Management*. ISBN 0-7506-5223-3
- 3 Macdonals, R. 1<sup>st</sup> published 2010, Elsevier Limited, *Pocketbook of Taping Techniques*. ISBN 978-0-7020-3027-7
- 4 M. Norris, C. 4<sup>th</sup> edition 2011. *Managing Sports Injuries: a guide for students and clinicians, 4e*. ISBN 978-0-7020-3473-2



## 16. Training Hour Summary

CU CODE	COMPETENCY UNIT TITLE	WORK ACTIVITIES	RELATED KNOWLEDGE (A)	RELATED SKILL (B)	HOURS (C) = (A)+(B)	TOTAL (HOURS) $\Sigma(C)$
Q869-003-3:2017-C01	Athlete Stretching Facilitation	1. Assess client condition	8	10	18	200
		2. Prepare stretching session requirement	8	10	18	
		3. Conduct stretching session	9	28	37	
		4. Carry out passive and assisted stretching	9	28	37	
		5. Carry out contract relax stretching technique	9	28	37	
		6. Carry out hold & contract stretching technique	9	28	37	
		7. Consult client's follow up plan	8	8	16	
Q869-003-3:2017-C02	Body Relaxation Massage	1. Prepare body relaxation massage session	15	20	45	500
		2. Assess client full body massage requirement	20	30	55	
		3. Carry out effleurage massage	17	50	61	
		4. Carry out kneading massage	17	50	61	
		5. Carry out cross-fibre friction massage	17	50	61	
		6. Carry out draining massage	17	50	61	
		7. Carry out percussion message	17	50	61	
		8. Assess clients improvement	15	30	40	

CU CODE	COMPETENCY UNIT TITLE	WORK ACTIVITIES	RELATED KNOWLEDGE (A)	RELATED SKILL (B)	HOURS (C) = (A)+(B)	TOTAL (HOURS) $\Sigma(C)$
		9. Consult client's further treatment requirements	15	20	45	
Q869-003-3:2017-C03	Athlete Performance Massage	1. Carry out athlete screening	20	30	50	300
		2. Prepare massage area	20	25	45	
		3. Carry out pre and inter event sports massage	20	60	80	
		4. Carry out post event sports massage	20	60	80	
		5. Prepare massage reports	20	25	45	
Q869-003-3:2017-C04	Sports Remedial Massage	1. Prepare sports remedial massage session	15	30	45	600
		2. Assess client sports remedial massage requirement	25	35	60	
		3. Carry out trigger point technique	30	80	110	
		4. Carry out acupressure technique	30	80	110	
		5. Carry out myofascial release technique	30	80	110	
		6. Carry out deep transverse friction technique	40	80	110	
		7. Assess client's improvement	20	35	55	
<b>TOTAL HOURS (CORE COMPETENCY)</b>			<b>500</b>	<b>1100</b>	<b>1600</b>	<b>1600</b>

CU CODE	COMPETENCY UNIT TITLE	WORK ACTIVITIES	RELATED KNOWLEDGE (A)	RELATED SKILL (B)	HOURS (C) = (A)+(B)	TOTAL (HOURS) $\Sigma(C)$
Q869-003-3:2017-E01	First Aid Administration	1. Carry out injuries assessment	6	9	15	120
		2. Carry out Cardio Pulmonary Resuscitation (CPR) procedure	6	20	26	
		3. Carry out immobilisation of injured area	6	15	21	
		4. Carry out Rest Ice Compression Elevation (RICE) procedure	6	12	18	
		5. Administer open wound (abrasion and laceration) treatment	6	20	26	
		6. Carry out injuries referral	6	8	14	
Q869-003-3:2017-E02	Sports Strapping Application	1. Identify clients strapping requirement	5	10	15	100
		2. Assess client condition	7	10	17	
		3. Carry out strapping application	7	20	27	
		4. Carry out taping application	6	20	26	
		5. Check strapping effectiveness	5	10	15	
<b>TOTAL HOURS (ELECTIVE COMPETENCY)</b>			<b>65</b>	<b>154</b>	<b>220</b>	<b>220</b>