

## **Professional Entry Examination. Information pack**

### **Introduction**

The Sports Massage Association (SMA) is the leading independent professional body for sports massage in the United Kingdom. The normal route for Level 4 SMA membership is via an SMA accredited provider however the SMA recognise that sometimes practitioners have acquired sufficient knowledge and skills in sports massage through other routes. Accordingly the SMA offer the opportunity to those practitioners to demonstrate that they meet the minimum requirements for Level 4 entry to the Association. This document details the examination procedure required to qualify for membership.

### **Entry Components**

Shall comprise :

Completion of a written application, a written paper, a practical scenario and viva, evidence of CPD and a current First Aid certificate. In addition, each candidate shall submit a Logbook.

The logbook requirements and an example exam paper are included later in this document.

### **Written application**

The written application will enable the Association's assessors to gain background knowledge of the applicant prior to assessment. It will include information on the following:

- Personal details
- Current and previous massage experience
- Qualifications
- CPD/Attendance at events
- Evidence of underpinning knowledge as stipulated in the application form (qualifications etc)
- Evidence of continuous current and past insurance
- Evidence of current first aid certificate

### **Preparation for Assessment.**

Where a candidate is unsure if they have sufficient knowledge and skills to meet the entrance requirements, it is possible to meet with an SMA appointed assessor. This facility is to enable the candidate to satisfy themselves that their knowledge and skill levels are sufficient to enable them to meet the required standard.

There is an additional hourly fee for this service. Contact the SMA office for further details.

### **Written paper (2 hours)**

Candidates shall complete a written paper. The paper will be in three (3) sections.

- Section one will consist of short answer questions on Anatomy and Physiology. This section constitutes 30% of the total marks.
- Section two will consist of questions relating to the application of massage. This section constitutes 45% of the total marks.
- Section 3 will consist of questions relating to injury and rehabilitation. This section constitutes 25% of the total marks.

The questions in sections 2 and 3 will require longer more detailed answers. Candidates shall record a minimum 60% mark in each section (thus achieving an overall total of 60% or more) in order to pass the written paper.

Candidates who have special requirements, e.g, a learning difficulty or other disabilities should inform the SMA on application.

### **Practical assessment (Observed – up to 30 minutes)**

Candidates shall complete a practical examination. The practical element shall comprise a simulated event scenario in a clinical situation.

The candidate will be introduced to the client and will carry out a consultation to ascertain the client's needs. The candidate will be expected to deliver a safe and effective massage strategy which meets those particular needs.

(The scenario shall not include injuries or contraindications).

Competence shall be assessed in respect of safety, effectiveness, posture, draping, consent, positioning of athlete, technical skill, technique choice, communication, strategy.

### **Viva.**

The candidate shall be the subject of a 20-30 minute viva immediately following the practical observation. The viva shall relate to the strategies, techniques and protocol employed during the practical. Some questions will also be related to the submitted case study or log book or may be related to scenarios including injury or contraindications.

### **Logbook.**

The candidate shall submit a Logbook with a minimum of fifty (50) recorded hours and a case study covering 6 sessions with one Logbook 'client'. There must be a minimum number of 12 'clients' who should be actively involved in a sport or physical activity. Candidates will be expected to have covered a range / variety of clients and venues.

Twenty five (25) of the required hours should have been completed prior to the exam.

The candidate will be allowed a 3 month post exam period if required to complete the logbook.

