

# Soft Tissue Therapy

North East Scotland College

## Venues

Aberdeen City Campus  
Fraserburgh Campus

## Content

During this course you will develop the range of knowledge and skills necessary to work as a Soft Tissue Therapist and gain an industry-recognised qualification. The course also prepares those who wish to progress on to an HND in Sport Therapy, a degree in Sport Therapy or another higher education award in a related field.

You will study:

Sports Therapy: Anatomy and Physiology; Functional Anatomy; Basic Objective and Subjective Assessment; Clinical Sports Massage; Sports Massage for Events and Special Populations; Pathology and Aetiology of Sports Injury; Prevention and Management of Sports Injury; Sports Therapy: Professional Standards; Clinical and Team Experience 1; Sports Therapy: Graded Unit 1; First Aid for Sport and Fitness; Sports Therapy: Exercise Principles and Testing; Flexibility Training; Nutrition for Fitness, Health and Exercise.

## Start Date

August

## Qualification

HNC

## Study Method

Full time

## Course Length

1 year

## Department

Sport, Fitness and Uniformed Services

## Entry Requirements

2 relevant Highers; or relevant national qualifications at SCQF Level 6

## SCQF Level

7

## SCQF Points

«SCQFPoints»

## Progression Routes

After this course, you could find employment as a Soft Tissue Therapist.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Gallowgate Centre  
Gallowgate  
Aberdeen  
Aberdeen City  
AB25 1BN

## Website

[www.nescol.ac.uk](http://www.nescol.ac.uk)