

Irish International School of Sports Massage



Prospectus

2018 - 2019

Irish International School of Sports Massage

Sports Therapy Clinic

Ardlynn, Mountrice, Monasterevin, Co Kildare Ireland

0035345525579 / 00353(87)2513154

ardlynn@yahoo.com

www.aromatherapyandsportsmassageandtherapyeducation.com

As seen on RTE Nationwide 20th April and 19th August 2007

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Irish International School of Sports Massage ... IISSM

Sports Therapy Clinic

Our motto is: “That education is a Life Long learning process”

The **“Irish International School of Sports Massage”** (IISSM) was founded in 1988 by Frances Daly MSc. to provide a centre of excellence in training for Sports Massage Therapists and Physical Therapists in Ireland. The College was the first college in Ireland to introduce the renowned international qualification ITEC and applauds the progress that has been made in the sports massage / sports rehabilitation fields. Prevention of injuries is now one of the important core techniques in any athletes training programme and this college addresses this in their teaching programmes. While recognising this progress Frances recognises the needs of the athletes in their specific discipline are constantly changing so the industry that provides and trains the therapists must also review the feedback of the athletes and the industry must address these needs.

The College while specialising in Sports Massage Therapy / Sports Rehabilitation recognises the need to link its courses with complementary therapies. For this reason, the college offers many Complementary Therapy courses, the generic modules of these courses allow the therapist to follow into Sports Massage Therapy and other areas of CAM employment. The courses delivered at the college are part-time, evening, daytime and weekends with a blended learning approach to meet the needs of students who are studying as a hobby, career change or for personal development.

Why Study here?

- Experienced Lecturers for practical and theory classes.
 - ❖ Lecturers are passionate and committed to their chosen subjects. All are highly qualified with many years of practical experience; As well as holding ITEC qualifications many hold BSc, LLB’s and MSc qualifications in sports related fields.
 - ❖ All lecturers aim to help you discover your full potential by exploring the wealth of knowledge at your disposal – **life-long learning approach.**
 - When you have completed your course with our college, we want you to be fully prepared for fruitful employment in Ireland or abroad; or to go on to further education at a higher level on the **QQI** (Quality and Qualification Ireland) or to study further abroad. Courses / Modules are often linked with EQF
 - We realise that Education is a lifelong learning process. Knowledge is obtained through education and life experiences. Knowledge is POWER.
 - Our lecturers provide many different teaching / tutor / lecturing styles to meet the needs of students. A hand-on style of education is one of the main styles utilised by the college.
 - ❖ A well-equipped library facility is available at the college for student’s research.
 - Wi-Fi internet access for students when in college is available.
 - ❖ Examinations for both practical and theory elements are set by ITEC – external awarding Body
 - ❖ Payment options are arranged with students via the accounts department.
- QQI –Quality and Qualification Ireland www.qqi.ie
 EQF European Qualification Framework)
 ITEC www.itecworld.co.uk

ITEC is an international examination board offering a variety of qualifications worldwide. ITEC provides qualifications that are UK government accredited by the Office of the Qualifications and Examination Regulator (OFQUAL), on behalf of the Department for Innovation, Universities and Skills (DIUS), and are registered / aligned on the National Qualifications Framework in the UK and Ireland.

ITEC qualifications are supported by industry and are transferable Nationally and Internationally.

ITEC has ensured that best practice in the work place has been reflected in the syllabus for each qualification and each has been linked to the relevant job role, as well as ensuring that the syllabus reflects the required level of knowledge and skill needed for a practicing therapist.

Career Oppertunities

IISSM is a highly respected college within the industry and each year employers approach the college to employ their students. Most former students are working within their own private clinic on either a part-time or full time basis, others are working with many sporting organisations both Regional, Nationa and International. Others are working in Sport Centres , Spas, Gyms, Nursing homes while others are travelling the world with semi pro and professional athletes. Some have returned to education and qualified as Chartered Physiotherapists, Acupuncturists, Sports Rehabilitation and Strength and Conditioning Coaches to name but a few.



