

## ISA Certificate in Basic Sports Massage

Sign up with a family/friend  
and enjoy special discounts!



Get certified to perform basic sports massage to help athletes maximise their performance by reducing fatigue and increasing endurance, improving flexibility and preventing injuries, relieving pain and reducing recovery time.

<b>Course Duration</b>	42 hours over 6 days (Sat & Sun)
<b>Course Dates (Next Intake)</b>	6, 7, 13, 14, 20, 21 Mar 2021
<b>Course Fees</b>	\$950.00
<b>Continuing Education Credits (if applicable)</b>	10 CoachSG CCE Hours awarded upon completion
<b>Registration Deadline</b>	3 Mar 2021



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### Course Synopsis

This course emphasizes the techniques of deep tissue and recovery massage. Participants will learn essential concepts such as Human Anatomy and Kinesiology in order to build a strong foundation which will aid them in massage. Participants will then learn how to conduct massage techniques such as effleurage, petrissage and tapotement. Participants will also learn the indications/contraindications and the appropriate application of these approaches for various conditions. Additionally, this course provides participants with an understanding of basic medical terminology and the relationship between anatomy/physiology and the practice of sports massage. Finally, participants must complete 10 hours of a massage attachment under the supervision of the trainer.

### Course Objectives

Upon successful completion of the course, participants will understand:

- Basic anatomy/physiology of the human body
- Whole body sports massage techniques
- The application of deep tissue and recovery massage techniques
- The indications/contraindications of sports massage
- How to conduct a proper set up of the massage bed and preparation of the client for the massage

### Course Syllabus

Please refer to pages 3 – 4 for detailed course syllabus and class schedule.

### Assessment

**Theory and Practical Assessment**  
21 Mar 2021 (Sun)

### Award

Upon completion of the course, each participant will be awarded  
**ISA Certificate in Basic Sports Massage**

### Venue

**International Sports Academy**  
1 Stadium Place, Kallang Wave Mall, #01-11  
Singapore 397628  
(opposite beach volleyball courts)

### Payment

Payment can be made via:

1. **Cash**
2. **Cheque**
3. **Online Transfer**



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## Course Schedule

Due to new measures announced for COVID-19 and Phase 3 in Singapore, theory components that was originally meant to be delivered face to face during each session will now be delivered via Zoom over the 1<sup>st</sup> weekend. Practical components from each week will be compiled over 4 sessions and delivered face to face during the 2<sup>nd</sup> and 3<sup>rd</sup> weekends to minimise the requirement to head to ISA Campus for weekly sessions (as per previous format). For this intake, students are only required to head to ISA Campus in small groups (in adherence to the current measures) for the 2<sup>nd</sup> and 3<sup>rd</sup> weekend for the practical components of the course.

<b>6 Mar 2021 (Sat)</b> 9am – 5 pm <b>Theory Session 1</b> Delivered online via Zoom	<b>7 Mar 2021 (Sun)</b> 9 am – 5 pm <b>Theory Session 2</b> Delivered online via Zoom	<b>13 Mar 2021 (Sat)</b> 9 am – 5 pm <b>Practical Session 1</b> Delivered in person at ISA
<p><b>Introduction to Sports Massage</b></p> <ul style="list-style-type: none"> <li>• History of Sports Massage</li> <li>• Benefits of Sports Massage</li> <li>• Techniques of Sports Massage</li> </ul> <p><b>Anatomy/Physiology in Sports Massage</b></p> <ul style="list-style-type: none"> <li>• Anatomical Terminology</li> <li>• Respiratory System</li> <li>• Skeletal System</li> <li>• Muscular System</li> <li>• Nervous System</li> <li>• Endocrine System</li> </ul>	<p><b>Anatomy for Lower Extremities</b></p> <ul style="list-style-type: none"> <li>• Anatomy of Lower Extremity (Posterior)</li> <li>• Anatomy of Lower Extremity (Anterior)</li> </ul> <p><b>Anatomy for Upper Extremities</b></p> <ul style="list-style-type: none"> <li>• Anatomy of Back/Scapula/Neck (Anterior)</li> <li>• Anatomy of Trunks &amp; Chest</li> <li>• Anatomy of Shoulders &amp; Arms</li> </ul>	<p><b>Introduction to Sports Massage Techniques</b></p> <ul style="list-style-type: none"> <li>• Effleurage</li> <li>• Petrissage</li> <li>• Deep strokes</li> <li>• Tapotement</li> </ul> <p><b>Class Practice</b></p> <p><b>Sports Massage for Lower Extremities</b></p> <ul style="list-style-type: none"> <li>• Massage Technique Demo for Lower Extremity (Posterior)</li> <li>• Massage Technique Demo for Lower Extremity (Anterior)</li> </ul> <p><b>Class Practice</b></p>



