



SPORTS MASSAGE

20 REPSSA ENDORSED CPD POINTS | REPSSA

COURSE DURATION: 10 WEEKS

STUDY MODES: ONLINE | CONTACT COURSE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

entry requirements

No previous qualifications or requirements are needed.

course overview

Sports massage therapy forms an important part of an athlete's pre, post and inter-event training strategies. This course covers the basics of general massage techniques and delves into the science behind sports massage therapy. You will learn, among other things, the contraindications of massage, stretching techniques and the fundamentals of trigger point therapy, enabling you to offer pre, post and inter-event sports massage to athletes of all levels. Learn about anatomy, massage techniques and skills and help your clients, from all walks of life, to improve their general well-being, as well as help athletes to perform at their best.

This course is offered as an online course or a contact course option. Choose the mode that suits you best!

Sign up for our [Sports Strapping Course](#) and get 20% off Sports Massage!

campuses/study modes

CONTACT COURSE	Johannesburg, Cape Town, Durban, PE, Nelspruit, Potchefstroom
ONLINE	Attend online zoom workshops

course resources

CONTACT COURSE

- Online assignment submission
- Learner guide
- Hard copy manuals – Sports Massage therapy
- Additional online resources videos
- Online Tutor support

ONLINE COURSE

- Online assignment submission
- Offered via zoom weekly lectures
- Additional online video resources
- E-Manual (Hard copy manuals available at an additional fee)
- Online Tutor support

subjects & modules

SPORTS MASSAGE MODULE

- 1 Massage Basics
- 2 Sports Massage: Effects and Indications
- 3 Contraindications and Cautions in Massage
- 4 Techniques and Basic Skills
- 5 Planning and Giving Sports Massage
- 6 Anatomy and Practical Assessment
- 7 Practical Application

accreditation

- 20 REPSSA endorsed CPD points
- HFPA certificate of achievement

learning outcomes

Successful learners will be able to:

- Offer pre-, post- and inter-event sports massage therapy to athletes of all levels, from weekend warriors to elite players

learning pathways

- Injury Prevention Specialist
- Performance Coach
- Posture Specialist

description of modes of delivery

CONTACT COURSE

We offer the largest selection of Continuing Education and Specialisation programmes to the SA Fitness industry. Our wide range of courses will assist you to expand your expertise, earn your CPD points and broaden your scope of services. All of our short courses conveniently take place on weekends. Our short course tutors are of the highest calibre, and our facilities are state of the art.

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010