Application Procedure

- 1 Return the completed application form to the College office.
- 2 Send the correct Deposit as per course or the deposit that has been agreed with the college.
Courses places are only reserved on payment of the deposit.
- 3 Deposits will be returned if student is unsuccessful in obtaining a place on their chosen course.
- 4 Once accepted on the course your deposit is non- refundable.
- 5 Early application is advised as classes are small to allow for individual attention.
- 6 Interviews where, deemed necessary are held at a mutually agreed time.
- 7 If you have any queries, please contact 087 2513154 directly to discuss your queries
Or Office hours to 00353 45 525579

Terms and conditions of IISSM

1. White Tunic tops / White polo shirt with black Slacks and black shoes for all practical class .
2. Students / learners must supply 3 bath towels, 2 of same colour and 1 contrast colour at all practical sessions and a plinth cover. (for your use only)
3. Due to advancements in the field of Massage, Aromatherapy, Sport Therapy and Physical Therapy it is reasonable to expect that changes may need to be included to the syllabus. The college reserves the right to make these changes, i.e. to add and /or amend the syllabus where deemed necessary.
4. All students / learners must telephone 24 Hrs. before class date if they are unable to attend the class.
5. A minimum number of hour's attendance applies to all courses, as set and regulated by accreditation board. Students / Learners failing to attend for the required amount of hours cannot sit their final exams.
6. All students / learners must be on time for practical and theory classes.
Long Hair **must** be tied neatly back for Practical / Theory classes.
Students / learners are expected to model for practical classes, any student /learner who are unable must inform course co-ordinator at time of enrolment.
Nails must be short and unvarnished.
7. The school retains the right to add extra practical and theory hours to all courses. This is for the benefit of the student and will not incur an extra cost.
8. All courses require both theory and practical work to be completed in time which will contribute to the continuous assessment procedures of the college.
9. Student clinic days will be arranged during the course and students will have the opportunity to work on clients. This is a great opportunity for the students to treat clients in a working environment. Students, friends and family often avail of these clinics. They are always supervised by qualified tutors and therapists.
10. The college reserves the right the cancel courses due to insufficient applications and deposits will be refunded.
11. Accreditation for Prior Learning (APL) will be sent to Award Accreditation Body where applicable. Separate form for same will apply and all relevant documentation must be supplied. College will assist students, but the responsibility lies with the student to complete form correctly.
12. Mobile texts will inform students on class cancellations due to weather / unforeseen class cancellation.
13. All timetables are provisional until course commences
14. All course fees must be paid in full before any student takes their examination unless arrangements are made with college.
15. Examination Fees must be paid in full before students are entered for examinations unless arrangements re made with college
16. ALL course fees must be paid in full before written report of examination results can be released and no course certification will not be released until course fee is paid in full also.

Progression Routes Qualifications cross borders


Possible progression Routes from Studying ITEC UK Courses. Please check out all your possible options.

UK Awards Level 3	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8
Irish Framework	Level 5	Level 6	Level 6/7	Level 7/8	Level 9	Level 10

IHM U 1,6,22	L.D.M. Unit 8					
Holistic Massage Units 1,2, and 22	Sports Equipment U55					
Taping and Strapping Unit 426	Sports Massage International U 27		Sports science and Physiotherapy			
Sports Massage U. 416 and 417	Sports massage Unit 451, 452, 453 454,455	Sports Massage Units 418 and 419	Sports Massage Dip Units 420 and 421	Degree Programmes in Sports science, Physiotherapy and related disciplines	Master's degree Programmes	Phd programmes
Aromatherapy Units 1, 3, and 22	Taping and Strapping Unit 426	Sports Massage Units 456, 457, 458	Sports massage Cert Units 459, 460			
Nutrition For Physical Activity Unit 412	Diet and Nutrition Unit 7					
Indian Head Massage Unit 1,6,22	On Site Massage U 5					

Please check the links below:

www.itecworld.co.uk

[Qualifications can cross boundaries - a rough guide to comparing qualifications in the UK and Ireland](#) 

www.aromatherapyandsportsmassagetherapyeducation.com

Frances Daly MSc.

©

Course: Anatomy, Physiology, and Massage / Holistic Massage

This is the foundation course for many complementary therapies and an introduction to many others and includes an introduction to Sports Massage / Physical Therapy. The course provides students /learners with a thorough understanding of Anatomy and Physiology of the body so that they have a working knowledge of the structure and functions of the areas on which they are working. It introduces them to pathology and general medical terminology. The course includes Holistic Massage routines and incorporates the classical movements of massage for treating the whole body. The course is taught with a blended learning approach with major emphasis on the practical elements.

