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)	22, 23, 24, 29, 30, 31 Jan 2027
Course Fees	$1500.00
Registration Deadline	15 Jan 2027
Continuing Education Credits (if applicable)	• 4.2 ACE CECs awarded upon completion

(65) 6423 0668
info@isa.edu.sg
223 Mountbatten Road, #03-15/16/17/18, Singapore 398008
www.isa.edu.sg

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

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/course-detail.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 issues.
- 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

Course Syllabus

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

(65) 6423 0668
info@isa.edu.sg
223 Mountbatten Road, #03-15/16/17/18, Singapore 398008
www.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
170 Upper Bukit Timah Road #05-10 Singapore 588179

Course Schedule

(65) 6423 0668
info@isa.edu.sg
223 Mountbatten Road, #03-15/16/17/18,
Singapore 398008
www.isa.edu.sg

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

22 Jan 2027 (Fri) 9am – 5pm Session 1 Delivered in person at ISA	23 Jan 2027 (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 therapy • 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 ratio **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

1. 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

(65) 6423 0668
info@isa.edu.sg
223 Mountbatten Road, #03-15/16/17/18, Singapore 398008
www.isa.edu.sg

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

24 Jan 2027 (Sun) 9am – 5pm Session 3 Delivered in person at ISA	29 Jan 2027 (Fri) 9am – 5pm Session 4 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

30 Jan 2027 (Sat) 9am – 5pm Session 5 Delivered in person at ISA	31 Jan 2027 (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

1. 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

(65) 6423 0668
info@isa.edu.sg
223 Mountbatten Road, #03-15/16/17/18, Singapore 398008
www.isa.edu.sg