

ISA Holistic Massage Course (Preparatory Course for ITEC Level 3)

Sign up with a family/friend
and enjoy special discounts!



To refresh and strengthen participants' knowledge and practical skills from the ISA Basic Sports Massage Course, enhance professional practice, and prepare them for the ITEC Level 3 Diploma in Holistic Massage theory and practical examinations.

Course Duration	28 hours over 4 days
Course Dates (Next Intake)	29, 30 Aug and 5, 6 Sep 2026
Course Fees	\$800.00 (inclusive of ITEC examination fees and notes/materials for the course)
Entry Requirements	• ISA Certificate in Basic Sports Massage; or • Any Basic Sports Massage Certifications from other Institutions
Registration Deadline	24 Aug 2026

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Course Synopsis

This 4-day Top-up Programme is designed for graduates of the ISA Basic Sports Massage Course. The course provides a comprehensive review of core massage knowledge and practical skills, covers professional conduct and business awareness, and prepares participants for the ITEC Level 3 Diploma in Holistic Massage examination.

Course Objectives

Upon successful completion of the course, participants will understand:

- Reinforce and consolidate the knowledge and practical skills acquired in the ISA Basic Sports Massage Course.
- Demonstrate safe and professional practice in client consultation, treatment preparation, draping, positioning, and massage techniques.
- Apply professional ethics, communication skills, client confidentiality, hygiene, and relevant local regulations in clinical practice.
- Develop the knowledge, confidence, and competence required to meet the standards of the ITEC Level 3 Diploma in Holistic Massage.
- Prepare effectively for both the theory and practical components of the ITEC Level 3 Diploma in Holistic Massage examination.

Course Syllabus

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

Assessment

Practical Assessment & Case Study Presentation

Massage Components

- Anatomy & Physiology
- Client Consultation
- Draping & Positioning
- Holistic Massage Techniques
- Professional Practice
- Theory & Practical Examination Preparation

Venue

International Sports Academy

223 Mountbatten Road, #03-15/16/17/18, S398008

IMELDA

101 Upper Cross St, #02-40/41/42 珍珠大厦 People's Park Centre, S058357

- GET MORE VALUE WITH ISA! -

ISA Holistic Massage Course (Preparatory Course for ITEC Level 3)

ISA Certificate of Completion for ISA Holistic Massage Course (Preparatory Course for ITEC Level 3)

Upon completion of the course, participant will receive a certificate of completion in ISA Holistic Massage Course (Preparatory Course for ITEC Level 3).

VTCT (ITEC) Level 3 Diploma in Holistic Massage Certificate

Upon passing the examinations, participant will receive a certificate of award in VTCT (ITEC) Level 3 Diploma in Holistic Massage.

The ITEC Level 3 Diploma in Holistic Massage is listed by the Singapore Police Force's Police Licensing & Regulatory Department (PLRD) as one of the recognised qualifications for massage therapists working in licensed massage establishments. The certification meets industry requirements and is widely accepted by employers in spas, wellness centres and massage clinics.

29, 30 Aug and 5, 6 Sep 2026 (Sat - Sun across 2 weekends)

9.00am – 5.00pm

Theory & Practical Session

Day 1 delivered in person at ISA

Day 2 - 4 delivered in person at Imelda

Course Review and Skills Refresher

- Recap of Anatomy and Physiology
- Review of Client Consultation Procedures
- Safe Preparation of the Client and Treatment Setup (Draping and Positioning)
- Review and Practice of Basic Massage Techniques

Professional Conduct and Business Awareness – Part I

- Ethics and Professional Standards
- Effective Communication Skills
- Client Care and Confidentiality

Professional Conduct and Business Awareness – Part II

- Hygiene and Infection Control
- Current Local Laws and Regulations
- Integrated Theory and Practical Revision

ITEC Level 3 Diploma Examination Preparation

- Theory Revision
- Practical Skills Revision
- Examination Techniques and Mock Assessment
- Final Questions and Clarifications

Please note that all students will be required to be present for all 4 days as the contact hours are crucial for theory and practical work.