Synopsis of Syllabus:

1. Anatomy and Physiology: to cover the 8 major and 3 minor Body systems
2. The Classical movements of Massage and their physiological and psychological effects on the body.
3. History of massage and the importance of a holistic approach
4. Health, Safety, Red flag situations and Hygiene in the clinic room
5. Pathology of the systems of the body as per syllabus.
6. Professional Ethics, Professional conduct, Client care.
7. Clinic management - Clinic Room Practice
8. Review Infra – Red treatments
9. Review G- 5 treatments
10. Case Studies as per syllabus
11. Over-View of other natural therapies and CAM therapies.
12. Introduction Lecturers to:
 - Sports Massage / Physical Therapy,
 - Aromatherapy,
 - Lymphatic Drainage Massage
 - Indian Head massage
- 13 First-Aid as per Order of Malta or Occupational First-Aid syllabus (**Optionalextra**)



Examinations:

- 1 IISSM Continuous Assessment Practical and Theory
- 2 ITEC Practical external examination
- 3 ITEC **Unit 1** Theory of Holistic Massage 50 MCQ multiple choice paper
- 4 ITEC **Unit 2** Anatomy & Physiology 50 MCQ multiple choice paper
- 5 ITEC **Unit 22** Professional Conduct /Business Awareness 50 multiple choice paper.
- 6 Case studies as per syllabus for unit 2
- 7 First-Aid where applicable.

If Students have completed Units U2 –anatomy and Physiology and U22 professional Conduct / Business awareness once they show photocopies of same the College will apply for their APL.

Qualification / Awards:

- 1 ITEC Dip in Holistic Massage. Level 3. QAN 100/2404/9
- 2 IISSM Dip in Anatomy and Physiology.
- 3 IISSM Dip in Pathology.
- 4 IISSM Dip in Massage
- 5 IISSM Dip in Clinic Room Management





Course: Sports Massage Level 3 (UK)



The main aim of the ITEC Level 3 Diploma in Sports Massage Therapy is to enable Learners to gain the necessary practical skills and knowledge to provide Sports Massage Therapy to the general public and to gain employment within the sport and fitness industry. The Diploma qualifies Graduated to operate their own Sports Massage clinic or home visiting practice.

During the course the student/learners will develop their knowledge and understanding of the theory underpinning the practice of Sports Massage Therapy, including Functioning Anatomy and Physiology, Nutrition, Classification of sports injuries and the stages of healing. This new exciting course is divided into 5 units.

Overview of Course:

- 1 Anatomy and Physiology for Sports Massage cover all the major and minor systems of the body. Linking the A&P to Sports Massage.
- 2 Principles of Health and Fitness; this module provides an overview of the components of fitness and reviews the effects of exercise on the body systems. This will help the therapist when setting up a treatment plan for the individual. It provides lectures on healthy eating and a of healthy eating in relation to growth repair and injury
- 3 Professional Practice in Sports Massage; the student reviews current legislation required in sports massage and reviews all areas for best practice in clinic room and in a mobile clinic from consultation procedures to hygiene to health and safety legislation. Code of ethics and red and yellow flags reviewed.
- 4 Understanding the Principal of Soft Tissue Dysfunction: This new unit's reviews injuries acute and chronic. It reviews soft tissue injuries and dysfunction. We review the grades of injuries for sprains, strains, fractures, cartilage damage and contusions. Posture deformity, impaired ROM and the process of tissue repair in relation to sports helps the therapist to develop a treatment plan for the individual athlete.
- 5 Sports Massage treatments: The origin of sports massage is reviewed. The fundamentals of sports massage from a theoretical and practical application; **pre-competition, post-competition, inter-competition, intra-competition and maintenance is studied.**

The basic movement of sports massage: **Effleurage, Petrissage, Tapotement, Friction, Connective Tissue Massage (CTM)** and their practical application.

Consultation procedures, clinic room preparation and contraindication to treatments are studied.

