

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.

Course Nature (Category 3)

This is a continuing education course intended for certified personal trainers or qualified fitness practitioners. The purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.

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

Class Plan (2-Day Course, 9:00am – 4:00pm)

Day	Duration	Topics Covered	Format
1	30 Mins	Introduction to Sports Massage Techniques	Theory
	30 Mins	Benefits & Contraindications	Theory
	5 Hours	Demonstration & Partner Practice for Posterior Upper & Lower Body Sports Massage Techniques: <ul style="list-style-type: none">• Gastrocnemius• Hamstrings & Glutes• Back & Neck• Shoulders & Posterior Arms• Foot & Tibialis Anterior	Practical
2	3:30 Hours	Demonstration & Partner Practice for Anterior Upper, Lower Body Sports Massage & Passive Stretching Techniques <ul style="list-style-type: none">• Patella, Quadriceps & IT Band• Neck & Chest• Anterior Arms & Hands• Passive Stretch	Practical
	30 Mins	Full Sports Massage Routines & Effects of Sports Massage on Different Body Systems	Theory & Practical
	2 Hours	Assessment	Evaluation

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

Learning Materials

Digital course slide handouts

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.

Awards

The Certificate of Completion is awarded upon full attendance and completion of the course.

Disclaimer: The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards. Thus, you are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.

Grading Criteria / Exam Fee

Completion of course participation and assignment(s)

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

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 also be provided)

Course Capacity

8 - 20 pax

Language

English. Local language in respective countries may be available.

Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

Category 1: Health and Fitness Workshops	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non–fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it’s important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p>
Category 2: Primary Certification Courses	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u> Personal Trainer Certification — Certification is awarded upon meeting all exam components and grading criteria.</p>
Category 3: Continuing Education Courses	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u> These courses are not designed for individuals without a recognized personal trainer certification, as they build on the core competencies</p>

	<p>expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> <p>Disclaimer — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>
<p>Category 4: Specialization Courses</p>	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u> All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> Completed at least one of the following: FEA Certified Fitness Practitioner – Module 3 OR NCCA accredited Personal Trainer Certification OR EuropeActive accredited Personal Trainer Certification OR Any equivalent qualification Completed the prior level (Category 3) of respective courses. Pass all exam components and meet the grading criteria. <p><u>What Each Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> <p>Specialist Certification — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p>Disclaimer — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>

The information displayed above is correct during the time of publishing and may subject to change without prior notice.