### **Range of clients :**

**Male:** Pre-adolescent, Adolescent, Adult, with specific needs.

**Female:** Pre-adolescent, Adolescent, Adult, with specific needs.

**Venues:** Indoor, outdoor, clinic, restricted areas.

*Minors or vulnerable adults should be treated in accordance with Child protection laws as applicable to Country/Area. Names, addresses and any identifiable client information to be left blank in order to maintain client confidentiality.*

### **Case Study :**

The candidate shall submit a detailed case study covering treatments with one client from the logbook. The study should cover 6 sessions with this client and should be submitted prior to the exam. The case study should include information on the following:

- Introduction to the client; Lifestyle, sport, Injuries etc
- Clients goals expectations
- Assessments and findings
- Treatments & outcomes
- Rehabilitation strategies, preventative & aftercare

### **First Aid Certificate**

Candidates must produce a current first aid certificate. This can be presented with the written application or with completed logbook and case study. The minimum requirement is for attendance at a minimum 6 hour HSE approved 'Appointed Persons' course.

### **CPD Evidence**

The applicant shall be expected to produce evidence of up to date CPD. This can be in the form of certificates of attendance, witness testimonials, written reflection of learning, etc.

### **Examiners**

The written, practical and viva elements of the examination shall be undertaken / overseen by an examiner(s) appointed by the Sports Massage Association. The examiners will be experienced sports massage practitioners (SMA registered) or medical professionals with a specific interest in sports massage.

### **Re-sits**

If a candidate is unsuccessful in any element of the examination that element may be re-taken at a subsequent date. There will be an administration cost for any re-sit. A candidate may attempt a maximum of two (2) re-sits within a six month period.

### **Appeals process**

If you are not satisfied with the assessment process or the assessment decision, you should contact the SMA direct. The SMA directors will be involved and may approach independent external agencies for advice. Appeals must be received within 20 working days (Monday-Friday excluding Bank Holidays) from the candidates receipt of assessment decision. A copy of the SMA appeals procedure and appeals application forms can be downloaded from the SMA website.

### **Exam Dates & Venues**

The up to date list of exam dates and venues is available on the SMA web-site or from the SMA office.

### **Applications**

Candidates shall complete a written application form in order to be eligible for examination. Application forms may be obtained through the SMA office and must be received a minimum of 28 days prior to the proposed examination date.

**Costs**

The examination fee will be £275.00. The fee, which is non-refundable, shall accompany the exam application form. The cost of re-sits will be £50 per re-sit. Payments for examinations and re-sits shall be payable to 'Sports Massage Association Ltd'.

**Insurance**

Candidates will have to submit and satisfy the SMA that they have adequate professional indemnity insurance to cover their work as sports massage practitioners. Candidates will be expected to submit proof of past insurance.

**Mock Written Papers**

Mock examples of the SMA written exam have been included as part of this information package on page 5.

**Professional entry:**

Please note; successful completion of this process will not result in a qualification but an acceptance by the SMA that candidates have reached a standard equivalent to SMA accredited schools. This will allow the applicant entry to the SMA at membership Level 4.

The Level 4 subscription is £100.00 annually and may be paid by cheque or credit card. The normal membership administration fee of £30.00 will be waived for successful examinees submitting their membership within 3 months of notification of a successful outcome to the examination.

**SMA sample written paper (see below) Page 5 & 6**

**SMA Level 4 Professional Entry application form (see below) Page 7**

## **Professional Entry Examination. Sample Examination paper**

### **(Time allowed 2 hours)**

The questions in sections 2 and 3 will require a longer more detailed answer. Candidates shall record a 60% pass in each section and achieve an overall total of 60% or more in order to pass the written paper.

### **Part 1 – Anatomy & Physiology**

(31% weighting. 59 marks. 60% pass required/35 marks)

- 1.1 Describe the process of ossification and growth of a long bone. (10)
- 1.2 Name the attachments of the Gluteus Maximus muscle. (2)
- 1.3 What type of cartilage is found within a synovial joint? (1)
- 1.4 What disease can occur as a result of wear and tear or damage to this cartilage? (1)
- 1.5. Describe intrinsic and extrinsic factors that can lead to the formation of this condition and describe the characteristics of this disease. (7)
- 1.6a Name the bones involved in the wrist joint. (7)
- 1.6 Name the movements possible at this joint. (6)
- 1.7 What joint movements are possible at the sub-talar joint? (2)
- 1.8 Which muscles make up the rotator cuff (4) b. Describe their function? (9)
- 1.9 Describe the process of the anaerobic energy system and give an example of a suitable sport. (10)

