

ISA Certificate in Advanced Sports Massage



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 nerve impingement.

Course Duration 28 hours over 4 days

Course Dates (Next Intake) 31 Mar, 1, 2, 3 Apr 2025

Course Fees \$1,200.00

Entry Requirements • ISA Certificate in Basic Sports Massage; or

• Any Basic Sports Massage Certifications from other Institutions

Registration Deadline 24 Mar 2025

Grants Available (T&Cs apply)

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





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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)



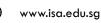




1 Stadium Place #01-11 (S) 397628



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Course Schedule	
31 Mar 2025 (Mon)	1 Apr 2025 (Tue)
9.00am – 5.00pm	9.00am – 5.00pm
Theory & Practical Session 1	Theory & Practical Session 2
Delivered in person at ISA Introduction Advance Sports Massage	Delivered in person at ISA Knee Joint
Recap on Basic Sports Massage Theory	Recap of Day 1
Understanding muscle strain and the stages involved	Surface anatomy of the knee joint (Antariar / Partariar)
Introduction to trigger points and release	(Anterior/Posterior)
Anatomy of the shoulder joint	Injuries to the knee joint and management
Anatomy of the hip joint	Practical advance massage / release technique for the lines is int
Anatomy of the knee joint	technique for the knee joint
Anatomy of the ankle joint	Hip Joint / Glutes
 Anatomy of the erector spinae group and the 	Surface anatomy of the hip joint / glutes
neck	(Anterior/Posterior)
Davis sanata array	 Injuries to the hip joint/glutes and management
Basic sports massage	Practical advance massage release technique for
Recap on Basic Sports Massage practical	the hip joint and glutes release
Basic sports massage (Technique refinement)	1 1 1 3
Ankle Joint	
• Surface anatomy of the ankle joint (Anterior/Posterior)
Injuries to the ankle joint and management	
• Practical advance massage / release technique for the	e
ankle joint	
2 Apr 2025 (Thu)	3 Apr 2025 (Thurs)
9.00am – 5.00pm	9.00am - 5.00pm
Theory & Practical Session 3	Theory & Practical Session 4
Delivered in person at ISA	Delivered in person at ISA
Erector Spinge / Neck	Introduction and Management of Soft Tissue Injuries
• Recap Day 2	
 Surface anatomy of the erector spinae group and the neck 	(Individual)
	Case Study Work Discussion
Injuries to the erector spinae neck management Practical advance massage / release technique for the	,
 Practical advance massage / release technique for the erector spinae group and neck region 	3 - Nevision
erector spilitae group and neck region	
Shoulder Joint	Practical Assessment and Presentation for
	Cara Chada

Case Study

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Recap Day 2

joint region

(Anterior/Posterior)

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Injuries to the shoulder joint and management

Practical massage / release technique for the shoulder

Surface anatomy of the shoulder joint