All the above linked with the specific learning outcomes prepares the therapist for work in the industry. All the courses are taught from a blended learning approach with a major emphasis on practical elements.

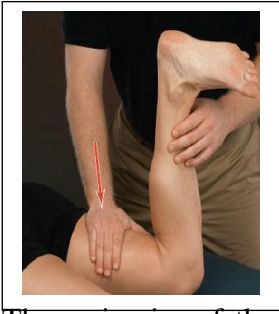
Examinations:	ITEC	QAN 601/5574/7
1	IISSM	Continuous Assessment Practical and Theory
2	Anatomy and Physiology for Sports Massage	25 MCQ paper
3	Principles of Health and Fitness	Assignment
4	Professional Practice in Sports massage	Assignment
5	Understanding the principles of soft tissue dysfunction	Assignment
6	Sports Massage treatments	Practical External exam Case Studies x 3

Awards

ITEC Diploma in Sports Massage Therapy Level 3 UK / QAN 601/5574/7

IISSM Diploma in Sports Massage Therapy Level 5





Sports Massage Therapy Level 4 (UK)



The main aim of the ITEC Level 4 Certificate in Sports Massage Therapy is to enable Learners to gain the practical and theoretical skills necessary to provide Sports Massage Therapy. It has been designed for Practitioners currently working in sport and Active Leisure. It includes roles such as pre, post, inter, maintenance, restorative and corrective massage using a range of basic and advanced techniques.

Course requirement: It is recommended that student have achieved a level of education equivalent to level 3 qualification in sports massage. However, exemptions may be made for adult who are returning to education with experience in the work place

Overview of syllabus

1 Conducting Subjective and Objective assessments

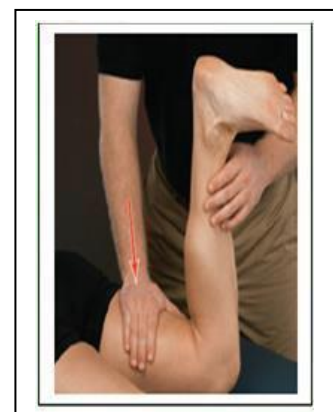
- Structural and functional anatomy of the major joints,
- Posture assessment and posture types. Common posture deviations and sports specific postures.
- Pathophysiology of common injuries and soft tissue dysfunction.
- Range of movement and orthopaedic tests as per syllabus Gait analysis

2 Treatment modalities to support soft tissue repair

- Treatment modalities to support tissue repair – PRICE Thermotherapy – Contrast baths
- Acute v Chronic treatments

3 Sports Massage techniques to prevent and manage injury

- A range of soft tissue techniques will be studied
- Soft tissue release
- Connective tissue release
- Friction
- Trigger points
- Muscle energy
- Lymph Drainage Massage



Examinations:

- 1 IISSM Continuous assessment.
- 2 Unit 456 ITEC Carry out a full consultation/ assessment on 5 clients to cover Posture assessment and full review of all major joints with ROM and specific orthopaedic tests. Treatment evidence report to be completed / Re unit 456 ITEC
- 3 Unit 457 ITEC Assignment will be obtained first day of course
- 4 Unit 458 ITEC Sports massage treatments on 5 clients to include full assessments and treatments as outline during course
- 5 Unit 458 ITEC: External ITEC Practical examination.
- 6 **Optional/ Unit 27 Examination: Practical Examination / 50 MCQ and Treatment 5 X 3**

Students taking this course may also complete the Sports Massage therapy Unit 27 Awards

ITEC Certificate in Sports Massage Therapy Level 4 UK / QAN 601/5566/8

ITEC **Optional:** Sports Massage therapy Unit 27 / QAN 100/2592/3

IISSM Diploma Sports Therapy Level 6 **Cross border comparison**



Goniometer testing

Course: Sport Massage Therapy Level 5 UK

Course Requirements: It is recommended that Learners have achieved a level of education equivalent to a Level 4 qualification in Sports Massage / Sports therapy prior to commencing the ITEC Level 5 Certificate in Sports Massage Therapy; however, exemptions may be made for adult returners with experience of the workplace.

