ISAPRO ISAPLUS

INTERNATIONAL SPORTS ACADEMY

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)	23, 24, 25, 26 Feb 2026
Course Fees	$1,200.00
Entry Requirements	• ISA Certificate in Basic Sports Massage; or • Any Basic Sports Massage Certifications from other Institutions
Registration Deadline	16 Feb 2026
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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1 Stadium Place #01-11 (S) 397628
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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)

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Course Schedule

23 Feb 2026 (Mon) 9.00am – 5.00pm Theory & Practical Session 1 Delivered in person at ISA	24 Feb 2026 (Tue) 9.00am – 5.00pm Theory & Practical Session 2 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 • 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	**Knee Joint** • Recap of Day 1 • Surface anatomy of the knee joint (Anterior/Posterior) • Injuries to the knee joint and management • Practical advance massage / release technique for the knee joint **Hip Joint / Glutes** • Surface anatomy of the hip joint / glutes (Anterior/Posterior) • Injuries to the hip joint/glutes and management • Practical advance massage release technique for the hip joint and glutes release
25 Feb 2026 (Wed) **9.00am – 5.00pm** **Theory & Practical Session 3** **Delivered in person at ISA**	**26 Feb 2026 (Thurs)** **9.00am – 5.00pm** **Theory & Practical Session 4** **Delivered in person at ISA**
Erector Spinae / Neck • Recap Day 2 • Surface anatomy of the erector spinae group and the neck • 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	**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**

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