ZISAPLUS

Page



ISA - Qinetic Rehab Exercise and Therapy Specialist Course (Level 1)



Rehab exercise and therapy specialist addresses musculoskeletal related issues through the use of a framework of assessment, treatment and exercise prescription. Their role is to develop rehab programs and apply treatment methodologies that help manage muscle and joint related pain. This course is for anyone looking to advance their knowledge and understanding of how to approach and address musculoskeletal related pain and injury. It looks at common muscle and joint issues, posture, dysfunctional movement patterns and apply a framework of rehab exercise and therapy to address them.

Course Duration	42 hours over 6 days
Course Dates (Next Intake)	10, 11, 12, 17, 18, 19 Jan 2025
Course Fees	\$1500.00
Registration Deadline	2 Jan 2025
Continuing Education Credits (if applicable)	• 4.2 ACE CECs awarded upon completion
Grants Available (T&Cs apply)	 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

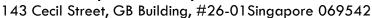
- \bowtie
 - (65) 6423 0668 info@isa.edu.sg
- 1 Stadium Place #01-11 (S) 397628

www.isa.edu.sg SPORTS ACADEMY

ISA - Qinetic Rehab Exercise and Therapy Specialist Course (Level 1)

Course This course showcases how rehab exercise and therapy can address common **Synopsis** postural issues faced by the general population. Participants will begin by learning about the human anatomy, its relationship between posture, joint-health and functional movement. The kinetic chain theory is explored in relation to posture alignment and muscle balance. This course will introduce and provide you with the starting tools for becoming a rehab exercise and therapy specialist to make you a better practitioner for pain management of muscle and joint related issues through the use of a rehab framework for assessment, treatment and exercise prescription. Course Upon successful completion of the course, participants will be able to: **Objectives** Understanding the importance of posture and joint mobility and methods of assessment Demonstrate skill in application of the rehab framework provided to apply manual therapy and exercises in addressing common postural alignment and musculoskeletal issues. • The ability to perform manual therapy techniques Prescribe exercises in relation to assessment and treatment of a client • Understand the indications/contraindication in rehab • How to conduct a rehab session for a client How to create a rehab program for a client **Course Syllabus** Please refer to page 3-5 for detailed course syllabus and class schedule. Assessment Theory Assessment (30 MCQs) and Practical Assessment Conducted during Day 6 of the course Award Upon completion of the course, each participant will be awarded ISA - Qinetic Certificate in Rehab Exercise and Therapy Specialist (Level 1) Venue International Sports Academy

APLUS





1 Stadium Place #01-11 (S) 397628



SISAPRO SISAPLUS

Course Schedule

ISA - Qinetic Rehab Exercise and Therapy Specialist Course (Level 1)

INTERNATIONAL SPORTS ACADEMY

10 Jan 2025 (Fri) 9am – 5pm Session 1 Delivered in person at ISA	11 Jan 2025 (Sat) 9am – 5pm Session 2 Delivered in person at ISA
Denvered in person drisA	Denvereu în person di 13A
Theory: Concept of rehab	Theory: Muscle balance ratio
 Mobility issues and their causes in the common population Common injuries and their causes by population (Youths/Adults/Seniors) Role of rehab, how to create a rehab program, methodologies (Treatment frameworks) Theory: Rehab exercise and therapy framework Introducing: Framework of rehab exercise and therapy Assessment and diagnosis of posture Treatment techniques (Manual Therapy, Muscle energy techniques) Exercise Prescription Contraindications Practical: Demonstration of rehab framework in practice Assessment and diagnosis of posture 	 What is muscle balance ratio What is muscle balance ratio and how it relates to rehab Exercise programming to improve muscle balance ratio Theory: Anatomy in relation to functional movement Introducing the concept of the Kinetic Chain, muscle groups, supporting muscles, antagonistic relationship) Practical: How to test muscle ratio Assessing movement patterns and posture Exercises for addressing common muscle ratio imbalances

- 1. Please note that course dates and times are subject to change at the discretion of the International Sports Academy.
- 2. Participants are to be properly attired during the course: Sports Attire and covered shoes
- 3. Participants are required to attend all theory and practical components of the course









ISA - Qinetic Rehab Exercise and Therapy Specialist Course (Level 1)

12 Jan 2025 (Sun) 9am – 5pm Session 3 Delivered in person at ISA	17 Jan 2025 (Fri) 9am – 5pm Session 4 Delivered in person at ISA
Theory: Upper Body Treatment Techniques In-depth	Theory: Lower Body Treatment Techniques In-depth
• Manual therapy and joint mobilisation techniques	Manual therapy and joint mobilisation techniques
• Contraindications of manual therapy and joint mobilisation.	• Contraindications of manual therapy and joint mobilisation.
• Exploring equipment-based therapy: Massage guns/cryotherapy/heat/rollers/exercise bands	• Assessment and choice of therapeutic method
• Assessment and choice of therapeutic method	Practical:
Practical:	 Lower body manual therapy and joint mobilisation techniques (Prone & Supine)
 Upper body manual therapy and joint mobilisatio techniques (Prone & Supine) 	 Assessment and use of manual therapy
Assessment and use of manual therapy	

SAPLUS

Page**4**

PRO

18 Jan 2025 (Sat)	19 Jan 2025 (Sun)
9am – 5pm	9am – 5pm
Session 5	Session 6
Delivered in person at ISA	Delivered in person at ISA
 Theory: Applying the rehab exercise and therapy Rehab exercise and therapy framework Conducting a rehab exercise and therapy session Practical: Review upper body and lower body assessment, manual therapy, exercise prescription Conduct a rehab exercise and therapy session 	 Theory Revision Practical Revision MCQ test Practical Assessment Q&A

- 1. Please note that course dates and times are subject to change at the discretion of the International Sports Academy.
- 2. Participants are to be properly attired during the course: Sports Attire and covered shoes
- 3. Participants are required to attend all theory and practical components of the course



