



<b>Course Category</b>	Wellness
<b>Course Title</b>	IPTFA Sports Massage (Level 1) Professional Trainer Vocational Qualification Recognition Examination
<b>Course Code</b>	BW019
<b>Medium of Instruction</b>	Chinese
<b>Duration</b>	3.0 hour(s)
<b>Pre-requisites</b>	Successfully completed "IPTFA Sports Massage Therapy (Level 1) Instructor Certificate Course"
<b>Course Fee</b>	Macao Resident: MOP1,150 Non-Macao Resident: MOP1,150
<b>Certificate</b>	Students who have passed both the written and practical examinations will be awarded the "IPTFA Sports Massage (Level 1) Professional Trainer Certificate Course" certificate and a course certificate by UTM. The passing grade of each examination is 70.
<b>Outline</b>	<p>Assessment Format:</p> <ul style="list-style-type: none"><li>• Written examination duration: 1 hour</li><li>• Written examination format<ul style="list-style-type: none"><li>- Multiple choice questions</li></ul></li><li>• Practical examination duration: 2 hours</li><li>• Practical examination format<ul style="list-style-type: none"><li>- Case study</li><li>- Students are required to indicate the type of massage techniques to be used according to different cases</li><li>- Demonstration</li><li>- Students are required to explain and demonstrate the following techniques</li><li>- Stroking</li><li>- Effleurage</li><li>- Rolling</li><li>- Kneading</li><li>- Picking up</li><li>- Wringing</li><li>- Hacking</li></ul></li></ul> <p>Assessment Criteria:</p> <ul style="list-style-type: none"><li>• Skills: the technical ability to execute various sports massage techniques</li><li>• Endurance: the ability to maintain consistent performance throughout the entire massage process</li><li>• Strength: the ability to apply appropriate pressure during the massage process</li><li>• Evenness: the ability to evenly distribute pressure during the massage process.</li><li>• Gentleness: the level of gentleness when performing massage techniques, with the aim of minimising discomfort to the client</li><li>• Penetration: the ability to reach deeper tissue layers during the massage process</li><li>• Patient Positioning: the ability to correctly position patients to achieve optimal results</li><li>• Therapist's Posture: the ability to maintain correct posture while performing massage techniques</li><li>• Communication: the ability to effectively communicate with clients, explain techniques, and ensure their comfort</li></ul>
<b>Teacher</b>	Please refer to the schedule