

**Basic Sports Massage Course**  
**14 Feb to 14 Mar 2009, 9am to 6pm**  
**230 Stadium Boulevard, Singapore Sports Council**

Sports Massage is the specific application of systematic manipulation of the soft tissues of the body for therapeutic purposes.

The course introduces to participants the applications of massage in various sports settings, describes commonly used techniques and the theory behind the practice.

This course equips participants with the wonderful techniques of sports massage, which helps athletes by warming up their muscles and joints. Muscles that are properly massaged and stretched possess the ability to generate more power because of its greater elasticity, which translates to its ability to absorb more shock, resulting in lower risk of injury.

**Target Audience**

Physical Education teachers, coaches, athletes, and anyone who wish to acquire basic sports massage techniques.

**Course Duration & Structure**

Total Duration of 42 hours + 10 hours practicum

**Assessment method**

Theory and Practical Examination

(**Note:** Passing rate for both Theory and Practical Examination is 70 %)

Upon successful completion, the students will be awarded with Certificate of Achievement.

Date	Time	Venue
Saturday 14 Feb 2009 *	9 am to 6pm	Singapore Sports Council
Sunday 15 Feb 2009	10 am to 6pm	Singapore Sports Council
Saturday 21 Feb 2009	9 am to 6pm	Singapore Sports Council
Sunday 22 Feb 2009	10 am to 6pm	Singapore Sports Council
Saturday 28 Feb 2009	11.30 am to 6pm	Singapore Sports Council
Sunday 01 Mar 2009	10 am to 6pm	Singapore Sports Council
Saturday 07 Mar 2009*	1 pm to 6pm	Singapore Sports Council (Practical Attachment)
Saturday 14 Mar 2009*	1 pm to 6pm	Singapore Sports Council (Practical Attachment)

**Important Notes**

- Attendance is mandatory for above sessions marked with \*.
- All participants are required to achieve a minimum of 85% attendance out of the 42 hours to qualify for the examinations.
- For request on deferment of class due to unforeseen circumstances, please provide the relevant documents and/or certified letters to justify, subject to approval. For absence due to medical reasons, please provide a valid medical certificate.
- SSC reserves the right to make any amendments that it deems fit to be in the interest of the course without prior notice.

## Course Fees

Full course fees at: **S\$850** (Inclusive of: Goods Service Tax, Handouts, Massage Oil and Bath Towels)

In recognition of the commitment to continuing education, lifelong learning and professional contributions to the sports and exercise industry in Singapore, the following groups will be entitled to special rate at **S\$750**:

- National Registry of Coaches (NROC) registry-listed coaches (*Please attach copy of your NROC card*)
- NSA Officials and Staff (*Please attach a letter from your association*)
- SpexTEAM Carded Athletes
- Singapore Sports Council Staff

## Course Syllabus

- Benefits & Effects of Sports Massage
- Contraindications & Precautions
- Etiquette & Ethics
- Gross Anatomy
- Massage Techniques
- Stretching Techniques
- Pre And Post Event Massage
- Hands On Practical Sessions
- Management Of Soft Tissues Injuries
- Theory & Practical Examinations
- Practical Attachments

## Registration

Please fill in the attached registration form below and return via email or fax, together with your payment please.

## Payment

We accept payment of cheque only.

Cheque payment at Sports Medicine and Sports Science Department, from Monday to Friday, 0830hr to 1730hr. Please avoid lunchtime from 1300hr to 1400hr.

Cheque payment - please make cheque payable to “**SINGAPORE SPORTS COUNCIL**” and indicate on reverse your name and contact number, and indicate “**CHEQUE ENCLOSED**” on the top right hand corner of the envelope.

**Closing Date:** Friday, 06 Feb 2009 or whenever earlier once the limited vacancies are fulfilled.

Confirmation of course registration is based on first-come-first-served upon receipt of payment so please send in your payment as soon as possible to avoid disappointment. You will receive an email confirmation of your registration after the closing date.

## Mailing Address

Sports Medicine and Sports Science Department  
Singapore Sports Council  
230 Stadium Boulevard, Singapore 397799

This form may take you **5 to 8 minutes** to complete.

