

## 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 (1 weekend & 4 weekdays)
<b>Course Dates (Next Intake)</b>	5, 6, 7, 8, 10, 11 Aug 2023
<b>Course Fees</b>	\$950.00
<b>Grants Available (T&amp;Cs apply)</b>	<ul style="list-style-type: none"><li>• SkillsFuture Credits: For Singaporeans 25 years old and above with minimum 75% attendance rate</li><li>• 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</li></ul>
<b>Continuing Education Credits (if applicable)</b>	<ul style="list-style-type: none"><li>• 10 CoachSG CCE Hours awarded upon completion</li></ul>
<b>Registration Deadline</b>	31 Jul 2023

## ISA Certificate in Basic Sports Massage

### 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**

11 Aug 2023 (Fri)

### 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)

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## Course Schedule

<b>5 Aug 2023 (Sat)</b> <b>9am – 5 pm</b> <b>Theory Session 1</b> <b>Delivered online via Zoom</b>	<b>6 Aug 2023 (Sun)</b> <b>9 am – 5 pm</b> <b>Theory Session 2</b> <b>Delivered online via Zoom</b>	<b>7 Aug 2023 (Mon)</b> <b>9 am – 5 pm</b> <b>Practical Session 1</b> <b>Delivered in person at ISA</b>
<b>Introduction to Sports Massage</b> <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> <b>Anatomy/Physiology in Sports Massage</b> <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>	<b>Anatomy for Lower Extremities</b> <ul style="list-style-type: none"> <li>Anatomy of Lower Extremity (Posterior)</li> <li>Anatomy of Lower Extremity (Anterior)</li> </ul> <b>Anatomy for Upper Extremities</b> <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>	<b>Introduction to Sports Massage Techniques</b> <ul style="list-style-type: none"> <li>Effleurage</li> <li>Petrissage</li> <li>Deep strokes</li> <li>Tapotement</li> </ul> <b>Class Practice</b> <b>Sports Massage for Lower Extremities</b> <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> <b>Class Practice</b>
<b>8 Aug 2023 (Tue)</b> <b>9am – 5pm</b> <b>Practical Session 2</b> <b>Delivered in person at ISA</b>	<b>10 Aug 2023 (Thurs)</b> <b>9 am – 5 pm</b> <b>Practical Session 3</b> <b>Delivered in person at ISA</b>	<b>11 Aug 2023 (Fri)</b> <b>9 am – 5 pm</b> <b>Practical Session 4</b> <b>Delivered in person at ISA</b>
<b>Sports Massage for Upper Extremities and Back</b> <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> <b>Class Practice</b>	<b>Pre- Event Sports Massage &amp; Stretches</b> <ul style="list-style-type: none"> <li>Pre-event Sports Massage &amp; Stretches</li> <li>Recovery/Post-event Sports Massage &amp; Stretches</li> </ul> <b>Flexibility/Stretching Methods</b> <ul style="list-style-type: none"> <li>Static/Dynamic Stretching Methods</li> <li>PNF Stretching</li> </ul> <b>Class Practice for Full Body Massage</b>	<b>Theory</b> <ul style="list-style-type: none"> <li>Revision</li> <li><b>Assessment</b></li> </ul> <b>Practical</b> <ul style="list-style-type: none"> <li>Revision</li> <li><b>Assessment</b></li> </ul>
<b>10 Hours Practicum</b>		
<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.

