

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) 24, 25, 31 May & 1 Jun 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 17 May 2024

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









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)



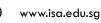




1 Stadium Place #01-11 (S) 397628



in fo@isa.edu.sg





25 May 2025 (Sun) 9.00am - 5.00pm**Theory & Practical Session 2** Delivered in person at ISA



ISA Certificate in Advanced Sports Massage

Course Schedule
24 May 2025 (Sat)
9.00am – 5.00pm
Theory & Practical Session 1
Delivered in person at ISA
Introduction Advance Sports Massage
 Recap on Basic Sports Massage Theory
• Understanding muscle strain and the stages involved
 Introduction to trigger points and release

- Introduction to trigger points and release
- Anatomy of the shoulder joint
- Anatomy of the hip joint
- Anatomy of the knee joint
- Anatomy of the ankle joint
- Anatomy of the erector spinae group and the neck

Basic sports massage

- Recap on Basic Sports Massage practical
- Basic sports massage (Technique refinement)

Ankle Joint

- Surface anatomy of the ankle joint (Anterior/Posterior)
- Injuries to the ankle joint and management
- Practical advance massage / release technique for the ankle joint

31 May 2025 (Sat) 1 Jun 2025 (Sun) 9.00am - 5.00pm 9.00am - 5.00pm **Theory & Practical Session 3 Delivered in person at ISA**

Knee Joint

Recap of Day 1

Hip Joint / Glutes

(Anterior/Posterior)

(Anterior/Posterior)

technique for the knee joint

the hip joint and glutes release

Surface anatomy of the knee joint

Injuries to the knee joint and management

Surface anatomy of the hip joint / glutes

Injuries to the hip joint/glutes and management

Practical advance massage release technique for

Practical advance massage / release

Erector Spinae / Neck

- Recap Day 2
- Surface anatomy of the erector spinae group and the
- Injuries to the erector spinae neck management
- Practical advance massage / release technique for the erector spinae group and neck region

Shoulder Joint

- Recap Day 2
- Surface anatomy of the shoulder joint (Anterior/Posterior)
- Injuries to the shoulder joint and management
- Practical massage / release technique for the shoulder joint region

Theory & Practical Session 4 Delivered in person at ISA

Introduction and Management of Soft Tissue Injuries

- Class Practice for all advance technique (Individual)
- Case Study Work Discussion
- Revision

Practical Assessment and Presentation for Case Study

(65) 6423 0668



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