

BQA NCQF QUALIFICATION TEMPLATE

SECTION A: QUALIFICATION DETAILS																			
QUALIFICATION DEVELOPER (S)			Boitekanelo College																
TITLE		Diploma in Sports Massage Therapy								NCQF LEVEL		6							
STRANDS (where applicable)		N/A																	
FIELD		Health and Social Services								CREDIT VALUE		240							
SUB FIELD		Health Sciences																	
New Qualification		✓		Legacy Qualification						Renewal Qualification									
										Registration Code									
SUB-FRAMEWORK		General Education						TVET		✓		Higher Education							
QUALIFICATION TYPE		Certificate		I		II		III		IV		V		Diploma		✓	Bachelor		
		Bachelor Honours						Post Graduate Certificate						Post Graduate Diploma					
		Masters								Doctorate/ PhD									
RATIONALE AND PURPOSE OF THE QUALIFICATION																			
<p>RATIONALE:</p> <p>Botswana is progressively investing in its sports infrastructure and development programs. With the growth of sports activities at both grassroots and elite levels, there is a rising demand for qualified professionals who can support athletes and fitness enthusiasts through specialized therapies. The Diploma in Sports Massage Therapy aligns with Botswana's vision of enhancing its sports sector by training professionals who can contribute effectively to athlete care and performance. The Diploma in Sports Massage qualification is designed to equip aspiring practitioners with the essential skills and knowledge necessary to enhance athletic performance and aid in injury prevention and rehabilitation. This program addresses the growing demand for professional sports massage therapists in various sporting environments, from amateur to elite levels. By integrating theoretical foundations with practical applications, the qualification empowers students to understand anatomy, physiology, and the specific needs of athletes. Ultimately, the purpose of this diploma is to foster expertise that not only improves the physical well-being of athletes but also contributes to their overall mental resilience,</p>																			

promoting a holistic approach to sports care and performance optimization. The Diploma in Sports Massage Therapy offers a strategic response to the growing needs of Botswana's sports and fitness sectors. According to the HRDC priority skills set 2023-2024 sports therapy is also a requirement to meet the demands of the nation. By equipping students with specialized skills in sports massage therapy, the program supports athletic performance, injury management, and overall wellness. It also creates valuable career opportunities, fosters local expertise, and contributes to the country's health and sports development goals. This initiative is a key step toward advancing Botswana's sports infrastructure and promoting a healthier, more active population.

PURPOSE: (itemise exit level outcomes)

The purpose of this qualification is to produce graduates with advanced knowledge, skills, and competence to:

1. Perform holistic assessments of clients' physical conditions to Inform tailored Interventions that optimize performance, support recovery, and address injuries effectively,
2. Employ targeted sports massage techniques for diverse athletic needs to enhance recovery, improve flexibility, and prevent injuries in athletes of varying skill levels.
3. Utilize ethical and professional standards in sports therapy to ensure a safe and respectful environment for clients while promoting the importance of sports massage within the broader health and fitness industry.

MINIMUM ENTRY REQUIREMENTS (including access and inclusion)

1. NCQF level 4 Certificate IV or equivalent.
2. Applicants who do not meet the minimum entry requirements will be considered for entry through Recognition of Prior Learning (RPL) as per institution and national policies on RPL.

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SECTION B QUALIFICATION SPECIFICATION	
GRADUATE PROFILE (LEARNING OUTCOMES)	ASSESSMENT CRITERIA
1. Conduct comprehensive assessments of clients' physical conditions and needs, enabling them to tailor sports massage techniques to optimize performance and address specific injuries or concerns.	<p>1.1. Conduct physical assessments using appropriate protocols, including range of motion tests, palpation, and postural analysis.</p> <p>1.2. Record client histories and identifying key factors impacting their performance and recovery.</p> <p>1.3. Develop tailored treatment plans based on assessment findings that address specific needs and goals of clients.</p>
2. Apply sports massage techniques appropriately to enhance recovery, improve flexibility, and prevent injuries in athletes of varying skill levels.	<p>2.1. Execute a variety of massage techniques, including effleurage, petrissage, friction, and tapotement, with appropriate pressure and rhythm.</p> <p>2.2. Modify techniques based on individual client responses and feedback during sessions.</p> <p>2.3. Use time efficiently during sessions, ensuring comprehensive coverage of target areas while maintaining client comfort.</p>
3. Identify how musculoskeletal systems impact athletic performance and recovery.	<p>3.1. Relate major muscle groups, joints, and anatomical landmarks relevant to sports massage accurately.</p> <p>3.2. Apply knowledge of different body systems interaction in relation to specific massage techniques which impact athletic performance and recovery.</p> <p>3.3. Apply the anatomical and physiological knowledge in relation to specific massage techniques and their effects on athletes.</p>
4. Comply with ethical standards in practice, ensuring a safe and respectful environment for clients while promoting the importance of sports massage	<p>4.1. Uphold ethical standards in various scenarios, ensuring client confidentiality, informed consent, and professional boundaries.</p>

