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Sports Massage Level 1

Location: Bryanston, Gauteng

Format: Hybrid

Duration: 8 Weeks

Next Intake: Jan - March 2026

[Enroll Now →](#)

Course Overview

Start your journey into the world of Sports Massage Therapy with this foundational 12-week course, designed for beginners and those beginning a career in wellness.

The Sports Massage Level 1 program introduces you to essential massage principles, human anatomy, and safe, effective treatment techniques — while also equipping you with First Aid Level 1 & 2 certification. This valuable addition ensures you're confident and qualified to respond to emergency situations, prioritizing client safety and professional responsibility.

Students gain both theoretical knowledge and hands-on practical experience in a real-world training environment. Upon completion, you'll be fully prepared to assist athletes, fitness clients, and individuals in recovery or general wellness, with the added advantage of nationally recognized first aid skills that strengthen your employability and credibility in the health and fitness industry.

Professional Affiliation and Accreditation:

- Vital Motion Academy is affiliated with the Bernice Sports Massage Association, ensuring all graduates adhere to the highest professional and ethical standards in sport massage.
- We are registered with the Quality Council for Trades and Occupations (QCTO), allowing us to deliver nationally recognized occupational qualifications that meet rigorous industry standards.

By combining practical skills, theoretical knowledge, first aid certification, and recognized professional accreditation, this program provides a comprehensive foundation for a successful career in sports massage and wellness.

What You'll Learn

By the end of the course, you'll be able to:

- Understand and apply the principles of sports massage therapy
- Identify key muscles, joints, and movement patterns
- Perform safe and effective massage techniques for performance and recovery
- Recognize contraindications and work within professional boundaries
- Integrate First Aid Level 1 & 2 training to ensure client safety
- Deliver professional client assessments, treatment notes, and aftercare plans

Module Breakdown

Phase	Week	Module Title	Focus Areas / Practical & Online Theory
Preparation Phase (Pre-course)	1-2	Onboarding & Setup	Practical / Classwork: QR sign-ups, Anatomy & Physiology placement quiz, pre-course engagement, student info verification, payment confirmations. Online Theory (self-paced): Study guide pop-ups
Course Phase	1	Official Start – Class 1	Practical / Classwork (Weekend): Massage strokes, sequences, practice management Online Theory (self-paced): Quiz, case study, video lessons, theory reading
	2	Back & Neck	Practical / Classwork (Weekend): Back and neck massage techniques Online Theory (self-paced): Quiz, case study, video lessons, theory reading
	3	Lower Body	Practical / Classwork (Weekend): Lower body massage techniques Online Theory (self-paced): Quiz, case study, video lessons, theory reading
	4	Shoulders, Arms, Pectorals & Full Body	Practical / Classwork (Weekend): Upper body massage (shoulders, arms, pecs), full body

			<p>massage, revision & time management</p> <p>Online Theory (self-paced): Quiz, case study, video lessons, theory reading</p>
	5	Exams	<p>Practical / Classwork (Weekend): Practical exams</p> <p>Online Theory (self-paced during week): Mon–Thu online theory exams, Fri problem-solving & revision, exam prep quizzes, review case studies</p>
	6	First Aid Certification	<p>Practical / Classwork (Weekend): First Aid Course Level 1, First Aid exam</p> <p>Online Theory (self-paced): First Aid online theory, quiz, support materials</p>
Finalization Phase	7	Preliminary Exam	<p>Practical / Classwork (Weekend): Preliminary practical exam</p> <p>Online Theory (self-paced): Final review quizzes, revision videos, case study submissions</p>
	8	Finalization	<p>Practical / Classwork (Weekend): Case studies submitted, marks compiled, certification (after 50 practical hours logged), logbook uploads</p> <p>Online Theory (self-paced): Online submission of case</p>

Entry Requirements

- Open to all applicants aged 18 and older
- No prior experience required
- Matric or equivalent recommended

Accreditation & Partnership

This course is offered in partnership with Safe Train Consultants, ensuring full accreditation and national recognition for First Aid and BLS training.

Successful students receive a Sports Massage Level 1 Certificate and First Aid Level 1 & 2 certification. Vital Motion Academy is affiliated with the Sports Massage Association of South Africa (SMASA), ensuring all graduates adhere to the highest professional and ethical standards in sport massage.

Schedule & Format

- **Format:** In-person practical's (Bryanston campus) and online theory via the Vital Motion e-learning platform
- **Duration:** 8 weeks (part-time)
- **Sessions:** 1 days per week face-2-face practical sessions

Fees & Payment Options

- **Total Course Fee:** R10 250
- **Includes:** Study materials, manuals, First Aid training, and certification
- **Payment Plans:** Flexible monthly installments available

For group discounts or employer-sponsored training, contact us directly.

How to Register

Secure your spot early — limited spaces per intake!

👉 [Apply Now](#)

or WhatsApp us or call us at 083 550 1476/010 020 1532 or email us at vitalmotionacademy@gmail.com

Career Opportunities

Graduates can begin working as:

- Entry-level sports massage therapists
- Fitness or rehabilitation assistants
- Wellness practitioners in gyms, clinics, or along side Level 2 and 3 Sport Massage Therapists

Continue your journey with our Sports Massage Level 2 program to advance your skills and professional recognition.