

# SPORTS MASSAGE **CERTIFICATION**



**3 Months**



**20 REPSSA  
Points**



**R 7 500.00**



**Online**



**Internationally Recognized**



**The Gym at the Campus - Bryanston**

Sports massage is the application of massage techniques which will enable the athlete to achieve their highest potential by accelerating the body's natural healing process during post-training recovery sessions. Massage helps to reduce the chances of injury by identifying and eliminating conditions in the muscle tissue that are a potential risk of injury. Regular sports massage may extend the athletes career.

This is a practically based course which introduces the student to theory and application of the Sports massage technique.

The course format is comprised of live practical lectures.

## *Modules*

Anatomy, Physiology, Screening, Injuries, Sports Massage, 5 Case Studies

- **SETA accredited Full Qualification (CathsSeta).**
- **Recognised and registered with REPSSA (Register of Exercise Professionals South Africa).**