



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) 5, 6, 7, 12, 13, 14 Dec 2025

Course Fees \$1500.00

Registration Deadline 27 Nov 2025

Continuing Education Credits (if applicable)

• 4.2 ACE CECs awarded upon completion











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Wellness

Grants Available (T&Cs apply)

- SkillsFuture Credits: All Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit from the government to pay for a wide range of approved skills-related courses. Visit the SkillsFuture Credit website (www.skillsfuture.gov.sg/credit) to choose from the courses available on the Training Exchange course directory
- Please refer to the relevant course page in mySkillsFuture (mySF). ov.sg/content/portal/en/training-exchange/course-directory/coursedetail.html?courseReferenceNumber=TGS-2024041941
 - 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

Course Synopsis

This course showcases how rehab exercise and therapy can address common 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 **Objectives**

Upon successful completion of the course, participants will be able to:

- 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
- 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

1 Stadium Place #01-11 (S) 397628

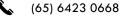
Course Syllabus

Please refer to page 3-5 for detailed course syllabus and class schedule.









info@isa.edu.sg





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

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 Qinetic Wellness - Journey Room @ Bukit Timah Shopping Centre

(Beside Beauty World MRT)

170 Upper Bukit Timah Road #05-22 Singapore 588179











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

5 Dec 2025 (Fri)		
9am — 5pm		
Session 1		
Delivered in person at ISA		

6 Dec 2025 (Sat) 9am - 5pm Session 2 **Delivered in person at ISA**

Theory: Concept of rehab

- 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
- 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

Theory: Muscle balance ratio

- What is muscle balance ratio and how it relates to rehab
- Exercise programming to improve muscle balance

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

- 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)

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

13 Dec 2025 (Sat) 9am — 5pm Session 5 Delivered in person at ISA	14 Dec 2025 (Sun) 9am — 5pm Session 6 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

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