Aim This Level 5 qualification in Sports Massage Therapy is to provide Practitioners currently working in Sport and Active Leisure, including Osteopaths, Physiotherapists, Sports Therpists, Sports Massage Practitioners with the essential understanding, complex skills and techniques to work as an Advanced Sports Therapist, Sports Massage Therapy Practitioner. Advanced Practitioners will be equipped to work with clientele ranging from Recreational Sport and Active Leisure enthusiasts to professional sports persons and elite athletes.

Overview Syllabus

1 Conduct Complex Assessment for Sports massage

- In depth study of the neurological system nerve pathways, Dermatomes Myotomes
- Pathophysiological neurological injuries and soft tissue dysfunction
- Biomechanical assessment: Posture and Gait assessment / analysis and re-balancing
- Goniometer assessments
- Orthopaedic assessment
- Clinical reasoning, problem solving and the capability of devising a treatment programme from information collected during the consultation process considering Yellow and Red flags

2 Provide Complex Massage Techniques for sports massage

- To include advanced Orthopaedic/ Connective tissue treatments, SCS, STR, Myofascial Position Release, PNF, MET, Active Isolated Stretching, NMT, LDM
- Demonstrate and apply the correct techniques following full assessment/ consultation
- Use of specialised equipment in prevention and management of sports related condition to include: Cupping, LDM, Scraping. Exercises
- Apply the advanced techniques to pathophysiological injuries and soft tissue dysfunction in sports related conditions



Cupping Techniques

Examinations:

IISSM Continuous Assessment

ITEC: Unit 459 Evidence of 5 Client consultations / assessment / treatment recommendations.

Assignment will be obtained on first day of course.

Unit 460 Evidence of 5 treatments as per syllabus

Unit 460 Assignment. Will be obtained on first day of course

Unit 460 ITEC external Practical Examination

Awards / Qualification

ITEC: Cert Sports Massage Therapy Level 5 UK / QAN 601/5571/1

IISSM: Dip Sports Therapy Level 6 /7 cross border



Course : **Diploma in Sports Therapy Equipment**

Course requirements: Students / learners should hold or be studying for a recognised sports massage Level 3 ITEC qualifications or equivalent. Copies of qualification should accompany your application form.

Synopsis of syllabus

1. Theory of Electricity
 - Electrons,
 - Protons,
 - Neutrons,
 - Ohm's Law
 - Health and safety for the use of electricity.
- 2 Fitness
 - Components of fitness
 - Overtraining
- 3 Injuries
 - Direct / Indirect
 - Acute / Chronic
 - Muscular skeletal imbalance
 - Sports specific related injuries
- 4 Cryotherapy / Thermotherapy
- 5 Infrared/ Radiant Heat
- 6 Paraffin wax treatments
- 7 Ultrasound and its use in the treatment of Sports Injuries
- 8 Electrical Muscle stimulation (Faradic) for muscle prognosis and treatment.
- 9 Audio Sonic
- 10 Vacuum Suction
- 11 Mechanical Massage
- 12 Hydrotherapy treatments
- 13 TENS Treatments
- 14 Ladders of rehabilitation with the use of the electrical equipment
- 15 Case Studies as per syllabus



Examinations:

- 1 IISSM Continuous assessment
- 2 ITEC Practical Exam
- 3 ITEC Theory Exam
- 4 Case studies shall be completed prior to practical exam and must be monitored

Qualifications /Awards

- 1 ITEC Diploma in Sports Therapy Equipment Unit 55
- 2 IISSM Diploma in Sports Therapy Equipment Level 6



Course: Aromatherapy

Course requirements: This course in Aromatherapy comprises of anatomy physiology, aromatherapy techniques, lymphatic drainage massage and acupuncture points as well as the holistic approach. The properties of 42 essential oils are studied and the course teaches the uses of the oils to create the remarkable results they provide. Key to the course are the case studies undertaken by students. Students will be required to purchase a starter kit of essential oils to facilitate their home study and case studies. Details provided when application form received.