### APPLICATION FOR COURSE

Please ✓	Course	Fee	Special Fee
	Basic Sports Massage	\$850	\$750

#### 1. MINIMUM ENTRY REQUIREMENT

- Minimum age of 16 years old and a good understanding of English either verbal or written.
- Physically and medically fit as there are practical sessions during the course.

#### 2. PERSONAL PARTICULARS

Name (as in NRIC/Passport):			
NRIC/Passport No:		Gender:	Male / Female
Date of Birth (dd/mm/yy):		Age:	
Address*:			
		S ( )	
Contact Numbers:	(Mobile*)	(Office)	(Home)
Email Address*:			
Company		Designation	

\*Compulsory for communication purpose

#### 3. RELEVANT COACHING / FITNESS/ SPORT EXPERIENCE

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#### 4. CONTINUING EDUCATION FOR SPECIAL GROUPS

In recognition of the commitment to continuing education, lifelong learning and professional contributions to the sports and exercise industry in Singapore, the following groups will be entitled to special fee. Please indicate if you are eligible for the special rate:

- ( ) National Registry of Coaches (NROC) registry-listed coaches (*Please attach copy of your NROC card*)
- ( ) NSA Officials and Staff (*Please attach a letter from your association*)
- ( ) SpexTEAM Carded Athletes
- ( ) Singapore Sports Council Staff

## 5. TERMS AND CONDITIONS

Please tick (✓) to acknowledge:

- (a) Enrollment for any of the above examination creates a binding agreement to pay the full fees, even if a student subsequently decides not to complete the examination. Singapore Sports Council (SSC) will not entertain any request for refund, as a place has been committed for the student.

( ) I will pay in full the course fee one (1) week before the course date and I understand that my place can only be confirmed after the full payment had been made and an acknowledgement received from SSC. I understand that no request for refund will be entertained upon the confirmation of my place by SSC.

- (b) This course is very hands-on in nature so as to ensure participants have as much opportunity as possible to practice the massage techniques taught.

( ) I must be prepared to massage and also be massaged by other participants; this is regardless of race, religion or gender differences as it is one of the course objectives to ensure all participants are competently trained to execute sports massage in a professional manner.

- (c) Dress code

During the course, participants will be required to remove part of their attire i.e the T-shirt. For professionalism and modesty reasons, all participants must be suitably dressed in comfortable sports attire, (shorts, T-shirts and sports shoes). It is recommended for ladies to wear a sports bra-top.

Sporting footwear (e.g. running shoes, cross-trainers...etc) should be worn at all times. No jeans, bermudas, slippers, sandals, beach wear, platform shoes or high heels should be worn during lessons.

All participants are required to trim their fingernails prior to the class. They should also remove any jewellery and watches from their hands during the practical sessions to prevent injury.

( ) I agree to abide by the above dress code throughout the whole course.

- (d) Attendance

All participants are required to achieve **a minimum of 85% attendance** to qualify for examinations. Attendance is compulsory for the first session, the hands-on attachment as well as the theory and practical examinations.

For request on deferment of class due to unforeseen circumstances, please provide the relevant documents and/or certified letters to justify, subject to approval. For absence due to medical reasons, please provide a valid medical certificate.

( ) I agree to abide by the above requirement.

- (e) Re-examination

Prior to the examination certification, should participants fail or be absent from the theory and / or practical examinations without a valid reason, a **re-examination fee of S\$50.00** (either theory or practical) will be chargeable. Please provide a certified proof of absence.

The re-examination date for both Theory & Practical will be scheduled approximately 3 weeks from the day of the results announcement.

Participant who is unavailable for the scheduled re-test date will join the test conducted for the next intake, schedule to be advised by course administrator. SSC will not be able to re-schedule or conduct additional re-examinations in-between.

( ) I agree to comply with the above procedures stated above.

