



# APPENDIX TO DIPLOMA (\*)



## 1. EXAMENSBEVISETS BENÄMNING

Kvalificerad Yrkehögskoleexamen

Massage- och Friskvårdsterapeut

## 2. TRANSLATION OF DIPLOMA TITLE

Advanced Diploma in Higher Vocational Education

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 the design of individual training programmes.
- Knowledge of nutrition, the importance of diet for good health and nutrition advice.
- Knowledge of how to start up and run a business as well as marketing.
- Skills in administering treatments with classic Swedish massage, therapeutic stretches and tests and examinations.
- Skills in performing rehabilitative measures and emergency care on injuries.
- Skills in instructing during training.
- Skills in performing dietary analyses and providing dietary advice within the context of wellness.
- Competence in working as a massage therapist, providing both preventive and rehabilitative treatments that are tailored to the client's individual needs.
- Competence in instructing, motivating and coaching/guiding the client to set goals within fitness and health.
- Competence in using an holistic approach when assessing individuals' condition and health, and in providing individual advice regarding training, treatment or referral to other professionals.

## 4. PROFESSIONS AVAILABLE FOR HOLDERS OF THE DIPLOMA

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

## 5. OFFICIAL STATUS OF THE DIPLOMA

<b>Name, status and address of the institution awarding the diploma</b>	<b>Name, status and address of the public authority issuing the entitlement to award a diploma to education providers</b>  The Swedish National Agency for Higher Vocational Education Postal Address: Box 145, S-721 05 Västerås <a href="http://www.myh.se">www.myh.se</a>
<b>Diploma Level (national or international designation)</b>  NQF/EQF: <i>scale not yet established</i> ISCED – scale:	<b>Grading Scale</b>  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 (hours/weeks/months/years)
• College/education centre		weeks
• Placement – Learning in a work environment		weeks
Total teaching/study duration resulting in diploma		<b>weeks/years</b>
<p><b>Further information</b></p> <p>A higher vocational programme may be of 200 vocational credits, equivalent to one full academic year, or 400 vocational credits, corresponding to two full academic years. If the criteria in Chapter 2, Section 13 of the Ordinance (2009:130) on higher vocational education are fulfilled, a Diploma in Higher Vocational Education is obtained. If the criteria in Chapter 2, Section 14 of the Ordinance (2009:130) on higher vocational education are fulfilled, an Advanced Diploma Higher Vocational Education is obtained.</p> <p>Entry requirement is successful completion of upper secondary education.</p> <p>For more information on higher vocational education, please visit the website of the Swedish National Agency for Higher Vocational Education: <a href="http://www.myh.se">www.myh.se</a></p>		

**(\*) 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.

Further information on transparency and clarity may be obtained from: [www.cedefop.eu.int/transparency](http://www.cedefop.eu.int/transparency)

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