Synopsis of syllabus:

1. Anatomy and Physiology: to cover 4 major and 4 minor systems
2. Aromatherapy Massage techniques.
3. An in-depth study of 42 essential oils under the following headings;
 - Common Name
 - Countries of origin
 - Botanical / Family name
 - Method of extraction
 - Chemical composition of oils
 - Note
 - Odour
 - Properties
 - Method of use
 - Blends well with
 - Contraindications for use
 - Toxicity levels of oils
4. Clinic and practice management
5. Chemistry for aromatherapists
6. Pathological conditions as per syllabus
7. Blending procedures for oils
8. Carrier oils as per syllabus
9. Referral procedures
10. Case Studies as per syllabus
11. **Optional Sports Aromatherapy Lectures**



Examinations:

- 1 ITEC Practical Exams
- 2 ITEC Theory Exams
- 3 Case studies as per syllabus, shall be completed prior to practical exam and shall be monitored by class tutor.
- 4 IISSM Continuous assessment for practical and theory.

Qualifications / Awards

- 1 ITEC Diploma in Aromatherapy Level 3 Unit 3 / QAN 100/2403/7
- 2 IISSM Diploma in Aromatherapy
- 3 IISSM Diploma in Pathology
- 4 **IISSM Optional Diploma in Sports Aromatherapy** Must hold Level 3 Unit 27 Sports Therapy or Level 4 Sports Massage Therapy or equivalent



Restful Comfrey Ultra
 Cooling Polar Ice
 Uplifting Horse Balm
 Soothing Arnica Ultra
 Graceful Marigold Ultra
 Lively Tiger Ointment
 Refreshing Tea tree foot Spray

Course: Diet and Nutrition for Complementary Therapists

Course requirement: The course covers the digestive system, absorption, distribution, metabolism, and nutrients. Included are: calories, RDAs, cholesterol, carbohydrates, proteins, vegetarian diets, food allergies and food poisoning. Students must hold an approved qualification in ITEC Holistic Massage or equivalent. This course aims to enhance your other therapies by providing valuable recommendations on diet and nutrition. A blended learning approach is adopted on this course where distance learning and class room hours are the mode of delivery of this course.

Synopsis of Syllabus:

- 1 Detailed study of the Digestive System
- 2 Review all major Nutrients:
- 3 Food components – Body requirements and uses.
- 4 Macro – micro Nutrient
- 5 Refined and unrefined foods: the essential differences
- 6 Common anti-nutrients and environmental Pollutants
- 7 Special RDA's for specific groups:
- 8 Alternatives to common foodstuffs in relationship to allergies
- 9 Dietary Disorders i.e. obesity, anorexia, hypoglycaemia and diabetes, as per syllabus
- 10 Common symptoms for specific nutrient deficiencies
- 11 Nutritional imbalance
- 12 Food Poisonings / Food poisonings / Food intolerance
- 13 Healthy diet and a balanced diet



Examination

- 1 IISSM Continuous Assessment Practical and Theory
- 2 ITEC Multiple Choice papers
- 3 Case Studies as per syllabus

Qualification / Award

- 1 ITEC - Diet and Nutrition for Complementary Therapists QAN 100/2445/1
- 2 IISSM Diploma Diet and Nutrition for Therapists

Course: Nutrition for Physical Activity

This course in Nutrition for Physical Activity is to enable learners to gain the practical and theoretical skills necessary to provide nutritional advice for active leisure, recreation and physical activity. This course combines well with Sports Massage level 3, 4 and 5

Overview of syllabus

1. Anatomy and Physiology of the Alimentary canal
2. Principals of nutrition
3. Discuss the main nutrients that contribute to a healthy diet
4. Functions of Macro nutrient and Micro nutrients
5. Review a balanced diet for Physical activity
6. Pathologies associated with the Alimentary tract
7. Glycaemic Index
8. Nutrition and physical activity
9. Principals of Nutritional Goal setting



Examination

- 1 ITEC Assignment and case studies x 3 clients for 4 weeks
- 2 IISSM Continuous assessment

Qualifications / Awards

- 1 ITEC award in Nutrition for Physical Activity / QAN 100/2445/1
- 2 IISSM Diploma in Nutrition for Physical activity



Course: Taping and Strapping for Sports and Leisure activity UK Level 3

Course Requirements: Prospective students must hold a recognised Diploma in Anatomy Physiology, Massage, (Holistic massage) be studying or hold a Diploma in remedial/ Sports Massage Therapy Level 3 UK, and or a professional qualification i.e. Nurse, Osteopath, Physiotherapist, Physical Therapist or equivalent. The course is to enable learners to gain the practical and theoretical skills necessary to provide taping and strapping for the Sport and Active Leisure Industry. The purpose of this specialist qualification is to enrich practitioners' understanding of taping and strapping techniques relevant to general support and to limit specific movement. It will provide learners with techniques to facilitate taping and strapping techniques.

