

## ISA Certificate in Advanced Sports Massage

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



Get certified in advanced sports massage to assist athletes with injury recovery through deep tissue massage, myofascial injury management, knowledge of muscle strain and trigger point release techniques. Participants will also learn the indications/contraindications and the appropriate application of these approaches for other various clinical conditions such as nerve impingement.

<b>Course Duration</b>	28 hours over 4 days
<b>Course Dates (Next Intake)</b>	23, 24, 30, 31 Mar 2024
<b>Course Fees</b>	\$1,200.00
<b>Entry Requirements</b>	<ul style="list-style-type: none"> <li>• ISA Certificate in Basic Sports Massage; or</li> <li>• Any Basic Sports Massage Certifications from other Institutions</li> </ul>
<b>Registration Deadline</b>	16 Mar 2024
<b>Grants Available (T&amp;Cs apply)</b>	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 years old, and \$500.00/year for members 40 years and above

# ISA Certificate in Advanced Sports Massage

## Course Synopsis

This advance sports massage course emphasizes the current basic sports massage techniques of deep tissue massage and release methods to the injured muscle. Participants will learn how to conduct basic ROM testing and joint release techniques. Participants will be exposed to the different types of myofascial injuries and the correct approach to manage it. Participants will also learn the indications/contraindications and the appropriate application of these approaches for other various clinical conditions such nerve impingement. Additionally, this course provides participants with an understanding of the various stages of muscle strain and duration needed for the full recovery. Components of trigger point release will also be discussed. Participants will also be required to complete a case study assessment before being certified as competent.

## Course Objectives

Upon successful completion of the course, participants will understand:

- Demonstrate skill in the application of deep tissue massage on the muscle.
- Demonstrate skill in conducting ROM testing and managing joint issues.
- Understand the indications/contraindications of advance sports massage.
- Demonstrate competency in managing the client's injuries.
- Understand anatomy and physiology in depth.

## Course Syllabus

Please refer to page 3 for detailed course syllabus and class schedule.

## Assessment

### Practical Assessment & Case Study Presentation

Conducted on Day 4 of the course

## Massage Components

- Ankle (High Ankle Sprain)
- Knee (Post surgery ACL)
- Hip / Groin (Iliopsoas release)
- Glutes (Sciatica)
- Lower Back pain
- Shoulder Impingement
- Neck Strain

## Award

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

## Venue

### International Sports Academy

1 Stadium Place, Kallang Wave Mall, #01-09/11  
Singapore 397628  
(opposite beach volleyball courts)

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## Course Schedule

<p>23 Mar 2024 (Sat) 9.00am – 5.00pm <b>Theory &amp; Practical Session 1</b> Delivered in person at ISA</p>	<p>24 Mar 2024 (Sun) 9.00am – 5.00pm <b>Theory &amp; Practical Session 2</b> Delivered in person at ISA</p>
<p><b>Introduction Advance Sports Massage</b></p> <ul style="list-style-type: none"> <li>Recap on Basic Sports Massage Theory</li> <li>Understanding muscle strain and the stages involved</li> <li>Introduction to trigger points and release</li> <li>Anatomy of the shoulder joint</li> <li>Anatomy of the hip joint</li> <li>Anatomy of the knee joint</li> <li>Anatomy of the ankle joint</li> <li>Anatomy of the erector spinae group and the neck</li> </ul> <p><b>Basic sports massage</b></p> <ul style="list-style-type: none"> <li>Recap on Basic Sports Massage practical</li> <li>Basic sports massage (Technique refinement)</li> </ul> <p><b>Ankle Joint</b></p> <ul style="list-style-type: none"> <li>Surface anatomy of the ankle joint (Anterior/Posterior)</li> <li>Injuries to the ankle joint and management</li> <li>Practical advance massage / release technique for the ankle joint</li> </ul>	<p><b>Knee Joint</b></p> <ul style="list-style-type: none"> <li>Recap of Day 1</li> <li>Surface anatomy of the knee joint (Anterior/Posterior)</li> <li>Injuries to the knee joint and management</li> <li>Practical advance massage / release technique for the knee joint</li> </ul> <p><b>Hip Joint / Glutes</b></p> <ul style="list-style-type: none"> <li>Surface anatomy of the hip joint / glutes (Anterior/Posterior)</li> <li>Injuries to the hip joint/glutes and management</li> <li>Practical advance massage release technique for the hip joint and glutes release</li> </ul>
<p>30 Mar 2024 (Sat) 9.00am – 5.00pm <b>Theory &amp; Practical Session 3</b> Delivered in person at ISA</p>	<p>31 Mar 2024 (Sun) 9.00am – 5.00pm <b>Theory &amp; Practical Session 4</b> Delivered in person at ISA</p>
<p><b>Erector Spinae / Neck</b></p> <ul style="list-style-type: none"> <li>Recap Day 2</li> <li>Surface anatomy of the erector spinae group and the neck</li> <li>Injuries to the erector spinae neck management</li> <li>Practical advance massage / release technique for the erector spinae group and neck region</li> </ul> <p><b>Shoulder Joint</b></p> <ul style="list-style-type: none"> <li>Recap Day 2</li> <li>Surface anatomy of the shoulder joint (Anterior/Posterior)</li> <li>Injuries to the shoulder joint and management</li> <li>Practical massage / release technique for the shoulder joint region</li> </ul>	<p><b>Introduction and Management of Soft Tissue Injuries</b></p> <ul style="list-style-type: none"> <li>Class Practice for all advance technique (Individual)</li> <li>Case Study Work Discussion</li> <li>Revision</li> </ul> <p><b>Practical Assessment and Presentation for Case Study</b></p>