

## **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 4pm

### **Learning Materials**

Digital course slide handouts

### **Awards**

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

### **Special Note**

By participating in this course, you have provided the consent to apply massage on another individual and have consented to be given massage by another individual in the class. The organizer will at their best ability to pair you up with the same gender however, this is not a guarantee. Thus, we highly encourage you to participate in this course with someone you are comfortable with.

### **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?**

You are required to bring your own towel to cover and wipe your body.

You are recommended to bring your own massage oil. (Massage oil will be provided)

You are required to invite someone to become a volunteer for you to perform a sports massage session on Day 2 (2:45pm to 3:45pm). The volunteer must arrive 15 minutes before scheduled time for checking in procedures.

### **Course Capacity**

10 pax

### **Language**

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