Synopsis of Syllabus:

- 1 Structural Anatomy of the major joints of the body
- 2 Functional anatomy of the major joints of the body
- 3 Muscle testing for all the muscles from modules
 - Remedial / Sports Massage
 - Advances remedial / sports massage
- 4 Sports mechanics / biomechanics / Posture assessment
- 5 Review the stress placed on injured tissue in sport and leisure activity
- 6 Review the pathology of tissue healing
- 7 Indications for Taping or Strapping
- 8 Materials required for Taping and Strapping
- 9 Application of Taping and Strapping as per syllabus.
- 10 Case Studies as per syllabus



Examinations:

1. ITEC Assignment
2. ITEC Internal Practical assessment
3. Evidence of treatment (Case Studies) as per syllabus
4. IISSM Continuous Assessment Practical and Theory

Qualifications /Awards

- 1 ITEC Taping and Strapping for Sports and Leisure Activity / QAN 600/1882/3
- 2 IISSM Diploma Taping and Strapping for Sports and Leisure Activity



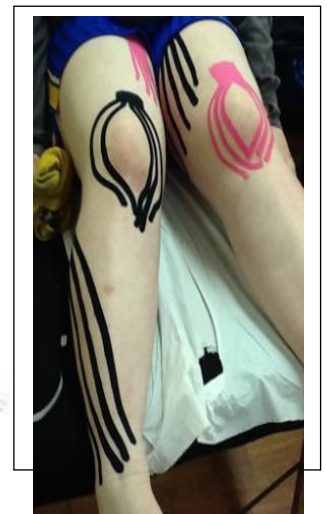
Course: Lymphatic Drainage Massage

Course requirement: Lymphatic drainage is a specialised form of massage that works specifically on the lymphatic system. It is an extremely light form of massage that is very beneficial for the lymphatic system and clients with any form of swelling and fluid retention. Students /Learner must hold an approved Diploma in Anatomy and Physiology, Massage / Holistic Massage or be studying same or equivalent. **The IISSM specialize in LDM for athletes. It gentle approach aids the secondary circulation and recovery form training and competition.**

* This is an extra on the course

Synopsis of syllabus:

- 1 Revision of Basic Anatomy & Physiology
- 2 Lymphatic System study to include.
 - History of lymphatic drainage massage
 - Process of lymph drainage
 - Indications for treatment
 - Contra- indications to treatment
 - Types of lymphedema
 - Causes and effects of diseases and disorders as per syllabus
- 3 In depth study of vascular system
- 4 Revision of core subjects
- 5 Suitable lymphatic drainage routines for body, face, & neck
- 6 Appropriate use of lymph drainage movements
- 7 Vacuum suction / *Cupping Therapy.
- 8 History taking / Home care advice
- 9 Pathology
- 10 Lymph Drainage using Kineso tape*
- 11 Case studies as per syllabus



Examination:

1. IISSM Continuous Assessment Practical and Theory
2. ITEC Multiple Choice papers
3. ITEC Practical Examination
4. Case Studies as per syllabus

Qualifications / Awards

- 1 ITEC Diploma in Lymphatic Drainage Massage Unit 8 / QAN 100/2443/8
- 2 IISSM Diploma in Lymphatic Drainage Massage
- 3 IISSM Diploma Lymph Drainage for Athletes once Kineso and Cupping completed.



Combined effect LDM and Knieso- tape

Course: Indian Head Massage

Course requirement: Indian Head Massage is known as the great Stress Buster. This therapy should not just be saved for the stressed executive or harassed housewife, but children, the infirmed and the elderly derive benefits as well as enjoyment from the treatment. Based on an ancient Ayurvedic healing system this therapy is a wonderful de-stressing massage focusing on the head, neck, shoulders and upper back. Students must hold an approved Diploma in Anatomy and Physiology, and business studies or equivalent or be studying same in conjunction with the course.

