

ISA Certificate in Basic Sports Massage



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.

Course Duration	42 hours over 6 days (Sat & Sun)
Course Dates (Next Intake)	4, 5, 11, 12, 18, 19 Mar 2023
Course Fees	\$950.00
Grants Available (T&Cs apply)	<ul style="list-style-type: none">• SkillsFuture Credits: For Singaporeans 25 years old and above with minimum 75% attendance rate• UTAP: 50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year for members below 40 old, and \$500.00/year for members 40 years and above
Continuing Education Credits (if applicable)	<ul style="list-style-type: none">• 10 CoachSG CCE Hours awarded upon completion
Registration Deadline	27 Feb 2023

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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

19 Mar 2023 (Sun)

Award

Upon completion of the course, each participant will be awarded

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Venue

International Sports Academy

1 Stadium Place, Kallang Wave Mall, #01-11

Singapore 397628

(opposite beach volleyball courts)

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Course Schedule

4 Mar 2023 (Sat) 9am – 5 pm Theory Session 1 Delivered online via Zoom	5 Mar 2023 (Sun) 9 am – 5 pm Theory Session 2 Delivered online via Zoom	11 Mar 2023 (Sat) 9 am – 5 pm Practical Session 1 Delivered in person at ISA
Introduction to Sports Massage <ul style="list-style-type: none"> History of Sports Massage Benefits of Sports Massage Techniques of Sports Massage Anatomy/Physiology in Sports Massage <ul style="list-style-type: none"> Anatomical Terminology Respiratory System Skeletal System Muscular System Nervous System Endocrine System 	Anatomy for Lower Extremities <ul style="list-style-type: none"> Anatomy of Lower Extremity (Posterior) Anatomy of Lower Extremity (Anterior) Anatomy for Upper Extremities <ul style="list-style-type: none"> Anatomy of Back/Scapula/Neck (Anterior) Anatomy of Trunks & Chest Anatomy of Shoulders & Arms 	Introduction to Sports Massage Techniques <ul style="list-style-type: none"> Effleurage Petrissage Deep strokes Tapotement Class Practice Sports Massage for Lower Extremities <ul style="list-style-type: none"> Massage Technique Demo for Lower Extremity (Posterior) Massage Technique Demo for Lower Extremity (Anterior) Class Practice
12 Mar 2023 (Sun) 9am – 5pm Practical Session 2 Delivered in person at ISA	18 Mar 2023 (Sat) 9 am – 5 pm Practical Session 3 Delivered in person at ISA	19 Mar 2023 (Sun) 9 am – 5 pm Practical Session 4 Delivered in person at ISA
Sports Massage for Upper Extremities and Back <ul style="list-style-type: none"> Massage Technique Demo for Back / Scapula / Neck Massage Technique Demo for Trunks & Chest Massage Technique Demo for Shoulder & Arms Class Practice	Pre- Event Sports Massage & Stretches <ul style="list-style-type: none"> Pre-event Sports Massage & Stretches Recovery/Post-event Sports Massage & Stretches Flexibility/Stretching Methods <ul style="list-style-type: none"> Static/Dynamic Stretching Methods PNF Stretching Class Practice for Full Body Massage	Theory <ul style="list-style-type: none"> Revision Assessment Practical <ul style="list-style-type: none"> Revision Assessment
10 Hours Practicum		
<p>Upon completion of the 6 lessons, students have to complete a COMPULSORY 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.