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within the broader health and fitness industry.	<p>4.2. Display professionalism in communication, appearance, and behaviour within clinical settings.</p> <p>4.3. Engage in ongoing education and self-reflection to enhance skills and knowledge within the field of sports massage therapy.</p>
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SECTION C	QUALIFICATION STRUCTURE			
COMPONENT	TITLE	Credits Per Relevant NCQF Level		Total Credits
		Level 5	Level 6	
FUNDAMENTAL COMPONENT Subjects/ Courses/ Modules/Units	Basic Computer Application	8		8
	Communication & Study Skills	8		8
	Sociology		10	10
	Anatomy and physiology	12		12
	General Chemistry	10		10
CORE COMPONENT Subjects/Courses/ Modules/Units	Health law and ethics	10		10
	Introduction to psychology		12	12
	Introduction to Counselling	12		12
	Massage Techniques and Methodologies		26	26
	Health Education	12		12

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	Research Methods		14	14
	Assessment and Evaluation	12		12
	Injury Prevention and Rehabilitation		12	12
	Sports Nutrition and Hydration		12	12
	Entrepreneurship		12	12
	Cultural Competence and Sensitivity		12	12
	Emergency Response and Safety	14		14
	Practical Experience and Placement		20	20
	Healthcare Professionalism	12		12
STRANDS/ SPECIALIZATION	Subjects/ Courses/ Modules/Units	Credits Per Relevant NCQF Level		240
		Level []	Level []	
1.	N/A			
2.				
Electives				

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SUMMARY OF CREDIT DISTRIBUTION FOR EACH COMPONENT PER NCQF LEVEL

TOTAL CREDITS PER NCQF LEVEL

NCQF Level	Credit Value
5	110
6	130
TOTAL CREDITS	240

Rules of Combination:

(Please Indicate combinations for the different constituent components of the qualification)

Fundamental Components: 48

Core Components: 192

Electives: 0

Total Credits: 240

BOTSWANA
Qualifications Authority

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BOTSWANA
Qualifications Authority

ASSESSMENT ARRANGEMENTS

The qualification will be assessed through formative assessment with a weight of 50%, and summative, weighing 50%.

All assessors for the qualification shall be registered with Botswana Qualifications Authority or any equivalent and recognised body.

MODERATION ARRANGEMENTS

There shall be both internal and external moderation which shall be carried out in accordance with ETP and national moderation policy requirements.

All moderators of assessments for the qualification shall be registered with Botswana Qualifications Authority or any equivalent and recognised body

RECOGNITION OF PRIOR LEARNING

There shall be a provision for the award of credits towards the qualification through Recognition of Prior Learning, RPL in accordance with ETP and national policies on RPL.

CREDIT ACCUMULATION AND TRANSFER

There shall be a provision for the award of credits towards the qualification through Credit Accumulation and Transfer, CAT in accordance with ETP and national policies on CAT.

PROGRESSION PATHWAYS (LEARNING AND EMPLOYMENT)

Learning Pathways

- Diploma in Nursing
- Diploma in Counselling
- Diploma in Community Services

- Vertical Articulation (qualifications to which the graduate may progress to) include:
 - Bachelor of Science in Public Health
 - Bachelor of Science in Community Services
- Employment Pathways
 - Sports Massage Therapist
 - Personal Trainer
 - Sports Recovery Specialist

- Sports Performance Consultant
- Instructor or Trainer
- Sporting Event Staff

QUALIFICATION AWARD AND CERTIFICATION

Qualification award

For a candidate to be awarded a Diploma in Sports Massage Therapy they must have acquired a minimum of 240 credits.

Certification

Graduates shall be issued with a certificate

SUMMARY OF REGIONAL AND INTERNATIONAL COMPARABILITY

The qualification compares well with the institutions benchmarked in terms of the similarities observed of learning outcomes, modules offered and employment opportunities however there are some differences also observed in terms of credit value and duration of the program which might be due to NQF framework used in different countries.

