

Sports Massage Essentials for Fitness Professionals

Relieve, Relax and Prepare

Course Overview

Exercise related fatigue and stress is common among avid exercisers. Sports massage can help in the relieve, relax the muscles and prepare the body for the next workout. This course provides fitness professionals with non-invasive sports massage techniques and stretches to help the everyday client function better.

Note: This course does not qualify you to become a sports massage therapist

Course Objectives

- Describe the physiological effects of massage on body systems
- Explain the massage routines
- Differentiate the classification of massage groups
- Recognize the difference between massage sequence and flow
- Perform full massage routines

Course Highlights

- 4 massage movements
- Massage routines

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course EduTrainer

Associate Professor Dr. Lim Boon Hooi is an academician that strongly emphasized the theoretical knowledge of skill-based subject needs to be supported by practice. He obtained his certificates in Sports Massage from Malaysia and Thailand. With his vast experience and knowledge, he has been conducted numbers of Sports Massage Courses in Malaysia, Indonesia and India especially to the coaches.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

N/A

Course Duration

Fitness Edutraining Asia (FEA)



2 days; 9am to 5pm

Learning Materials

PPT handouts

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

2 sets of towels and 1 bottle of massage/baby oil and Stationery

Course Capacity

12 pax

Language

Information displayed above is correct during time of publishing and may subject to change without prior notice

