



1. Title of the certificate – Yrkeshögskoleexamen ¹

Massage- och Friskvårdsterapeut

2. Translated title of the certificate – Higher Vocational Education Diploma ²

Massage and Wellness Therapist

3. Knowledge, skills and competence profile

The holder of the certificate has:

- Knowledge of the anatomy and physiology of the apparatus of movement (in-depth), specialised knowledge of applied anatomy/palpation and general knowledge of the body's other structure, function and diseases.
- Knowledge of medical terminology in several languages.
- Knowledge of the therapeutic action of massage and appropriate preventive and rehabilitative interventions.
- Knowledge of contraindications for massage and how to safely use massage as a treatment method.
- Knowledge of frequent problems, injuries and medical conditions in the apparatus of movement.
- Knowledge of methods of rehabilitation after injury.
- Skills in performing advanced therapeutic massage treatments as well as other specific therapies.
- Skills in performing advanced and specific tests and examinations.
- Skills in always being able to take into account indications and contraindications for treatments and exercise.
- Skills in identifying risks and initiating preventive measures to reduce work-related injuries.
- Skills in setting up rehabilitation plans and analysing commenced rehabilitative measures.
- Skills in coaching and motivating individuals towards set goals.
- Competence to act as a Massage and Wellness Therapist both preventively and rehabilitatively with specific therapeutic treatments tailored to the customer's individual needs and wishes.
- Competence to independently receive and work with customers at their own clinic.
- Competence to identify symptoms and causality of frequent injuries within the apparatus of movement and to be able to set up, evaluate and complete specialised rehabilitation plans for these.
- Competence to plan and implement individual treatment plans and identify when other resources within the health care services should be involved.
- Competence to create, instruct and evaluate personalised exercise programmes and monitor and guide the customer.
- Competence to independently instruct, motivate and coach/guide the customer to set goals in exercise, diet and health.

4. Range of occupations accessible to the holder of the certificate ³

Massage and Wellness Therapist, Massage Therapist, Wellness Therapist, Health Coach, Health Advisor and Personal Trainer, wellness

¹ In the original language. | ² If applicable. This translation has no legal status. | ³ If applicable.

1. Official basis of the certificate

Name and address of the awarding institution	Authority providing accreditation / recognition of the certificate
	The Swedish National Agency for Higher Vocational Education Box 145 721 05 Västerås, Sweden www.myh.se
Level of the certificate (national or European) ¹	Grading scale / Pass requirements
Level 5 in the National Qualifications Framework (SeQF) Level 5 in the European Qualifications Framework (EQF)	Fail (icke godkänt – IG) Pass (Godkänt – G) Pass with distinction (Väl godkänt – VG)
Access to next level of education / training ¹	International agreements on recognition of qualifications ¹
	The Higher Vocational Education Diploma requires a minimum of a Pass (Godkänt) in all courses.

Legal basis

A Higher Vocational Education Diploma is awarded if the study programme comprises a minimum of 200 Higher Vocational Education credits (HVE credits). Five HVE credits correspond to one week of full-time studies.

2. Officially recognised ways of acquiring the certificate

Description of vocational education and training	Percentage of total programme (%)	Duration (/weeks)
College/education centre	%	weeks
Placement – learning in a work environment	%	weeks
Total duration of the education / training leading to the certificate		weeks

3. Additional information

Entry requirements ¹

Entry requirement is successful completion of upper secondary education.

More information (including a description of the national qualifications system)

For more information on higher vocational education, please visit the website of the Swedish National Agency for Higher Vocational Education: www.myh.se

National Europass Centre

www.myh.se

¹ If applicable.