(f) Indemnity

( ) By the registration in this course, I have agreed that I will not hold the SSC, their appointed staff or officials, responsible for any mishaps, injuries, damages or loss of life and / or property that may occur in the course of, or as a result of participating in this course. I will indemnify the SSC, their appointed staff or officials, against any actions, proceedings, liabilities, claims, damages and expenses by any party however arising out of or in connection with this course.

(g) Confidentiality and Non-Disclosure

( ) By the registration in this course, I have acknowledged that the course material and examination herein contain confidential information which is proprietary to SSC and I have agreed that I shall not disclose to any person, firm or company at any time whatsoever and shall keep with complete secrecy the contents of the course and examination papers and shall not attempt to use such confidential information in any manner which may injure or cause loss, either directly or indirectly, to SSC unless authorised to do so by SSC in writing.

## 6. DATA COLLECTION AND USAGE

By signing up for and providing any information, personal or otherwise, in order to gain access to any product(s) or service(s) and / or participate in any program(s), event(s), talk(s), demonstration(s) or any activities involving the Singapore Sports Council ("SSC"), the individual is deemed to have given written permission for SSC to collect, analyze, collate, share, disclose to third parties, and / or otherwise use without any liability to the individual any personal information relating to that individual as SSC may in its sole discretion deem fit, including without any limitation for the following purposes:

- (a) For its programs, planning, data-processing, statistical or risk-analysis, research, fund-raising or any other purposes in furtherance of the functions or powers of SSC as provided for in the Singapore Sports Council Act (Chapter 305);
- (b) For development or implementation of programs, products or services provided by SSC and / or in collaboration with any Third Parties;
- (c) For outsourcing of any program(s), event(s), talk(s), demonstration(s) or any activities to Third Parties;
- (d) To any Third Parties for promotional, marketing and / or administrative purposes;
- (e) For all purposes as required by law, including without limitation court proceedings, criminal investigations or prosecutions or where so ordered by any competent authority;
- (f) In connection with any, or any proposed, novation, assignment, transfer, sale, lease, license, partnership, joint-organizing or any collaboration where and when required in relation thereto.

**7. DECLARATION AND AUTHORISATION (For 21 years old and Above)**

I hereby apply for the admission to the Singapore Sports Council Certification Examination. I declare that the information given in this form is true and complete. I understand if falsified information is submitted, admission will be rescinded. If accepted for the examination, I will comply with all conditions, rules and regulations of SSC.

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Signature

Date

**8. PARENT'S GUARDIAN'S CONSENT (For under 21 years old)**

I, \_\_\_\_\_ NRIC No. \_\_\_\_\_  
\*parent/guardian of \_\_\_\_\_ \*consent / do not consent to my  
\*child/ ward participating in the abovementioned activity.

I understand that although SSC will take all the necessary precautions to ensure the safety of my \*child/ward, SSC and their appointed staff or officials will not be liable for any accident, injury or loss sustained by my \*child/ ward during the activity except where the same is caused by either the negligence or willful act of omission of SSC or their appointed staff or officials.

I hereby apply on behalf of my \*child/ward for the admission to the Singapore Sports Council Certification Examination. I declare that the information given in this form is true and complete. I understand if falsified information is submitted, admission will be rescinded. If accepted for the examination, my \*child/ward will comply with **all terms and conditions stated in the above (Point 5 and 6), rules and regulations of SSC.**

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Parent's/ Guardian's Signature

Date

Please return the completed form and payment (cheque or cash only) to:

**SPORTS MEDICINE AND SPORTS SCIENCE DEPARTMENT**

**Attention:** Mr Andrew Yeo

**Address:** Singapore Sports Council, 230 Stadium Boulevard, Singapore 397799

**Tel:** 65005459 **Fax:** 63461842 **E-Mail:** [Andrew.YEO@ssc.gov.sg](mailto:Andrew.YEO@ssc.gov.sg)

[Cheque payment, please made cheque payable to "**SINGAPORE SPORTS COUNCIL**". For mailing purposes, please indicate "**CHEQUE ENCLOSED**" on the top right hand corner of the envelope.]

**FOR OFFICIAL USE ONLY**

Payment Mode: Cash / Cheque No.: \_\_\_\_\_ (Receipt No: \_\_\_\_\_)