

1. Title	Master sports massage
2. Code	BEZZBO401A
3. Range	Master sports massage techniques and perform sports massage treatments on customers at beauty salons and body treatment locations.
4. Level	4
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand the relationship between sports and muscle system and the knowledge of sports massage</p> <ul style="list-style-type: none"> ◆ Understand the structure and functions of human muscles ◆ Understand the bone system and joints ◆ Understand the functions and impact of sports on muscle system ◆ Understand the definition, benefits and contraindications of sports massage <p>6.2 Master sports massage</p> <ul style="list-style-type: none"> ◆ Make preparations for the treatment, including: <ul style="list-style-type: none"> • Enquiring about the physical condition of the customers and conducting detailed body shape analysis ◆ Apply sports massage techniques correctly to perform the massage according to the customers' treatment needs ◆ Observe adverse effects on the customers in the process of massage and take remedial actions immediately ◆ Introduce the knowledge of sports massage to the customers so as to reduce the muscle pain at home
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to understand the effects and impact of various types of sports on muscle system; and</p> <p>(ii) Capable to master the knowledge of sports massage, and apply sports massage techniques correctly to perform the massage according to the customers' physical condition and treatment needs.</p>
8. Remarks	