



CERTIFICATE SUPPLEMENT (*)



SWEDEN

1. CERTIFICATE TITLE

Yrkeshögskoleexamen

Massage- och Friskvårdsterapeut

2. TRANSLATION OF CERTIFICATE TITLE

Higher Vocational Education Diploma

Massage and Wellness Therapist

This translation has no legal status.

3. SKILLS AND KNOWLEDGE PROFILE

The holder of this document has

- Knowledge of the human body's structure, function and physiology with emphasis on the musculoskeletal anatomy and physiology.
- Knowledge of problems, injuries and disorders of the musculoskeletal system.
- Knowledge of the therapeutic effect of massage.
- Knowledge of strength training, cardio and functional training and how to design individual training programmes.
- Knowledge of nutrition, the importance of diet for good health and nutrition advice.
- Knowledge of marketing and how to start and run a business.
- Skills to work with classic Swedish massage, therapeutic stretches and tests and examinations.
- Skills to perform rehabilitation and emergency care on injuries.
- Skills to coach exercising.
- Skills to analyse diets and provide dietary advice based on wellness.
- Competence to provide tailored preventive and rehabilitative massage treatments.
- Competence to instruct, motivate, coach and guide clients towards set fitness and health goals.
- Competence to adapt a holistic approach when assessing individuals' condition and health.
- Competence to provide advice regarding training, treatment or referral to other professionals.

4. PROFESSIONS AVAILABLE FOR THE HOLDER OF THE CERTIFICATE

Massage and Wellness Therapist, Massage Therapist, Medical Massage Therapist, Personal Trainer and Health Coach

5. OFFICIAL STATUS OF THE CERTIFICATE

Name and address of the awarding institution	Name and address of the public authority issuing awarding entitlement to education providers
	The Swedish National Agency for Higher Vocational Education Box 145, 721 05 Västerås Sweden www.myh.se
Diploma level (national or international designation)	Grading scale
SEQF/EQF:	Fail (Icke godkänt - IG) Pass (Godkänt - G) Pass with Distinction (Väl godkänt - VG)

6. OFFICIALLY RECOGNISED MANNER OF OBTAINING THE DIPLOMA

Description of vocational education and training received	Per cent of whole programme (%)	Length (weeks)
• College/education centre		weeks
• Placement – Learning in a work environment		weeks
Total teaching/study duration resulting in diploma		weeks
Further information		
The Higher Vocational Education Diploma requires a minimum of a Pass (Godkänt) in all courses. Five HVE credits correspond to one week of full-time studies.		
A Higher Vocational Education Diploma is awarded if the study programme comprises a minimum of 200 Higher Vocational Education credits (HVE credits).		
An Advanced Higher Vocational Education Diploma is awarded if the study programme comprises a minimum of 400 HVE credits, at least one quarter of programme time is spent on student placement, and the student has completed an independent project.		
Entry requirement is successful completion of upper secondary education.		
For more information on higher vocational education, please visit the website of the Swedish National Agency for Higher Vocational Education: www.myh.se		

(*) Explanatory notes

This document is intended to provide additional information about the specified diploma and has no legal status in itself. It is based on Council Resolution 93/C No. 49/01 of 3 December 1992 on the transparency and clarity of qualifications, Council Resolution 96/C 224/04 of 15 July 1996 on the transparency and clarity of vocational education certificates, and the European Parliament and Council Recommendation 2001/613/EC of 10 July 2001 on mobility within the Union of students, persons undergoing vocational training, volunteers, teachers and educators.

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