Similarities:

Diploma in Sports Massage, Institute of Beauty, Ireland

Learning outcomes: The learning outcomes in the qualification offered by Institute of Beauty, Ireland compares well with the developed qualification like: Applying sports massage treatments—to include preparing a safe and hygienic working environment compares well with apply sports massage techniques appropriately to enhance recovery, improve flexibility, and prevent injuries in athletes of varying skill levels. The outcome which states from the Institute of Beauty that the learner will also develop knowledge about client care and communication, health, safety and hygiene, relevant legislation and professional standards which are essential to work and be successful in the industry also compares well with developed qualification which states exhibiting professionalism and adhere to ethical standards in practice, ensuring a safe and respectful environment for clients while promoting the importance of sports massage within the broader health and fitness industry.

Modules: The modules offered In Diploma in Sports massage therapy by Institute of Beauty Ireland compares well with the developed qualification like the modules offered like Anatomy and physiology for sports and massage, principles of health and fitness, professional practice in sports and massage, understand the principles of soft tissue function and Sports massage treatments has different nomenclature than the developed qualification however they compare well they have the same

content as massage techniques and methodologies, health education and injury prevention and rehabilitation.

Employment Opportunities: The employment opportunities for the developed qualification is also similar to one offered at Ireland opportunities for a sports massage therapist to find employment in a variety of areas, gym, Health club, Spa, Cruise ships, Hotels or resorts, Own sports massage clinic and sporting events

Diploma in sports Massage Therapy, Loughborough College (UK)

Learning outcomes: The learning Outcomes in the qualification offered by Loughborough, UK like apply sports and remedial massage therapies, adopt the most effective remedies for releasing muscle tension and restoring balance to the musculoskeletal system which is similar to the proposed qualification of apply sports massage techniques appropriately to enhance recovery, improve flexibility, and prevent injuries in athletes of varying skill levels and identify how musculoskeletal systems impact athletic performance and recovery.

Modules: The Courses covered in the qualification by Loughborough college include anatomy and physiology, health and fitness, sports injury, health and safety, sports massage treatments - pre/post and preventative client assessment whereas the modules like the developed qualification is anatomy and physiology, massage techniques and methodologies, health education and injury prevention and rehabilitation.

Differences

Diploma in Sports Massage, Institute of Beauty, Ireland

Duration: The duration of Diploma in Sports massage, Institute of Beauty, Ireland is offered for 225 hours guided learning whereas the developed qualification is for 2 years this is to ensure that the learners also go for practice placement in their year of study.

NQF level and Credits: The qualification offered by Loughborough, UK has total 120 credits at RQF level 3 whereas the developed qualification has 250 credits with NQF level 6. The difference is due to qualification structure difference as UK qualifications are guided by RQF (Regional Qualification Framework) which is equivalent to NCQF of Botswana.

Diploma in sports Massage Therapy, Loughborough College (UK)

Duration: The qualification offered by Loughborough College is for 1 year whereas the developed qualification will be offered for 2 years as the developed qualification includes embedded work integrated learning hence offered for 2 years but the overall content is the same.

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Credits and NQF level: The qualification offered by Loughborough College is aligned to FHEQ level 3 with 120 credits whilst the developed qualification is at NCQF level 6 with 240 credits. This difference is due to the Qualification framework difference internationally but at the same level.

The proposed qualification overall compares well with other qualifications internationally which it was benchmarked against. The qualification offers similar modules though some of the qualifications have a different name. The proposed qualifications with the qualifications benchmarked provides a strong foundation in sports massage techniques appropriately to enhance recovery, improve flexibility, and prevent injuries in athletes of varying skill levels. The proposed qualification and other benchmarked qualification are equipped with exhibiting professionalism and adhere to ethical standards in practice, ensuring a safe and respectful environment for clients while promoting the importance of sports massage within the broader health and fitness industry. The similarity of the courses consequently translates to the graduate profile of the qualifications from the above-mentioned institutions being comparable to the proposed qualification. Generally, the qualification compares well with the benchmarked institutions in terms of Learning outcomes and modules offered which facilitates easy articulation for the learners into the same qualifications identified both horizontally and vertically.

REVIEW PERIOD

5 Years

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For Official Use Only:

CODE (ID)			
REGISTRATION STATUS	BQA DECISION NO.	REGISTRATION START DATE	REGISTRATION END DATE
LAST DATE FOR ENROLMENT		LAST DATE FOR ACHIEVEMENT	