

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

Class Plan:

- Day 1
 - Benefits & Contraindications
 - Standing Posture
 - Introduction to Massage Techniques
 - Demonstration & Partner Practice for Lower Body & Upper Body Techniques & Routines: Gastrocnemius, Quadriceps, Hamstring, Glutes, Back, Neck, Shoulders, Arms
- Day 2
 - Demonstration & Partner Practice for Passive Stretching Techniques & Routines - Joints of Upper Limbs & Lower Limbs
 - Full Routines (Anterior and Posterior)
 - Assessment

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

2 days; 9am to 5pm

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

Minimum 8 pax, Maximum 20 pax

Language

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