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14 Mar 2021 (Sun) 9am – 5pm Practical Session 2 Delivered in person at ISA	20 Mar 2021 (Sat) 9 am – 5 pm Practical Session 3 Delivered in person at ISA	21 Mar 2021 (Sun) 9 am – 5 pm Practical Session 4 Delivered in person at ISA
<p><b>Sports Massage for Upper Extremities and Back</b></p> <ul style="list-style-type: none"> <li>• Massage Technique Demo for Back / Scapula / Neck</li> <li>• Massage Technique Demo for Trunks &amp; Chest</li> <li>• Massage Technique Demo for Shoulder &amp; Arms</li> </ul> <p><b>Class Practice</b></p>	<p><b>Pre- Event Sports Massage &amp; Stretches</b></p> <ul style="list-style-type: none"> <li>• Pre-event Sports Massage &amp; Stretches</li> <li>• Recovery/Post-event Sports Massage &amp; Stretches</li> </ul> <p><b>Flexibility/Stretching Methods</b></p> <ul style="list-style-type: none"> <li>• Static/Dynamic Stretching Methods</li> <li>• PNF Stretching</li> </ul> <p><b>Class Practice for Full Body Massage</b></p>	<p><b>Theory</b></p> <ul style="list-style-type: none"> <li>• Revision</li> <li>• <b>Assessment</b></li> </ul> <p><b>Practical</b></p> <ul style="list-style-type: none"> <li>• Revision</li> <li>• <b>Assessment</b></li> </ul>
<p><b>10 Hours Practicum</b></p>		
<p>Upon completion of the 6 lessons, students have to complete a <b>COMPULSORY</b> 10-hour practicum under the supervision of our instructors. More information on this will be provided during the course.</p>		

Please note that course dates and times are subject to change at the discretion of the International Sports Academy.





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## What is the ISA Professional Certification Series?

A series of programmes designed to provide participants with the necessary skills and knowledge to excel in the sports and fitness industry. Programmes leading to professional certifications include our highly popular Certified Personal Trainer Course leading to the internationally-recognised American Council on Exercise, our Strength and Conditioning Specialist Course leading to the gold standard National Strength and Conditioning Association Certification, as well as the ASCA swim coaching courses certified by the American Swimming Coaches Association.

## Who Should Attend?

Just a handful of our professional certification courses require some prior knowledge of sports and fitness, otherwise our courses are by and large suitable for all learners who want to get a head start in the sports and fitness industry.

## The ISA Advantage

ISA has been a trusted name in sports and fitness training and education in Singapore since 2003. We seek to be the thought leader by bringing together local and international experts with diverse expertise from across the industry, to seek collaborative solutions to Singapore’s and the region’s problems relating to health, fitness and sports.

In pursuit of our mission, we offer a full range of professional certifications, and short continuing education courses, each tailored to suit your varied needs and objectives.

- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Endorsed by industry leaders such as Virgin Active, True Fitness, the Pure Group, WAKO Singapore, Singapore Federation of Bodybuilding and Fitness, Superfit, Sports Lifestyle Initiatives, Club Managers’ Association (Singapore) and Sports Lab among others
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing your skillsets.