### **Part 2 – Massage**

(44% weighting. 83 marks. 60% pass required/50 marks)

- 2.1 Explain why massage should never be a substitute for a pre-event warm up? Describe the advantages of a sports specific warm up as opposed to massage warm up? (3)
- 2.2 Discuss the actions/precautions to take if presented with the following conditions:  
  
Explain how each condition / situation may be affected by massage. If appropriate describe what massage modifications you would make in order to accommodate the clients condition.
  - a. Client with DVT. (3)
  - b. Client with cuts/abrasions. (3)
  - c. Elderly client. (4)
- 2.3 Explain the considerations that practitioners need to have when working with children /vulnerable adults. (6)

## **Part 2 – Massage (cont'd)**

- 2.4 When working in a non-clinic environment, discuss what health, safety and hygiene considerations will you have to make? (3)
- 2.5 Describe which techniques should be used in a pre-event situation as opposed to a post event situation and explain your reasoning for your choices? (10)
- 2.6 Explain the effects of tapotement and the benefit to an athlete. (3)
- 2.7 Discuss the advantages and disadvantages of using cream as a medium for sports massage. (5)
- 2.8 Explain the effects of frictions and the benefits to the athlete (3)
- 2.9 Soft Tissue Release: - a. Explain in detail how to apply this technique & rationale for its use. (9)
- 2.10 If a client presented with restricted movement of the cervical spine; consider possible intrinsic and extrinsic factors which might lead to this condition, describe possible treatment areas and techniques you would apply. Explain reasons for choices.
- Possible causes (7) Areas to treat (4) Strokes/rationale (20)

## **Part 3 - Injury & Rehabilitation**

(25% weighting) 46 marks (60% pass 28 marks)

- 3.1 Explain the difference between intramuscular and intermuscular haematomas? (3)
- 3.2 Describe the treatment aims, techniques/strategies that would be appropriate for each of the following stages of a Grade II muscle injury. Aims (7) Techniques (18)
- a. Acute  
b. Sub acute  
c. Remodelling
- 3.3 Discuss the different possible physiological causes of pain around the tibialis anterior muscle. (4)
- 3.4 Discuss the symptoms that someone suffering from Lateral Epicondylitis (tennis elbow) may present with. (4)
- a. What advice / treatment would you give to someone with this condition? (6)  
b. Suggest possible causes for this condition (4)

## **SMA Professional Entry Application Form**

**Name :** .....

**Address :** .....

**Date of Birth :** .....

**Tel : (Home) :** ..... **Mobile :** .....

**Email address :** .....

**Certificate name :** .....

(As you would want it to appear on an SMA registration certificate if different from above)

<b>Sports massage course(s) studied:</b>			
Course provider	Course name	Completion date	Tutor(s) names:

**Examination dates and location :**

A date and venue for SMA examinations will be arranged to suit applications in hand subject to a minimum of six applicants. See the SMA website, [www.sportsmassageassociation.org](http://www.sportsmassageassociation.org) for the latest exam date and location, or contact the SMA office on 0845 459 6031.

**Fee :**

Please enclose a cheque for £275.00 made payable to 'Sports Massage Association Ltd'  
*The fee entitles you to one examination process at a date to be agreed.*

**Return this application form to :**

Professional Entry Examination  
Sports Massage Association Ltd  
Kalbarri House  
LONDON E13 oDA

**Please enclose with this application :**

- Copy(s) of qualification(s)  Tick when enclosed
- Copy of current First Aid certificate  Tick when enclosed
- Copy(s) of current & past insurance  Tick when enclosed
- Evidence of CPD  Tick when enclosed
- Summary of past & current massage experience  Tick when enclosed

**Scope.**

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