

Sports Medicine Australia Certified Sports Massage Course

SMA Sports Massage course is a value- added course which consists of 32 hours of lecture & practical sessions. It is designed to equip one with the hands- on skills in massage with knowledge of the basic human anatomy and theory in massage.

Course Outline

- Introduction
- Effects of massage (Physical, Physiological, Psychological)
- Contraindications to massage
- Professional ethics & etiquette
- Hygiene
- Draping & Preparation
- Massage techniques (Effleurage, Petrissage- kneading, Friction, Tapotement- plucking, pounding, cupping, vibration)
- Practical (Draping, Preparation, Massage techniques- sequential guide)

- Pre & Post Event Massage
- Anatomical terms & movements (e.g. anterior, posterior, flexion, extension)
- Anatomy (Overview of the Skeletal system- joints, bones, muscles, ligaments, meniscus, spinal disc)
- Anatomy (Back & Abdominal- Erector Spinae, Quadratus Lumborum, Rectus Abdominis & Obliques)
- Practical (Massage techniques on Back & Abdominal Muscles)

- Anatomy (Upper Limb- Upper Trapezius, Rhomboids, Levator Scapulae, Rotator Cuff, Serratus Anterior, Deltoid, Latissimus Dorsi, Teres major & minor, Pectoralis, Triceps & Biceps)
- Practical (Massage techniques on Upper Limb Muscles)

- Anatomy (Lower Limb- Gluteals, Hamstrings, Quadriceps, Hip Abductor & Adductor, Peroneus, Tibialis Anterior & Posterior, Gastrocnemius & Soleus)
- Overview on Soft Tissue Injury Management
- Practical (Massage techniques on Lower Limb Muscles)

- Revision
- Theory Test (MCQ & Short Answer Questions)
- Practical (Massage techniques- Full Sequence)
- Practical Test