# Record of Assessment

**ITEC Level 4 Certificate in Sports Massage Therapy (QCF)**  
**Unit 457 – Treatment Modalities to Support Soft Tissue Repair**

**Unit Accreditation Number:** K/506/7503

<table>
<thead>
<tr>
<th>Learning Outcome</th>
<th>Assessment Criteria</th>
</tr>
</thead>
</table>
| 1. Understand treatments to support soft tissue repair | 1.1 Explain the aims of treatments to support soft tissue repair during the acute stage of injury  
1.2 Describe the treatment protocols to use with clients during the acute stage of injury  
1.3 Explain the aims of treatment to support soft tissue repair during the sub-acute stage of injury  
1.4 Explain which treatment options support the sub-acute stage of injury  
1.5 Explain the aims of treatments to support soft tissue repair during the chronic stage of injury  
1.6 Explain which treatment options support the chronic stage of injury |
| 2. Understand the use of cryotherapy during soft tissue repair | 2.1 Explain the physiological and neurological effects of using ice during soft tissue repair  
2.2 Describe methods of applying cryotherapy during soft tissue repair  
2.3 Identify contraindications to cryotherapy  
2.4 Describe adverse reactions to cryotherapy  
2.5 Explain actions to take in the event of an adverse reaction |
| 3. Understand the use of heat treatments during soft tissue repair | 3.1 Explain the physiological and neurological effects of using heat during soft tissue repair  
3.2 Describe methods of applying heat during soft tissue repair  
3.3 Identify contraindications to heat treatments  
3.4 Describe adverse reactions to heat treatments  
3.5 Explain actions to take in the event of an adverse reaction |

**Assessment Method:** Assignment □  
Date: ..............

Unit complete:  
Student Name…………………….Signature……………….Date……………………………

Lecturer/Assessor’s Name…………………….Signature …………….. Date…………………………

Quality Assured by Name…………………….Signature ……………….. Date…………………………

ITEC External Examiner’s Name………………….Signature………………  Date……………………….