Synopsis of Syllabus:

- 1 History of Indian Head Massage
- 2 Indian Head Massage Techniques
- 3 Consultation Techniques for Indian Head Massage.
- 4 Practical Skills - Routines / Treatment procedures
- 5 Postural assessment.
- 6 Indian Head Massage as a counter balance to stress in the work place
- 7 Chakra balancing and Indian Head massage
- 8 Structural and functional anatomy of the of the Shoulders, Neck, Face and Scalp
- 9 Review of Skin disorders
- 10 Anatomy and Physiology of 4 major or 4 minor systems
- 11 Stress on the body – related disorders / Pathology
- 12 Case studies as per syllabus.

Examinations:

5. IISSM Continuous Assessment Practical and Theory
6. ITEC Multiple Choice papers
7. ITEC Practical Examination
8. Case Studies as per syllabus

Qualifications / Awards

- 1 ITEC Diploma in Indian Head Massage Unit 6 /QAN 100/2572/8
- 2 IISSM Diploma in Indian Head Massage.



Course and Examination Fees 2018 – 2019



Course fees include course notes, reading materials. Examination fee may be included in course fees please check each course re same

Course fees available in June on our website

www.aromatherapyandsportsmassageeducation.com

Some course fees are linked together. If you are taking more than one course contact the college re-exact course fee,
Payment plans available

College Director/ Accounts Department to discuss same: on 087 2513154 or email: ardlynn@yahoo.com

Accreditation for Prior Learning. (APL) Will be reviewed at the start of the course and students whom this
may apply will be advised to sign up a form re: same There is a fee for same.
Check website for class dates in June 2018

ITEC examination fee are subject to adjustment during the year by ITEC this will not apply after you have
registered with ITEC for your exams

Indian Head Massage	TBC
Taping and Strapping for Sport and Leisure Activity	TBC1 Full
Nutrition for Physical Activity	TBC
Diet and Nutrition for Complementary Therapists	TBC
On Site Massage	TBC

WORKSHOPS PLEASE CHECK WEBSITE FOR UPTODATES

Dry Needling workshop **Euros € 450**
 Option 1 € 100 secures a place and remainder € 350 payed on the first day of course

Cupping and scraping course **Euros €200**
 Option 1 Full Payment of €200 with application form.

Cupping / Scraping / and LDM Kineso-taping / aromatherapy for Sports **Euro € 450**
 Option 1 Full Payment of €200 with application form

Advanced Cupping and Scraping Course **Euros € 250**
 Option 1 Full Payment of €200 with application form.

First-Aid Course and examination fee: Order of Malta / Occupational First–Aid paid directly to unit delivering the course. As soon as price becomes available it will be post on web.

Some course fees are linked together. If you are taking more than one course contact the college re-exact course fee. Payment plans available
Contact College Director/ Accounts Department to discuss
same: on 087 2513154 or email: ardlynn@yahoo.com

Accreditation for Prior Learning. (APL) Will be reviewed at the start of the course and students whom this may apply will be advised to sign up a form re: same There is a fee for same.

Check website for class dates in June 2018

ITEC examination fee are subject to adjustment during the year by ITEC this will not apply after you have registered with ITEC for your exams

Application Form 2017 – March 2018

Course Title and Code _____

Name: _____

Address: _____

Telephone No: _____ Date of Birth _____

Mobile No: _____ E-MAIL _____

Occupation _____

PPS No. _____ ITEC No.** _____

Educational Qualifications: _____

Reasons why you wish to study this course _____

Return by: _____ (Check with college as course dates vary)

Do you have any allergies? _____

If Yes Please describe. _____

Do you have any special needs? _____

If YES please describe. _____

First-Aid Qualification: (Please tick) Yes No Date.....

Declaration by Applicant

Your Signature indicates that the information you have provided is true and that I have read, understood and agree to uphold the terms and conditions of the IISSM

SIGNED: _____ DATE: _____

Office Use:

Date received: _____

Deposit received _____

Amount outstanding: _____

Method of payment agreed: _____

Examination Fee _____

IMPORTANT

Some course fees are linked together. If you are taking more than one course contact the college re-exact course fee, Payment plans available Contact College Director to discuss on 087 2513154 or email: ardlynn@yahoo.com