



SPORTS MASSAGE

20 REPSSA ENDORSED CPD POINTS | REPSSA

COURSE DURATION: 9 WEEKS

ONLINE | CONTACT COURSE

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entry requirements

A grade 11 or NQF3 equivalent is required to do this course

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. This continuing education course will be of great use to sport conditioning coaches, sport coaches and even athletes themselves. Learn the anatomy and techniques and skills to help athletes perform at their 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 workshops

course resources

- Contact/Online course with online assignment submission
- Learner guide
- Hard copy manuals
- Additional online resources videos
- Online Tutor support

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

subjects & modules

SPORTS MASSAGE MODULE

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

learning pathways

- Injury Prevention Specialist
- Applied Sports Psychology
- 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